



Bendy Kate

Masterclass Menu



Conditions

- › 2 masterclasses or 1 intensive per studio (per day)
- › Minimum of 7 per class
- › £50 per person
- › There must be a one hour break in the day
- › Studio owner gets a free place on each masterclass
- › Unfortunately Bendy is not able to offer privates on workshop days
- › 10% comission back if workshops exceed £1000 in takings
- › Accomodation must be provided for non-UK masterclasses

Root

Bridging the gap between the floor and pole

Low Flow & Pole Handstands

Feel the connection between the ground and the pole in this unique low flow masterclass. It includes Bendi's latest floorwork, low flow and pole handstand discoveries with an emphasis on finding your own style and natural movement pathways too

Level: Intermediate and above, you may want to bring knee pads come fully dressed with shorts underneath. Make sure to bring socks



Euphonic

Becoming the music...

Flow & Choreo

Bendy's pole choreo is truly unique like no other. Delve into her brain discover how she listens, how she choreographs and how she becomes at one with the music. You will learn a bespoke pole choreo and there is always loads of unique low flow passes included.

Level: High beginner and above, come fully clothed with socks & you may want to bring knee pads



Pole Transitions

Transform your pole work in this unique 'Metamorphosis' Masterclass. With an emphasis on pole transitions and static rotations that are unique to Bendy. By the end of the masterclass you will have learnt a whole new way to move and think about pole, feel inspired to create, and ready to fly on your own!

Level: Intermediate and above. Must be comfortable with all leg hangs and arms only moves

Metamorphosis

transform your static pole and take flight



Flying Pole

Learn the fundamentals of flying pole, how to generate a spin, expand your spin repertoire, learn to power spin & how to utilise the spin in combinations. It is such a unique piece of equipment meaning you have to understand the fundamentals in order to use this beautiful piece of apparatus to the fullest.. Leading you towards creating beautiful flying pole passes and combinations of your own.

Level: Mixed Ability

Pole or aerial experience required

Angular Momentum

Aerial Pole Fundamentals



Hoop Waves & Transitions

"The moon commands the tides ebb & flow"

Learn to create your own 'ebbs & flows' on the hoop making your own gravitational pull. Learn how to wave through unique & flowy transitions on this beautiful piece of equipment

Level: Intermediate aerial and above.

Ebbs & Flows

hoop masterclass



Intensives

And other workshops

Bendy can also teach workshops in Handstands, Floorwork, Flexibility, Acro & Aerial and Rounded Pole or Pole Flow intensives upon request.

Additional Workshops

Additional workshops must be agreed in advance before the workshops & are priced at £50 pp with the same minimum numbers

Intensives

If you are looking for a real treat for your students or instructors

In a Rounded Pole intensive cover all aspects of pole in one day; dance, dynamic pole, transitions and flow. Or learn 3 totally different choreos & styles in one day in the Pole Flow intensive. Guide price £115 pp.

