



My name is Anamaria, and I have been passionately practicing pole dance since 2013. In 2016, I took a leap of faith and became a studio owner.

My love for pole dancing began during my time in Italy, and I turned this passion into my profession after moving to Germany, where I founded *Delia Pole Dance Studio* in Rosenheim. Originally from Romania, I am proud to call Germany my home.

Throughout my journey, I have participated in various competitions, which helped me realize that my true passion lies in teaching and performing without the constraints of rigid rules. This freedom allowed me to develop a distinctive dance style, one I take great joy in sharing with others.

Since 2019, I have had the privilege of teaching workshops at the International Pole Camp in Bibione, inspiring and connecting with dancers from around the world. In 2020, I showcased my skills on *Romania's Got Talent* and proudly reached the semi-finals.

I take immense pleasure in choreographing and creating fluid, dynamic combinations around the pole. I enjoy experimenting with accents, seamless transitions, and innovative climbing techniques, constantly pushing the boundaries of creativity.

Beyond pole dance, one of my proudest achievements is summiting Mt. Everest in 2023 and Ama Dablam, one of the most technical mountains in Nepal, in 2025. Amazingly, I accomplished this feat without specialized training, relying solely on the strength and endurance built through years of pole dance practice.

I am very proud of my studio and its students, who consider Delia Studio a safe, joyful place and an inclusive community where everyone feels welcome and belongs.

### **“Fluid Foundations” Pole Camp**

This pole camp was created out of a desire to share what “basics” truly mean to me. I often see beginners training beyond their level, with unclear lines, simply to feel like they are progressing quickly. However, their entries into tricks are often messy and unpolished, while the exits are more often than not a jump out of the trick. In my opinion, you only truly “own” a trick when you can perform it beautifully and in a controlled manner within a combo.

I believe one of the main reasons so many beginners skip the basics is that teachers often repeat the same tricks over and over, which can eventually become boring. I love to experiment with different transitions, creating fresh and engaging combos using the same basic tricks. By presenting them in a new and exciting light, I inspire my students to master them. I place a strong emphasis on clean lines, pointed toes, and controlled movement on spinning pole.

At this camp, you will learn:

- Basic and creative climbing and spinning techniques.
- Tips for mastering basic inverts.
- Spin control and flow choreographies on both spin and static poles.
- Beautiful combinations of tricks without the need to invert.
- Dynamic static spins that look impressive yet remain beginner-friendly.
- Mesmerizing flow choreographies, both in spin and static.

## Detailed informations about the workshops



### 1. Spin Technique (Anamaria)

In this workshop, you'll learn how to manage the spinning pole and gain control over your movement, even when the pole spins fast. We'll focus on momentum control, timing, and small technical details that make your combos look smooth and effortless. You'll learn when to use more or less momentum depending on the tricks and transitions you want to perform, helping you feel more confident, controlled, and intentional on the spin pole.

### 2. Flowy Fundamentals (Anamaria)

In this class we will explore unique approaches to climbing the pole and creating seamless transitions from climbs into tricks. At the end, we'll dance the combo as a short choreography, focusing on making it look effortlessly elegant and transforming basic tricks into a hypnotic, flowing sequence.

### 3. Flow Choreography (Anamaria)

For those who prefer dancing, this workshop is perfect for all levels, emphasizing floorwork. Participants should however have a basic understanding of pole spins. Join me for a 1.5-hour class where you'll learn one of my flowy routines and enjoy the dance!"

### 4. Power Spins & Dynamic Tricks (Anamaria)

In this workshop, we will focus on dynamic spins that look impressive yet remain beginner-friendly, along with other dynamic tricks on the static pole. You'll learn how to turn these movements into smooth and eye-catching combos. The class is tailored to your level, with both easier and slightly more challenging variations demonstrated to help you progress at your own pace.

## **Detailed informations about Mateva`s workshops:**



Mateva is a blend of Italian and German heritage. Her journey into the world of pole dancing began in 2017 in Bavaria, where it was that she first discovered her love for pole dancing, a passion that has since shaped her life.

In 2019, Mateva relocated to Vienna, where she started a path as a teacher, a dancer in various clubs and also doing performances.

However, the world took an unexpected turn during the lockdown, pushing her to make the move to Berlin where she continued to teach and explore her passion for pole dancing. For her, dancing has always been a powerful means to express and release her emotions, offering solace and freedom. She got into the competitive side of pole dancing but soon discovered that the pressure and competitive mindset did not align with her vision for pole dancing. She is committed to creating a deeper appreciation for pole and its place in the world.

Mateva is a multi-disciplinary artist, constantly seeking ways to blend various elements in her artistry.

### **1. Heels Foundations: The Art Of The Arch**

Never tried Poledance in Heels but really want to try? Thank god we have Mateva on board who is going to introduce you to the art of moving in Heels. Perfect for those new to poledancing (in heels), this workshop focuses on understanding and mastering the essentials of technique, movement and style.

