Hayley Cabral's Flexibility Fitness

CONTORTION MASTERCLASSES

For Competition Dancers

ABOUT MASTERCLASSES
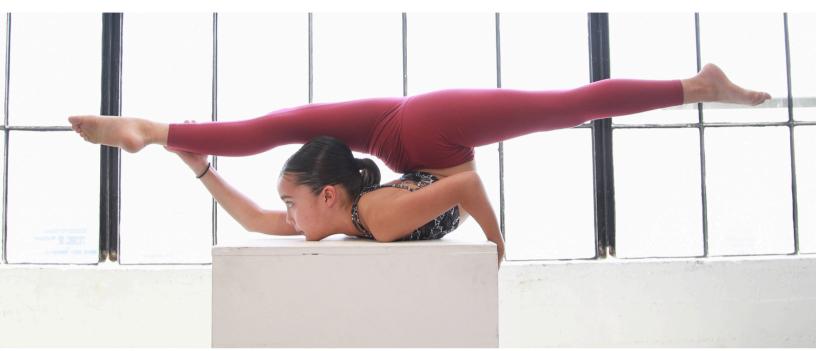
Flexibility Fitness Contortion Masterclasses are for competition dancers who want to bring their flexibility and control to the next level! Pro instructor Hayley Cabral teaches her specialized contortion technique that she has developed after 20 years of performing as a professional handbalancing contortionist. Flexibility Fitness combines contortion, gymnastics, pilates, and yoga techniques to improve flexibility and strength in a balanced way.

WHAT IS CONTORTION

AND WHY IS IT HELPFUL FOR COMPETITION DANCERS?

WHAT IS CONTORTION?

Contortion is a specialized art form that involves extreme flexibility, balance, and control. It is helpful for competition dancers because it allows them to safely perform elements that require these skills. Contortionists are categorized as a "Specialty Act" in the entertainment industry due to their unique abilities that go beyond what a dancer or gymnast has training to perform.

HOW DOES CONTORTION TRAINING BENEFIT DANCERS?

Flexibility Fitness Masterclasses for Competition Dancers are designed for competitive dance studios interested in enhancing their knowledge of contortion techniques. Masterclasses offer comprehensive instruction on proper alignment, entry and exit of contortion poses, and valuable advice for improving flexibility training.

IS CONTORTION SAFE?

Flexibility Fitness Contortion Technique strongly enforces safety, and teaches students how to properly warm up and safely enter and exit difficult poses. Students focus on full body flexibility and conditioning with a focus on learning proper technique

Flexibility Fitness offers types Masterclasses at every level to teach dancers foundational contortion techniques that they can take into their everyday studio training to improve flexibility, balance and strength.

01 Contortion Conditioning Beginner/Intermediate Level

This Masterclass introduces students to foundational contortion techniques and conditioning to develop strength and control in contortion positions. Students learn the importance of proper warm-ups for deep stretch and learn basic contortion techniques like bridges, chin stands, and split with a strong focus on alignment. There are no Prerequisites for this class and it is great for beginers and intermediate level students.

02 Contortion Conditioning Intermediate/Advanced Level

This Contortion Masterclass is for students who are ready to bring their flexibility to the next level. This class goes deep into advanced contortion techniques like back bend to bridge, straight legs in chin stand, contortion handstands, elbow stand, specialized contortion conditioning and assisted stretching. Prerequisites for this class : Students should be able to do a back bend to bridge safely, full splits in all directions and hold chin stand safely. Best for Intermediate to advanced level students.

03 Backsplit Mastery Intermediate/Advanced Level

Transformative technique masterclass class delves deep into exercises specially designed to unlock the potential to achieve a strong and balanced back split with a focus on alignment and technique. Class extensively covers split, over split, balance enhancing conditioning, back and shoulder flexibility to grab the back leg and technique for extending the back leg to straight. Best for Intermediate to advanced level students

Hayley Cabral's
Flexibility
Fitness

ABOUT HAYLEY

PRO INSTRUCTOR HAYLEY CABRAL

Hayley Cabral founded Flexibility Fitness in 2018 to create the world's first standardized contortion curriculum for competition dancers. As contortion gained popularity in competitions, she wanted to ensure that students had access to the safest and most effective methods of training. Her mission is to pass on her professional experience to the new generation and provide students and instructors with the best flexibility training experience.

Hayley began her career as a professional contortionist at 14 years old after training in competitive gymnastics. She spent her teenage years performing in Cirque style theatrical productions touring around the USA and Canada. She received professional training and certification from "Flexible Body Art" contortion school in Las Vegas under

the direction of Master Mongolian contortionist and Cirque Du Soleil alumni, Otgo Waller. Hayley went on to perform around the world in over 30 different countries as a featured act aboard prestigious cruise ship companies like Oceania Cruise, Princess Cruise, Celebrity Cruise, Regent, and Silver Sea to name a few.

Hayley Cabral's
Flexibility Fitness
Contortionist Academy

BOOKING

a Flexibility Fitness Contortion Masterclass is EASY as 123!

1. **MARKETING** Flexibility Fitness provides a DONE FOR YOU digital media promotional campaign to promote the Masterclass at the hosting studio. Hosting Studio receives marketing material 1 month before the class to promote the class to their students and Flexibility Fitness additionally promotes the class to our social media following of 5,000 REAL followers and an email list of over 2000 subscribers.

2. **REGISTRATION** The Masterclass Sign up Platform is provided by Flexibility Fitness. We manage sign ups so you don't have to. Masterclasses are designed to encourage newcomers to your studio, All contact information collected at registration will be shared directly with the hosting studio.

3. **PROFIT SHARE** The Hosting studio is paid 30% of all class registrations and Flexibility Fitness maintains 70% of class registrations to cover associated costs of social media marketing, travel expenses, digital media creation, photography, videography and instruction. All Masterclasses include photography and videography that is directly shared with the hosting studio that can be used for promotional purposes.

Masterclasses are 50 min in length

Cost of Class- $50 per student

For booking contact:
FlexibilityfitnessLA@gmail.com

Multiple masterclasses can be taught in a day and are separated by age/ skill level. Typical age ranges : 3-6 / 7-12 / 13+

The minimum number of students required to host a Masterclass is 30.

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THANK YOU

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