



Hello there! To request workshops with Catie, first read through the workshop information carefully, then fill out the form linked at the bottom of this page. Once your form is completed, we will have all the information required to schedule your workshops.

We look forward to meeting you!

Available workshops

This is a brief overview, full descriptions are on the third page.

2-Day Flexibility Intensive

- This Intensive combines our two previously offered individual workshops: Legs for Day and Back in Action
- Includes: Square Splits, Middle Splits, Back Flexibility, Shoulder Flexibility, Active Flexibility for Legs and Back, and Conditioning

The 2-Day Intensive has a student limit of min. 20 - max. 30*

Flexibility Intensive + Contortion Lab

- This adds an extra 1 hour int/adv class to the above Intensive

The Contortion Lab has a maximum of 6 students, and an application process

90-minute semi-private/small-group private workshops

- 2-person semi-private
- 3-6-person private workshop

Private workshops are intended for detailed contortion training and advanced flexibility work. Must be similarly leveled students with a shared goal in mind. This option can only be offered in addition to the full Intensive.

**Although we hope the studio will do some promotion and that your local students will attend, the studio does not need to worry about filling the workshops. Our students travel from all over the world to join in.*

Pricing/Payment

Our company (Catie Brier Contortion GmbH) will take care of payments, sign-ups, and some marketing, although we also hope the studio will market to their local students. For the studio, we will pay your studio rental fee, or offer the owner/organizer a free spot in the Intensive.

Below are the prices we will charge per student.

Fee per student

WORKSHOP	PRICE/STUDENT
2-Day Flexibility Intensive	€300
Flexibility Intensive + Contortion Lab	€400
90-minute 2-3 person semi-private	€140
90-minute 4-6 person small-group private workshop	€95

Studio requirements:

To ensure students are comfortable and able to fully benefit from the training, we require the following:

- The space must be big enough to hold at least 20 students comfortably
- At least one wall with mirrors

Additional requests:

It would be ideal to have the following items/options, but these are not absolute requirements. You'll be asked if you have these in the request form:

- A set of yoga blocks for each student
- Yoga mats or panel mats for students to do exercises on
- At least one open wall without equipment on it

Workshop descriptions

2-Day Flexibility Intensive

8-hour, 2-Day Flexibility Extravaganza! With 4 hours of training time per day, we will work on:

- Leg flexibility, including hamstrings, hip flexors, middle splits/straddle, square splits, and active flexibility.
- Back flexibility from basics to bridge work
- Lots of conditioning

This intensive is open to ALL LEVELS. So, whether you are new to the bendy life or have years of experience, students are welcome to join and learn how to improve flexibility in the safest and most efficient ways.

Sample schedule:

Saturday

12:00 - 14:00 - Flexibility Intensive – Legs for Days

14:00 - 14:30 - Break

14:30 - 16:30 - Flexibility Intensive – Back in Action

Sunday

10:00 - 12:00 - Flexibility Intensive – Legs for Days 2.0

12:00 - 12:30 - Break

12:30 - 14:30 - Flexibility Intensive – Back in Action 2.0

2-Day Flexibility Intensive + Contortion Lab

This training adds an extra int/adv class to each day of the Flexibility Intensive. In these sessions, we will focus on chest stands, handstands, needle, and any other contortion tricks that are suitable for the participants.

This training is NOT beginner-friendly. Students are expected to have some experience with contortion training, and will be required to apply through [this form](#).

Sample schedule:

Saturday:

Flexibility Intensive - 12:00 - 16:30 (with a 30-minute break)

Contortion Lab - 16:45 - 17:45

Sunday:

Flexibility Intensive - 10:00 - 14:30 (with a 30-minute break)

Contortion Lab - 14:45 - 15:45

And that's everything!
To request workshops, use the link below
catiebrier.com/workshop-request

If you have any further questions, email contact@catiebriercontortion.com and we will get back to you as quickly as possible!

Please note, we try to accommodate all requests, but depending on the studio location/dates, we may not be able to schedule the desired workshops.