Starting with the breakdown of fundamentals of dancing in heels, including proper posture, balance and weight transfer. Proceeding to lean into the first basic pole moves and classic heels sequences building a strong foundation.

Expect an inviting and empowering environment where your desire of self expression and your questions are the priority!

Whether you're here to lean more into your sensual side or just to build knowledge and confidence in heels, Mateva will guide you through this class with love, patience and understanding to make you leave feeling empowered, inspired, motivated and hungry for more.

**What to Bring:** Heels (ideally Pleaser or platform heels); An outfit that makes you feel sexy and confident, heels (optional), kneepads.

## 2. HEELS CUNT-DITIONING

We know being sexy and smooth is hard. This is why Mateva wants to offer this CUNT-ditioning class, where we work the foundation of it all- the feet and the legs.

We will focus on building strength, stability and endurance in your ankles, legs and core - key areas for the heels flow.

This class combines targeted conditioning exercises both with and without heels, designed to improve your balance, mobility and alignment.

Expect a class where your ankles will be strengthened, leg muscles activated and control increased, ensuring a safe and smooth movement when dancing in heels.

This class is all about blending functional strength with sensuality and providing the tools you need to feel strong, sexy and safe!

**What you need:** Heels, Kneepads, comfortable and warm outfit to keep the heat

## 3. HEELS VIRGINS

To round up our Heels Experience Mateva will guide you through this Heels Flow Choreo where simplicity meets sensuality. Either for refining your flow or learning something completely new to boost your confidence. Mateva will teach you your first sultry choreo using simple and elegant moves and sequences. You'll learn to combine foundational techniques with fluid transitions focusing on sensuality, body awareness and expressing your unique style. Throughout the workshop we will revisit key techniques and drills to use our strength, balance and grace in these movements. The session offers a gorgeous beginner friendly combo that showcases your growing confidence and flair in heels!

**What to bring:** Heels, Kneepads, Outfit that makes you feel sexy

### Detailed informations about Angelika 's nutrition workshop:



My name is Angie Badlo, I'm a health manager and trainer based in Rosenheim, and I've been passionate about the health and fitness world for many years.

My journey began in 2017 with a dual study program in health management. Since then, I've had the privilege of supporting many people on their individual paths toward better health, more energy, and a higher quality of life.

Today, I work as a training therapist, helping patients and clients become stronger and healthier in the long term through structured training plans, nutrition coaching, and holistic support.

I want to help women use pole dance, movement, and mindful nutrition not only to achieve physical progress, but also to develop confidence, joy, and inner strength — on the pole and far beyond it.

## 1. FUEL YOUR FLOW: NUTRITION BASICS FOR POLE DANCERS

In this workshop, you will learn the fundamentals of a balanced diet specifically tailored for pole dancers. You'll discover how to fuel your body with the right energy to support strength, endurance, and recovery. With practical, hands-on tips, I'll show you how proper nutrition can boost your progress on the pole — for more power, balance, and long-lasting performance.

## **TIMETABLE:**

### **Friday, March 13th**

14:30 - 16:00 Spin Technique 90 min (spin) **Anamaria**

16:15 - 17:45 Flow choreography 90min (static) **Anamaria**

18:00 - 19:30 - Heels Foundations: The Art of The Arch 👠 90 min (static) **Mateva**

### **Saturday, March 14th**

11:00 - 12:30 - Flowy Fundamentals 90 min (static) **Anamaria**

12:45 - 14:15 - Power Spins & Dynamic Tricks 90 min (static) **Anamaria**

14:30 - 16:00 - Heels Cunt-Ditioning 👠 90 min (static) **Mateva**

16:15 - 17:45 - Fuel Your Flow - Nutrition Basics for Pole Dancers **Angelika-Authentic Coaching**

### **Sunday, March 15th**

10:00 - 11:30 - Heels Virgins 👠 90 min (static) **Mateva**

11:45 - 13:15 - Flow Choreography 90 min (static choreography) **Anamaria**

## **Package Price:**

The 'Fluid Foundations' pole camp offers a comprehensive package designed for those aspiring to master their skills and learn the art of seamless movement around the pole. With a total of 9 workshops, including spinning pole, choreography, high heels classes, dynamics on a static pole and nutrition, our offerings cater to a range of levels from beginner to low intermediate or intermediate.

We provide two beautiful pole rooms equipped with a total of 15 poles for your training space.

## **Package Cost: €449**

### Includes:

- **Unlimited access to all workshops**
- **A beautiful unique welcoming gift for each participant**
- **Healthy snacks and alcohol-free drinks**

### Does not include:

- Travel costs
- Accommodation
- Meals

## **Important note!**

When reserving a camp, the workshop fee is to be paid no later than 10 days after receipt of the booking confirmation, in some cases a little later. After payment of the fee, a refund, regardless of the reasons, is not possible. In individual cases, if possible and there is a waiting list, the spot can be passed on to a substitute participant. If we have knowledge of interested participants, we will inform you immediately. However, please take care of finding a replacement for your reserved spot directly.