



Legs for Days:

The art of giving the illusion that your legs are ten feet long

Run Time: 90 Minutes

Prerequisites: Be able to climb to the top of the silk with ease, come to seated on hoop

Five Student Minimum, 12 Student Maximum (3 students per point max)

75 USD per person or studio negotiation

Inspired by the exquisite lines and extensions of ballet dancers, this workshop is designed to give you the foundations to find elegance in the air. It is for anyone that struggles with the fundamentals behind a beautiful pointed foot, straight legs and an appealing posture in the air. We will be focusing on drills for full leg engagement and killing the microbend, perfecting your pointe, and what it means to “think long”. This workshop will be mostly on the ground, with some time spent in the air. Students will leave with a better understanding of body placement and awareness. All techniques taught can be easily translated to any aerial apparatus or movement art.



Bendy and Bulletproof:

Skills and drills for achieving greater flexibility safely!

Run Time: 90 Minutes, please come warm and ready to begin

Prerequisites: All levels, but students will get more out of this workshop if they have straight elbows in bridge and a basic understanding of squared splits

Five Student Minimum, Sixteen Student Maximum

75 USD per person or studio negotiation

This workshop is designed to give you the tools to achieve greater flexibility in your everyday training. We will dive into depth with techniques and exercises designed to enhance your active flexibility while simultaneously incorporating injury prevention. Workshop will cover: splits (sides and middle), back (upper and lower) and shoulders. Students will leave with the knowledge of proper body placement in stretching positions and an arsenal of drills to prevent injury. This is a fully ground workshop. It is highly recommended to bring your own peanut (or two lacrosse balls in a sock), resistance bands of various strength, and yoga blocks.



Bridging the Gap:

How to begin moving seamlessly for performance artists

Run Time: 90 Minutes

Prerequisites: All Levels, 6 months minimum of aerials training (should be comfortable with sequencing)

Five Student Minimum, Twelve Student Maximum (3 students per point max)

75 USD per person or studio negotiation

If you are ready to take your act or sequencing to the next level and start looking more fluid in the air, this workshop is for you! Designed with the audience in mind, this workshop will give you an insight into what pleases crowds for the ultimate standing ovation. We will be doing various musicality exercises and drills to bridge the gap from trick after trick to intentional, seamless movement. All levels are welcome, but students will benefit more if they come prepared with a sequence they are very familiar with and can be done effortlessly multiple times over the course of the workshop. (Simple choreography is welcomed.)

Testimonials:

“Layla is one of the best aerial hoop instructors I have had the privilege of working with. I have grappled for months on getting my flares and in just the first couple of classes with her, through her guidance, my spinning and flares have improved significantly. She gives attention to each student providing each one with the modifications they need or finding different ways to explain how to do a specific trick or flow; making sure that everything being worked on within the class is accessible to all. Her focus on technique has increased my body awareness in the hoop and corrected many of the issues with form I have struggled with. Each class she allows her students to request what they would like to improve or work on, finding time to include the things that encourage students to strive for their goals. I have found in classes taught by others that at times it can be intimidating to come to class when you feel you just aren't able to achieve things that are being worked on and this is something I have **never** felt in any of Layla's classes. The thing I most appreciate is how she is able to challenge me to do better and work harder in a judgement and shame free space, where I leave each class feeling like I have accomplished something while still having fun!”

-Alex Rees, student at Aerial Artique and San Francisco Pole and Dance

About Layla:

Layla Maeve Tripod is a San Francisco based circus artist known for all things that spin and enchanting audiences. She stumbled upon an underground aerial performance in 2017 and has been falling head over heels for circus since. Layla's extensive technical dance and circus training has given her an exclusive brand of boldness onstage, carving her out as one of the city's best up and coming acts to watch.

Layla began her circus love affair in San Francisco, has since followed her love of circus arts around the globe. She specializes in lyra, tissu and aerial loops but is known to dabble in straps and contortion. Recognized for weaving her exquisite technique with distinctive movement quality, Layla Maeve is haunting to watch in the air and on the ground.