



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 of the information required to schedule your workshops*. We look forward to meeting you!

Available workshops

When requesting workshops, you can either choose individual workshops or a pre-designed workshop weekend. If you choose individual workshops, the two Foundation Flexibility workshops (first 2) are required, and any additional workshops can be chosen to offer in addition.

90-minute OPEN LEVEL workshops:

- Legs for Days: Foundational Leg Flexibility
- Back in Action: Foundational Back Flexibility
- Hips Don't Lie: Hip Flexibility for Backbends and Splits

Flexibility workshops have a student limit of min. 14 - 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-privates/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.

Pricing

We are happy 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:

- 90-minute workshop - € 50/student (+ 19% VAT)
- 90-minute 2-3 person semi-private - € 140/person
- 90-minute 3-6 person small-group private workshop - € 95/person

Personal requirements

I require 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 14 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
- Mirrors
- At least one open wall without equipment on it

And that's everything!
To request workshops, please fill out [this form](#).

If you have any further questions, email 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.*

