

# WORKSHOP ✨ ✨ OFFERINGS

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## THE FUNDAMENTALS OF SPIN TECHNIQUE

- Beginner to Advanced
- Multi-apparatus (Lyra, Sling, and Dance Trapeze)
- Explore basic spin techniques, momentum and velocity theory
- Learn to use muscle compression, and how to improve spin tolerance

***Prerequisites: Ability to hang from, sit in, and get on and off apparatus comfortably.***

## LOW LYRA FLOW

- Intermediate to Advanced
- Explore low lyra spins and entries
- Learn low lyra choreography and how to embrace your body's movement desires!

***Prerequisites: Ability to hang from, sit in, and get on and off apparatus comfortably. Familiarity with basic lyra movements.***

## INTRO TO DYNAMIC MOVEMENT

- Intermediate to Advanced
- Multi-apparatus compatible (Lyra, Sling, and Trapeze)
- Explore basic dynamic movement concepts, proper Beat technique, and using compression to gain control
- Learn basic rolls, beats, and more!

***Prerequisites: Ability to hang from, sit in, and get on and off apparatus comfortably. Familiarity with basic lyra movements.***

## BEAUTY ROLL TECHNIQUE AND EXPLORATION

- Intermediate to Advanced
- Breakdown the technique and mechanics of a Beauty Roll
- Explore different Beauty Roll variations
- Highly Recommended for students looking for troubleshooting tips, in depth understanding of mechanics, and learning creative ways to incorporate the Beauty Roll!

***Prerequisites: Ability to hang from, sit in, and get on and off apparatus comfortably. Familiarity with basic lyra movements.***

## INTRO TO HULA HOOPS

- Beginner
- Explore more than just on-body waist hooping
- Learn introductory hula hooping skills, techniques, and find your personal flow!

***Prerequisites: none!***

