



CONTORTION & FLEXIBILITY INSTRUCTOR

Available workshops:

90-minute OPEN LEVEL workshops:

- **Legs for Days: All-levels Leg Flexibility**
- **Back in Action: All-levels Back Flexibility**

Flexibility workshops have a student limit of min. 14 - max. 25

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.

Prices:

I prefer to rent the space if possible. If it is, I will deal with sign-ups, taking payment from students, and marketing. Otherwise, you can charge whatever price you need for studio fees and expenses, and my take home rates are as follows:

Fee per student:

- 90-minute workshop - € 55/student
- 90-minute semi-private (2 people) - € 140/person
- 90-minute 3-6 person small-group private workshop - € 95/person

If the studio prefers to set up the workshops, which includes taking payments, handling sign-ups and promoting, I will require reimbursement for travel and lodging expenses. These expenses will be dependant on the location of the workshops and will be established when dates are being confirmed.

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

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.

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!