



## The Power of Center

*Using physics to conquer gravity- and strengthen your spin tolerance.*

Run Time: 2 Hours

Prerequisites: Some experience with spinning, working towards flares. No puking.

Four Student Minimum, 15 Student Maximum (3 students per point max)

75 USD; 70/30 split with host studio

Bring your ginger chews for this one! This workshop is designed to give you the elusive fast and centered spins that make audiences drool. We will spend the beginning of this workshop focusing on drills to help strengthen your flares and find the pathways needed to befriend physics. Breakdowns of “fan favorite” flares will be demonstrated and students will have plenty of time to spin to their hearts’ content (or until max spin tolerance is achieved). Spinning to both sides will be encouraged for body longevity, but not required. A sequence will be taught that displays the power of center- using centrifugal force to maximize movement and minimize effort. No puking allowed.



## Bendy and Bulletproof:

*Skills and drills for achieving greater flexibility safely!*

Run Time: 2 Hours

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

Four Student Minimum, Sixteen Student Maximum

75 USD; 70/30 split with host studio

This workshop is designed to give you the tools to achieve greater flexibility in your everyday training. We will utilize techniques and exercises designed to enhance 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: 2 Hours

Prerequisites: All Levels. 6 months minimum of aerials training. Should be comfortable with sequencing, can be in the air safely for two minutes.

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

75 USD; 70/30 split with host studio

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.

## What people are saying about Layla:

“Layla is a caring, thoughtful, and all-round amazing coach! I reached out to her initially when I was preparing for my first aerial performance. At the time, I felt incredibly awkward, and self-conscious when it came to artistic expression. She created a safe space where I could explore movement, giving gentle guidance so that whatever I created still felt authentic to me.

I gained so much from my time with her, and I have come away from that experience with a lot more confidence in general. I would recommend her to anyone looking to enhance their aerial practice!”

-Shirley Wong

“Layla is one of the best aerial hoop instructors I have had the privilege of working with... in just the first couple of classes, my spinning and flares have improved significantly. She gives attention to each student, providing each one with the modifications they need and 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... I have found at times it can be intimidating to come to class when you feel you just aren't able to achieve things and this is something I have **never** felt in any of Layla's classes. I most appreciate how she is able to challenge me to do better and work harder in a judgment and shame-free space, where I leave each class feeling like I have accomplished something while still having fun!”

-Alex Rees

“Layla is an incredible instructor! I've trained with her for years and she always comes to class with fun tricks & challenging drills that she explains clearly. She's super supportive and balances classes well so that they're fun and accessible for students at any level.”

-Kayla Triester

“Layla was one of my first instructors that welcomed me into the circus community with open arms and helped me celebrate all my small wins and moments of improvement in each class. I appreciate Layla's attention to detail and commitment to teaching appropriate form and safely executing any aerial poses or active flexibility workouts to make sure that we would focus on the exact muscle group and reduce

## Layla Tripod Workshop Offerings Menu 2023

likelihood of injury. I loved that she would remember what exactly people would be focusing on and would curate classes to help condition everyone to reach their goals. I had such a positive and encouraging experience attending Layla's classes - I would highly recommend her as an instructor!"

-Dorothy Thai

### 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 acts to watch.

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