

WHAT I OFFER WORKSHOPS

IN THE AIR



DONNA CARNOW

 DONKAKONG

WWW.DONNACARNOW.COM

Aerial Pole

75 / 90 MINUTES // INT & ADV

Take your pole dancing skills to the next level - literally! This workshop focuses on applying pole dance techniques and skills on an aerial pole rigged 1.5 feet off the ground. We will break down aerial pole mechanics, conditioning techniques, various types of mounts, ways to generate a consistent and powerful spin, and then apply this information in a variety of combinations higher in the air. Must be comfortable with inverts, leg hangs, and being on a spinning pole.

*Aerial poles are silicone - shorts (recommended) or leggings can be worn.

*Beam / rigging point must be 12" high minimum.

Kips, Flips, and Splits - Donna's Signature Pole Tricks

75 / 90 MINUTES // INT & ADV

Donna's signature pole tricks and combos - a mix of things that are dynamic and flexibility based, both closer to the ground and higher in the air! This workshop offers one dynamic low-flow combo, one aerial dynamic combo, and a spin pole combo.

Levels Intermediate and up (leg hangs, shoulder mounts, butterflies, and brass monkey all pre-requisites for this workshop).

Delightfully Dizzy - Spinny Pole

75 / 90 MINUTES // INT & ADV

Centripetal force is a biiiiitch, but we love her anyway! This workshop offers a variety of conditioning exercises, mounts, and combinations specifically on a spin pole. We will examine techniques and strategies to stabilize your body on a spinning apparatus, various shapes, and transitions between movements when going what feels like 100 miles/hour. You can expect to leave this workshop feeling dizzy from all your gains!

WHAT I OFFER WORKSHOPS

ON THE GROUND



Photo
Prynz

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Pole'Ography

75 / 90 MINUTES // OPEN LEVEL

Pole'ography is a dance-based pole class in which we learn and break down choreography that focuses on stringing together movement patterns that combine moving into and out of the floor, dance technique, and a variation of codified spins and strength-based movements on and around a static pole. This class offers strategies and techniques to improve and apply a dancer's strength, movement pick up, musicality, technical proficiency, performative qualities, and artistry.

Layers and kneepads recommended.

Dynamic Low Flow

75 / 90 MINUTES // OPEN LEVEL

Where flow meets fire - unleash your most badass self in this open-leveled low flow class! This workshop focuses on dynamic movements around the base of the pole and breaking down the coordination that is required for these techniques.

Layers and kneepads recommended.

InvertaPOLE - Pole Handstands

75 / 90 MINUTES // INT & ADV

Get ready to get upside down and some blood in your brain! This workshop offers a variety of pole handstand combos and concoctions. We will isolate and refine handstand + arm balance techniques, look at them in application to pole, and incorporate these inverted skills into your pole repertoire in combinations. Shorts required.

Pre-requisites: leg hangs, inverted crucifix

Choreographic Strategies

75 / 90 MINUTES // OPEN LEVEL

Want to make a dance and not sure how to begin? Or perhaps you feel stuck in your own choreographic process? This workshop explores a range of choreographic tools and strategies for pole dancers to use for building materials in unique, genuine, and effective ways. Whether you are preparing for your next competition or simply want tools to help you step outside your choreographic box, this workshop is for you!

Please bring something write on / with and a device you can record yourself with.

WHAT I OFFER WORKSHOPS

OFF THE POLE



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Grounded Flight: Contemporary Floor Work

75 / 90 MINUTES // OPEN LEVEL

Calling all pole dancers and aerialists to step out of the sky and learn how to fly on the ground! Learn how to seamlessly move into and out of the floor in this contemporary floor work workshop. We will focus on the techniques required to efficiently move through space and access a sense of weighted release to gravity. Together we will embody phrase work that is filled with swelling waves and bursts of momentum that continue to redirect and propel the body through space.

Layers and kneepads recommended.

Lats + Leg Hangs - Applied Anatomy for Pole Dancers

60 / 75 / 90 MINUTES // OPEN LEVEL - LECTURE

This uniquely interactive lecture dives into applied anatomy and physiology in relation to pole dancing for both practitioners and pole dance instructors. We will dive into basic anatomy + muscle physiology, common injuries we see in pole dancers, injury prevention strategies, and understanding how this information applies to the ways in which we teach, train, and prepare for something as physically demanding as pole every day. We will physically embody and apply the information we cover through various exercises and drills on the pole.

Bend n' Flex

75 / 90 MINUTES // OPEN LEVEL

Bend n' Flex is an open-leveled class that offers a comprehensive and intense series of stretches that work to both activate and target specific muscle groups, increasing mobility head to toe. Students will be led through various sequences that safely explore and push their physical limitations to gain an increased level of flexibility. Flexibility is a highly individualized practice, so every pose and exercise offer both modifications and advancements. If you are looking to get your splits, your backbends, or just increase your overall range of motion, Bend & Flex will help you achieve your bendy goals!

THE FINE PRINT
WORKSHOP
PRICING



DONNA CARNOW

 DONKAKONG

WWW.DONNACARNOW.COM

Pole Workshops

\$40 / person

Non-Pole Workshops

\$35 / person

Private Lesson Pricing

1 person

\$100 / hour

2 person (semi-private)

\$150 / hour

Teaching Residencies

Flexible pricing structures
donnacarnow@gmail.com

STUDIO CAN ADD UP TO \$15 STUDIO FEE

PRICING IN USD \$

Workshops require a minimum of 5 students/workshop for booking multiple workshops or 7 students if booking one workshop. Studio will be responsible for paying the difference and run the workshop as scheduled if under-booked.

Unless otherwise specified, studio is responsible for covering transportation cost to and from the studio

Unless otherwise specified, studio must provide a host home, hotel, or stipend for lodging to stay overnight for the duration of workshops.