WORKSHOP OFFER – ArtArtur

Every workshop can be adapted at any time.

If the level is higher, we can adjust the requirements accordingly. For example:

Instead of a confident invert → shouldermount or handspring.

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1. ArtArtur Style (Spinning & Static)

Get ready: this workshop is built around my own performances and personal movement style.
Fluid transitions, conscious changes in dynamics between tension and release, and sensual elements with a contemporary influence. Add technique, expression, musicality and, of course, stage presence.
Playful, interesting, and with a little bit of drama.

Requirements:

Good strength foundation
Pole and choreography experience
Confident invert
Shouldermount

What to bring:

Polewear
Bare feet
A shirt you can take off

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2. Freestyle Workshop (Static & Spinning)

A workshop full of improvisation, musicality, flow, transitions, expression and confidence, with no set choreography.
Together, we explore how individual elements can become a fluid, natural dance, without constantly wondering what comes next.
Through creative exercises, improvisation tasks and little prompts, you'll start developing your own movement style and learn to express yourself more freely and authentically on the pole.
The focus is on creativity, feeling, presence and joy, not perfection.

Requirements:

Some pole experience
Some choreography experience
A few moves and elements of your choice that you feel confident doing, as the basis for the workshop

What to bring:
Polewear
Bare feet

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3. Exotic Flow – Tricks
We focus on individual flow elements and how to execute them precisely.
The goal is to improve technique, control and movement quality.
No set choreography, just maximum focus on clean lines, flow and expression.

Requirements:
Basic exotic pole experience
Confident invert

What to bring:
Heels
Knee pads
Polewear – sexy is welcome

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4. Exotic Flow – Choreo
A sensual, fluid choreography connecting expressive movement, flow and elegant tricks.
We learn to control the movement and really feel it.

Requirements:
Shoulder roll
Shoulder stand
Confident invert

What to bring:
Heels
Knee pads
Polewear – sexy is welcome

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5. Burlesque X Pole
This one is about presence, charisma, self-awareness and letting go.
You'll learn to use your body consciously: with feeling, wildness, elegance and always a sense of play.
Of course, there will be teasing. Say bye to being shy.
Here, emotions come out. Don't hide them – show them.

Requirements:
Openness to expression and performance
Basic pole dance and movement experience

What to bring:
Scarf / fabric
Shirt / jacket
Skirt / trousers
Accessories such as glasses, a hat, a belt, etc.
Optional: heels / knee pads

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6. Contemporary Choreo
A modern, expressive choreography with fluid transitions, floorwork and space for emotion.

Requirements:
Basic choreography experience
Shoulder roll
Confident invert

What to bring:
Knee pads
Long trousers
Bare feet or socks

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7. Floorwork Tricks (without Pole) – Fishflop, Shoulderstands, Rolls & more
Technique training for clean, controlled floorwork, with a focus on lines, precision and expression.
We take time to work on individual tricks, so you don't just somehow get through them – you actually understand them.

Requirements:
Some floorwork experience is helpful
Stable shoulder control

What to bring:
Knee pads
Long trousers
Bare feet or socks

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8. Floorwork Choreography (without Pole)
Here we connect different floorwork elements into a fluid choreography.
Not just trick, trick, trick. We work on the transitions, the flow and your own expression in between.

Requirements:
Basic floorwork and coordination skills
Confident shoulder roll

What to bring:
Knee pads
Long trousers
Bare feet or socks

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9. Spinning Queen
Elegant, creative transitions on the spinning pole for more dynamics and flow.
Improve your control, lines and body awareness on the spinning pole.
The focus is on stability, aesthetics, conscious movement and expression in the air, without rushing into the next shape.
We don't just want to spin. We want to look good doing it.

Requirements:
Basic transitions, e.g. outside to inside
Confident invert

What to bring:
Bare feet
Polewear

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10. Chair Dance
Take a seat – and find out that a chair is definitely for more than just sitting.
We work on weight shifts, control and technique so you can perform the tricks safely.
At the end, we connect individual tricks into a choreography.
And of course, expression won't be missing here either.

Requirements:
Good strength foundation
Good body tension
Shoulder stand

What to bring:
Sporty long or short clothing, but nothing too loose

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11. Pole Dance Choreography (Spinning or Static)

Where dance meets pole technique: elegant shapes combined with fluid movement in an expressive choreography.

We learn the sequence, but we also explore how we move within it.

Requirements:

Basic choreography experience

An understanding of how the chosen pole mode works

Confident invert

What to bring:

Bare feet

Polewear

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12. Static Power – Rotations, Flips, Kicks & Jumps

Explosive combinations of powerful movements on the static pole, with a focus on control, precision, dynamics and expression.

To me, power isn't just strength. We learn to use our energy consciously, bring it back under control, and to put a charackter into the movement.

Requirements:

Confident invert

Good strength foundation

What to bring:

Bare feet

Polewear

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13. Pole Energy Tricks

Individual dynamic tricks with a focus on timing, energy flow, control and expression in the execution.

It's not just: How does the trick work?

It's also: How do I give it energy, character and my own style?

Requirements:

Confident invert

Good strength foundation

What to bring:

Bare feet

Polewear

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14. Choreo on the Go

Here, we create a choreography together, right in the moment. You decide which song we use and which direction we take.
You give me the ideas, and I turn them into movement. For example: now to the side, up, down, just the hands, just the legs, or maybe the head. What happens if we suddenly make a movement really slow? Or switch between sensual, dramatic and cheeky? Anything goes.
We play with tempo, dynamics and different styles, try out your ideas and see what happens. Even an unexpected suggestion might be exactly what makes the choreography exciting. There's room to experiment and, of course, to laugh.
Along the way, you'll discover how movements connect and how small changes can give a whole sequence a different character. You can ask me for tips at any time. Step by step, you'll see how a choreography comes together from your own ideas.
You can adapt the movements to whatever feels best for you. What will the choreography look like in the end? We'll find out together.

Requirements:

Confident invert
Good strength foundation
Openness to exploring dance movements

What to bring:

Bare feet
Polewear / long trousers / knee pads

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15. Flying Pole Control

Control and flow on the freely hanging pole.
We connect different movements into fluid combinations and learn to work with the movement of the flying pole.
The goal: stay in control while still creating that feeling of flying.

Requirements:

Confident climb
Good body tension
Stable outside leg hang
Confident invert

What to bring:

Bare feet

Polewear

CONDITIONS

€40 per participant (I'm also happy to come for smaller groups)

Travel contribution: approx. 20€ to 80€

Accommodation covered by the studio, if needed

You've probably noticed: I put expression into everything. But it's not a requirement.
From my perspective, tricks and movement sequences only feel fully mastered when we fill them with our own feelings and energy, even when the technique is already correct.
That doesn't mean anyone should put pressure on themselves.
First, understand the technique. Understand your body. Understand the movement.
Expression can come after that.
And if someone doesn't want to explore expression, that's completely okay too.
I don't want to tell anyone how they should move.
I'd rather show how many ways there are to make a movement truly your own.