

AERIAL INTENSIVE 4 Weeks Programme

Do you want to take your skills to a new level as a self-confident aerial artist while treating your body responsibly and making faster progress at the same time?

Then AERIAL INTENSIVE is just right for you!

Your individual 4 weeks training plan!

If you want success, you need a plan. This is the case with everything in life, including aerial training.

Training indiscriminately is nice, but it doesn't get us to our goals in the long run. In order to get beyond the basics in aerial training, we need technique.

"Technique" is the understanding of how we can optimally use gravity, momentum, dynamics and our breathing in order to achieve maximum results and training progress with as little effort as possible.

The right technique also goes hand in hand with an individual understanding of the body. Every body is different and only when we know our own body well we can learn how to use it optimally.

My 4-week training plan will help you build a solid technique that makes your body strong, flexible and balanced to prevent injuries and achieve your training goals faster and sustainably.

The training plan includes 4 units per week as video tutorials with technique training on the device, conditioning and stretching. In addition, the correct execution of the exercises is worked out in 1 to 1 coaching. All exercises are adapted to the individual requirements of your body.

The Aerial Intensive Programme is available for Silks or Hoop.

It includes:

- Introduction Meeting (get to know YOUR own body)
- 4 x 60 Minutes 1 to 1 Coaching (online)
- 3 Training Plans tailored to your skills and level
- Videotutorials for Stretching and Conditioning tailored to your skills and abilities
- Anatomy for Aerial Artists weekly Worksheets
- The correct use of the breath
- Membership of the Aerial Intensive Facebook Group (meet other artists and profit from tips and tricks)

To make an appointment, contact me at:

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AERIAL INTENSIVE

