



Acrobalance, Chinese pole & Hand-balancing

A 4-Day Workshop for Professional Level Performers at Greentop Circus Centre

8-11 June 2009

Taught by Richard Durnford & Nikki Andrews of Bongo Bolero

Price: £160 / £140 *members & concessions*

This workshop is designed for intermediate to advanced students and will be focused on acrobalance, Chinese pole and hand-balancing.

There will be an ashtanga yoga inspired warm-up with attention given to breath-work.

Day 1 & 2 - Acrobalance and hand-balancing with Nikki Andrews and Richard Durnford

Day 3 & 4 - Chinese pole and hand-balancing with Richard Durnford



Acrobalance

Taught by Richard and Nikki with demonstrations, this part of the workshop will focus on partner balance, featuring adagio moves, dynamic tempo work, technique and sequences. The workshop is designed to be challenging and informative for professionals at all levels.

Hand balancing

Starting with handstands and looking primarily at improving technique, Richard and Nikki will teach to each individuals' level. This will feed into partner hand-balancing work and overall core stability conditioning.

Chinese pole

This part of the workshop will begin with a look at classic pole moves, climbing styles and strength moves. Participants will be encouraged to explore the equipment themselves and will be taught to their level.

Participants should bring:

Acrobalance - clothes that allow free movement.

Chinese pole - two layers of legware, one pair of leggings, one non restricting but hardwearing (jeans, etc), close fitting shoes with a flat sole, e.g baseball boots, climbing shoes, soft rubber trainers.

Assisting the teaching will be Gwen Scott

To book your place call: 0114 244 8828

This is part of the Greentop **Transform** programme of workshops, see the website for further training opportunities: www.greentop.org

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