



Two Session Summer Intensive Workshop July 16th and July 18th 6:30-8:00pm.

Intro to Body Alignment, Strength and Flexibility with guest instructor Gretchen Ermst!

Enroll online today: <https://app.jackrabbitclass.com/eventcalendar.asp?orgid=544296>

Come learn how best to align your body using strength and flexibility. Emphasis will be on hand balancing taught by guest coach, Gretchen Ermst! Hand balancing is an acrobatic discipline dating from the most ancient of times that requires the balancing acrobat to execute various moves while balancing on the hands or head, either on the ground or on virtually any type of apparatus.

During this two-day workshop you will begin to learn the primary safety, strength and flexibility required to work with these fun and challenging skills. The goal of this workshop is to help give you the key components to introduce the understanding of how the skills work; while helping you accomplish them by being taught in a positive and encouraging learning environment! This workshop will leave you with the curiosity and motivation to learn and experience more!!

- **Ages 10yrs & older. Tuesday, July 16 and Thursday July 18. 6:30-8:00pm**
- **One Day: \$80, Both Days: \$149. Sibling discount: \$20 off second student.**

*Gretchen Ermst (@technique\_artist) is a hand balancer, aerialist and passionate coach. Their background in anatomy and physiology brings a unique perspective to coaching. The teaching is rooted in biomechanics with an eye on the effects the nervous system has on the body and training. Gretchen's explanations are technical yet accessible to all levels. They have worked with Cirque du Soleil and Celebrity Cruises and are based in Barcelona, Spain.*

**Enroll in the workshop and receive \$25 off the 2024-25 school year class registration fee!**