



Thank you for booking the **Shape Your Flow** pole camp and for planning a visit to my studio. In this document, you will find information about the program, additional workshops, a list of items to bring, details on reaching the studio, the nearest airport, train stations, connections, and information about hotels and apartments.

Friday, November 6th:

- **Starting from 1 PM**, you may arrive at the studio anytime, and I will be there. **Please do not arrive earlier than 1 PM.**
- Between 13:00 - 14:30, we will have a short meet & greet, where I would like to get to know each one of you. Feel free to introduce yourself and share a few words about your pole journey. We can have a drink together (alcoholic or not 🍷) and then begin training.

The studio has two rooms: one big room with 10 poles and a small one with 5 poles. Workshops will be held in the big room, with all the participants together. Please note that there will be two persons per pole, and all workshops will be conducted in English. However, if needed, I can repeat the explanations in German.

There will be 3 workshops available on Friday :

- 14:30 - 16:00 Elegant Spirals 90 min (spin) **Anamaria**
- 16:15 - 17:45 Flow choreography 90 min (static) **Anamaria**
- 18:00 - 19:30 Easy Lover 🍷 90 min (static) **Mateva**

In the evening, after a full day of workshops, we'll gather for dinner and drinks in the city. Attendance is optional, but I would appreciate the opportunity to get to know each other better. **Please note that the dinner in the city will be at your own expense.**

Saturday, November 7th:

- 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**

This is going to be an action-packed day of workshops, but I'd like to wrap up a bit earlier so you'll have some well-deserved downtime—and maybe even explore the city a little. I'll be around to chat, answer questions, or give you tips on tricks if you need any help. As for the evening, feel free to discover the city at your own pace or join some of the other camp

participants. There's no shortage of great restaurants and bars to check out! Just make sure to get a good night's sleep so you're ready for the next day's workshops. 😊

Sunday, November 8th:

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

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

What to bring with you:

- Grip aid
- Small towel: for cleaning the pole
- High heels
- Knee pads: for heels and flow choreography classes (**Note: We offer silicon-protected knee pads in our studio in dark nude, available in sizes from XS to M.**) Price: €40.
- Camera: capture videos to revisit your journey
- Money

We provide:

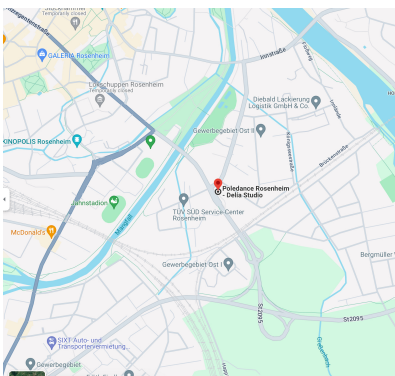
- Snacks, fruits, and non-alcoholic beverages throughout the camp
- Yoga mats and blocks
- Various grips available for purchase
- Knee pads with silicon protection for sale in sizes XS, S and M.

Please note that the dinner, drinks and lunches in the city will be at your own expense.

The **closest airport to Rosenheim is München**. If arriving by plane, ensure München Airport is your destination. You'll find excellent train connections to Rosenheim. Take the Airport Bus S8 to the "München Ost" train station, and from there, you can catch a direct train to Rosenheim.

Studio location

The studio is located on Gießenbachstraße 2, 83022 Rosenheim.



I hope I've covered all your questions in this document. If you have any others, please don't hesitate to reach out. I'm incredibly excited to welcome you to my studio, share my art with you, and train together ❤️.