



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.

“Shape your Flow” Pole camp

I created this mini pole camp out of a genuine desire to share my personal understanding of what flow truly means and to guide you in finding it for yourself. The focus of the weekend is on creating beautiful, seamless transitions between simple pole tricks and learning how to move with intention, control, and continuity.

The camp is **suitable for intermediate to advanced levels**. There are no strict requirements to attend; however, it is recommended that you feel comfortable with:

- inside and outside leg hangs
- basic inverts
- sitting on the pole
- climbing on spinning pole

The classes are designed to be adaptable, offering both easier and more challenging variations so you can work at your own level while still being challenged.

Throughout the weekend, you will explore flow on spinning pole, while also diving into a variety of styles such as static movement, heels technique, flow-based choreographies, and spinning techniques. Creative classes will guide you in discovering your own movement language and refining a style that feels authentic to you.

All classes can be held in **English or German**, depending on the participants.

Having had the opportunity to organize this camp **multiple times since 2024**, I have gained extensive experience and invaluable feedback from past participants. This allowed me to continuously refine the structure of the weekend and create a well-balanced, immersive experience that supports both technical development and artistic expression.

Detailed informations about Anamaria`s workshops



1. Elegant Spirals

This spinning pole workshop focuses on creating a continuous, elegant flow while keeping the pole in motion throughout a longer combination. You will learn a carefully crafted combo that emphasizes smooth transitions, controlled momentum, and refined lines. Special attention will be given to spin management, helping you understand how to maintain rotation without losing speed or control.

2. Transitions Lab

From technical understanding to personal expression.

In this workshop, we will break down pole tricks by exploring multiple entries and exits, allowing you to understand how movement can evolve far beyond a single shape. You will learn different pathways into and out of familiar tricks such as sits, inverts, and hangs, focusing on control, efficiency, and fluidity. The goal is to help you see tricks not as fixed positions, but as open structures that can be approached in many ways.

Once the technical foundation is set, you will be given a selection of tricks and guided to create your own unique combinations. This process encourages creativity and a deeper connection to your personal movement style.

3. Flow Choreography/ High Heels Choreography

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 class where you'll learn one of my flowy routines and enjoy the dance!

4. Dynamic Pole Impact

In this workshop we will learn some beautiful dynamic tricks and some easy, absolutely achievable flips, which we will then transform into power combos. Depending on your level I will demonstrate both: easier and more challenging variations.

Requirements for this class: Comfortable Inverts & Leg Hangs

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. EASY LOVER

Is a choreography based Workshop that explores dynamic switches between soft and intense movement, blending fluid sequences with sharp accents. It's a playground for those who want to explore their sensual side a little more and move in a way that feels authentic to themselves. The choreo is structured as an outline that you can use to play with, offering space to explore new pathways or revisit familiar movements for refinements.

What you need: Heels, kneepads

2. HEATWAVE

One of Mateva's favorites, Heatwave is a high-energy choreography class that's all about attitude, musicality, and controlled aggression. Expect a fast-paced routine packed with heel clacks, jumps, and powerful movement that pushes you to let go and dance it out. The challenge comes from the tempo and intensity of the choreo, but don't worry—it's always adaptable to different levels. Whether you're here to refine your technique or just release some energy, this class will have you moving with confidence and fire and leave the room energized.

What you need: Kneepads, Heels, a comfortable outfit

3. PLAYSTAY

This workshop is all about fluidity—learning how to connect movements so they feel as smooth as they look. You'll work on single tricks, transitions, and combinations, focusing on how to make them flow effortlessly together.

Mateva will guide you through techniques to soften your movement, break down transitions step by step, and help you understand how to build combos that feel natural and controlled and how to use weight shifting and all parts of your body to enhance the movement ratio. She'll also offer variations based on your level, so you can refine your style in a way that suits your body.

What you need: Kneepads, Heels

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.

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, April 24th

14:30 - 16:00 Elegant Spirals 90 min (spin) **Anamaria**

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

18:00 - 19:30 - Easy Lover 🩰 90 min (static) **Mateva**

Saturday, April 25th

11:00 - 12:15 Transitions Lab 75 min (spin) **Anamaria**

12:30 - 13:45 - Dynamic Pole Impact 75 min (static) **Anamaria**

14:00 - 15:30 - Playstay 🩰 90 min (static) **Mateva**

15:45 - 18:15 - Fuel Your Flow - Nutrition Basics for Pole Dancers **Angelika -Authentic Coaching**

Sunday, April 26th

10:00 - 11:30 - Heatwave 🩰 90 min (static) **Mateva**

11:45 - 13:15 - Heels Choreography 🩰 90 min (static) **Anamaria**

Package Price:

The 'Shape Your Flow' 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 14 workshops to choose from, including spinning pole, choreography, high heels classes, dynamics on a static pole, flexibility course and nutrition, our offerings cater to a wide range of levels from low intermediate to advanced.

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 (however you will have to choose between those offered in parallel)
- A beautiful 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.

