



**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

When requesting workshops, you can either choose a weekend intensive (recommended) or individual workshops. If you choose individual workshops, the two Foundational Flexibility classes (second option) are required, and any further workshops can be chosen additionally.

### 2-day Flexibility Intensive (RECOMMENDED)

- 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*

### 90-minute OPEN LEVEL workshops

- Legs for Days: Foundational Leg Flexibility
- Back in Action: Foundational Back Flexibility

*Foundational Flexibility workshops have a student limit of min. 20\* - max. 30*

### 90-minute INT/ADV workshops

- Needles and Scales: Int/Adv Standing Leg Tricks
- Contortion Handstands: Technique and Sequencing

*Needles and Scales has a min. 8 - max. 12 students*

*Contortion Handstands has a min. 8 - max. 10 students*

### 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.*

*\*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

We prefer to handle payments, sign-ups, and some marketing (email to our mailing list and an Instagram post). Alternatively, the studio can take care of these things. If you prefer to take payments, etc., you can charge whatever price you need for studio fees and expenses, and Catie's take-home rates are as follows:

### Fee per student

WORKSHOP	PRICE/STUDENT
2-day intensive in Germany	€220 (+ 19% VAT)
2-day intensive outside of Germany	€260 (no VAT)
90-minute workshop in Germany	€50 (+ 19% VAT)
90-minute workshop outside of Germany	€55 (no VAT)
90-minute 2-3 person semi-private	€140
90-minute 4-6 person small-group private workshop	€95

## Personal requirements

Catie requires a two-workshop minimum with a 30-minute break in between but can offer up to 3 classes in one day. Additional classes can be small group workshops, semi-privates, or an additional contortion/flexibility workshop.

## Space requests:

Your space must be big enough to hold at least 20 students comfortably.

It would be ideal to have the following items/options, but these are not absolute requirements:

- 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
- Mirrors

## Workshop descriptions

### 2-day Flexibility Intensive (RECOMMENDED)

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, you are welcome to join and learn how to improve flexibility in the safest and most efficient way.

#### Example class schedule:

- Saturday: 12:30 – 17:00
- Sunday: 10:00 – 14:30

*(Both days will have a 30-minute break)*

### Legs for Days

This ALL-LEVELS\* workshop will focus on technique, alignment, and drills to teach students how to stretch safely and effectively on their own. We will work on how to warm up efficiently for splits, technique and training for splits, and active flexibility. Students will walk away with a good understanding of how to train their leg flexibility (or how to improve their current practice) and achieve their leg flex dreams.

*\*Beginners are welcome and encouraged to join!*

### Back in Action

This ALL-LEVELS\* workshop delves into the fundamentals of back flexibility with a strong emphasis on back bending safely. We will work on the most effective techniques to help students access their deepest and most comfortable backbend. There will be a heavy focus on the elusive upper back, hip flexors, and shoulders, to ensure students are able to achieve a beautiful, healthy backbend in class and beyond. Bye-bye, low back pain!

*\*Beginners are welcome and encouraged to join!*



## Needles and Scales

This int/adv workshop is for those wanted to master standing leg tricks. We will work on front and side scales, tilt, and needle prep and go over drills and stretches for each.

Pre-requisites:

1. Must have attended the Legs for Days Workshop
2. At least 2 splits comfortably flat on the ground
3. Oversplits are a plus but not required

## Contortion Handstands

This int/adv workshop delves into all things upside down. We will focus on technique and drills for forearmstands, handstands, levers (croc), split press and bridge press. All exercises will be modified for each student so they can take the exercises home and continue training with them.

Pre-requisites:

1. Must have attended the Back in Action Workshop
2. Comfortable in at least one split (left, right or middle)
3. Able to hold a bridge (wheel pose) with shoulders stacked over wrists for 30 seconds
4. Able to hold a handstand (against the wall is fine) for 1 minute

**And that's everything!**

**To request workshops, use the link below**

**[catiebrier.com/workshop-request](https://catiebrier.com/workshop-request)**

If you have any further questions, email [contact@catiebriercontortion.com](mailto:contact@catiebriercontortion.com) and we will get back to you as quickly as possible!

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