



AERIAL PHYSIQUE WORKSHOPS

With Jill Franklin - Available Internationally



WORKSHOP OFFERINGS

Beginner Technique Workshop

Learn proper technique for climbing, inversions, foot locks, straddle back and other beginner skills. Jill will tailor the class to the needs of the students while assisting them to master the basics with grace and confidence.

Foot Lock Fun Workshop – Beg/Int Level

Explore single and double foot locks, proper technique, and a variety of tricks and skills within them.

Hip Key Form & Tricks Workshop – Intermediate Level

Hip Key is a fundamental skill that can be daunting. Learn the technique of a proper hip key along with many creative tricks and drops revolving around it. *Students must have some hip key experience

S-Wrap & Windmill Workshop – Int/Adv Level

Learn an array of S-wrap entries and how to perfect your windmill (aka wheel-down).

In this workshop you will learn the technique and proper muscle recruitment to perform beautiful entries & exits out of windmills! *Students must be able to invert in the air

Drop & Flip Workshop – Int/Adv Level

In this workshop you will learn a variety of creative drops & flips on the fabric.

Take your skills to a whole new level! *Students must be able to invert in the air & feel comfortable with drops

Perfect Inversions Workshop – Beg/Int Level

Gain the strength & technique to invert with ease.

This workshop begins with conditioning exercises on the floor followed by practice inverting on the fabric in a variety of ways.

Splitty Splits Workshop – Intermediate Level

A discovery of a variety of splits based wrap theory, skills and tricks. A full split is helpful but not required for this workshop. *Students must be able to invert in the air

Bendy Back & Balances Workshop – Int/Adv Level

Learn a variety of back bendy poses and alluring balance skills that will leave students wanting more!

*Students must be able to invert in the air

Instagram Fan Workshop - Mixed Level

Learn some of Jill's most liked Instagram combos & skills! Special requests are welcome in this workshop.

*Students must be able to invert in the air, perform foot locks & hip key

Cross Back Straddle Workshop – Beg/Int Level

Learn several creative ways to enter and exit Cross Back Straddle.

*Students must be able to do foot locks & invert in Cross Back Straddle

Workshop Fees

\$50-\$65 (usd) per person - Price varies on number of workshops offered and enrollment

Example:

1 Workshop \$65

2 Workshops \$120 (\$60 per workshop)

3 Workshops \$165 (\$55 per workshop)

4 Workshops \$200 (\$50 per workshop)

*Host studio can upsell workshop rates above

Minimum Attendance

8 students per workshop

Minimum Number of Workshops Offered

2-4 workshops depending on your location

Length of Workshops

2 Hours for 8-12 attendees

Minimum Age for Workshops

Ages 16 and up

Host Studio Requirements

- Minimum studio height of 14 feet or 4.5 meters
- Minimum of 4 aerial fabric points
- Crash mats must be under every fabric point

Private Lessons

1-hour private lesson for one with Jill - \$95 usd

1-hour private lesson for two with Jill - \$150 usd (\$75 per person)

Travel Fee

To be determined. Based on location.



"We invited Jill to teach workshops at my studio here in the Netherlands, I couldn't have asked for a better teacher. Her workshops were well thought out and planned, she made the students feel comfortable and her explanations for each trick were great. Can't wait to have her back next summer!"

-Charlie Lucas

Owner of Kaskem Aerial & Dance in Leiden, Netherlands

For more information visit www.aerialphysique.com/workshops