

PTC 2024 Workshop Schedule

Thursday June 6th:

6:15-7:45 Fake It Till Ya Make It (Tiffany) - This workshop is a beginner to intermediate class that focuses on tricks and transitions that look swift or difficult but are actually deceptively simple. This is a great way for dancers to add accents and drama to any piece. All work is done on static pole.

8-9:30 Slow & Sultry (Tiffany) - This mixed level class is good for beginners to advanced level dancers. It is a return to beautiful, traditional pole. Movements are sexier and more sensual. The warm-up will be in heels and have the lights low. The class will focus on across the floor work, torrid floor work, and lower third work on the pole. This sultry class is a fun way to work on better extension, active flexibility, and joint movement. It cultivates slow, slithering motion and transitions for flawless, effortless-looking movement.

Requirements: Heels, Leg Warmers/Knee Pads

8-9:15 Floor Illusions & Fake Splits (Elspeth – Studio 1) - Add some intrigue to your floorwork with fake splits, mesmerising thread throughs and other flexy floor tricks. This workshop is all about staging and finding angles to make ordinary shapes look extraordinary - the mirror is your best friend here! In this workshop, you can expect an active flexibility-focused warmup, progressions towards specific shapes, and finally some sequencing and exploration. No flat splits required for this workshop, but bring comfy clothes and socks, so that you can slink and slide around!

Saturday June 8th:

10-11:30AM Exotic Tricks (Tiffany) - Get ready to take your exotic pole dance game up a notch with this strong, sexy workshop. Intermediate & Advanced dancers will learn on the floor and lower-third tricks as well as kips and crowd pleasing, on the pole moves. Bring your heels, your knee pads and your bad-ass attitude.

Prerequisites: Heels Experience

Requirements: Heels, Knee Pads

11:45-1:15PM Pole Flow (Bénédicte) - Floor based tricks on static pole and Choreo - all levels! Learn static spins, floor-based tricks, rolls and flow transition and thendance them on the music! Because you don't want to feel awkward anymore when it's time to freestyle!

1:30-3PM Stretch-aholic (Bénédicte) - Legs, hips and back flexibility - all levels! Flexibility is key! By working smartly and slowly, your body can achieve much more than you think. Warm up method, exercises that you can repeat on your own, active and passive stretch for legs but also hips and back bending...

3:15-4:30PM Spiraling Down (Elspeth) – High Beg/Int. Welcome to one of Elspeth's favourite realms of pole. In this workshop we will explore upright static rotations, learn how to maximise spin, and dive into unique transitions to add intrigue to your aerial movement. This introductory workshop will provide a chance for students to explore transitions while guided by prompts, but will also teach students a number of foundational tools for smooth rotation. Be prepared for the thigh burn!

This workshop is predominantly focused on upright skills off the ground, and is suited for almost all levels, particularly those who are new to static rotation. Students should be confident with climbs, seats, and static spins (such as front hook/chair spin/etc)!

Prerequisites: Confidence in climbs and side sits, static spins (i.e. chair spins, front hook, back hook), working on hip holds such as apprentice/jamilla, but no inversions required for this workshop

Sunday June 9th:

10-11:30AM Signature Static (Bénédicte) - Tricks and combos on static pole - beg / inter / adv! Some dynamic moves, some legs knots, some spin on static transitions, and some cool drops... Come and learn her favorite tricks and combos on static pole!

11:45-1:15PM The Devil Wears Pleasers (Shay) - Shoes recommended but not required for Shay's signature style of sexy dance. This class has lots of progressions for every level of dancer and will cover several of her favorite combos and sequences on the floor and lower half of the pole. Shay will help you find your own sexy by allowing you to inject your own freestyle into her choreography. Please bring layers and knee pads as safety is sexy! (ALL LEVELS.)

1:30-3PM Acro Chair Dance (Shay) - In this intermediate/advanced chair dance workshop you can elevate your chair dance skills to another level! Learn a choreography with some of Shay's favorite acro chair sequences and tricks. Metal folding chairs to be supplied by workshop host. Kneepads, layers, and heels recommended. Heels not required. (ALL LEVELS-ADVANCED) OR Shay's Signature Shaypes if Chairs not suitable! Learn safe and proper techniques for entry into Shay's signature moves including: spatchcock, broken split, reverse Ayesha, one handed aerial flare (spin pole), cherry kink, and more. Come semi warmed up. (ADVANCED)