

Aerial Hoop Workshop

With Cirque Du Soleil artist - Kristi Wade



Workshop includes:

- ◆ Spinning techniques
- ◆ Swinging (If space caters to)
- ◆ Dynamic tricks
- ◆ Sequence building
- ◆ Endurance & alignment
- ◆ Transition development
- ◆ Individual requests

Rates & details:

- ◆ 2 - 2.5 hour work shop
- ◆ 6 - 8 pp @ 50 euro pp (3-4 hoops)

Private Classes: 1-2 hrs

- ◆ 1 student @ 100 euro - 1hr
- ◆ 2 students @ 75 euro pp - 1hr
- ◆ 3 students @ 60 euro pp - 1 hr
- ◆ 10 euro pp less for every hour after

For bookings contact : kristimarcia.wade@gmail.com