



Pantera Workshops

Gold Coast

February 27th 2010

Biography

After three short years, she seized the United States, winning titles all over the country; starring in the most advanced DVD on the market today. Featured all over the world, Pantera has brought 'Pole' to a whole new level. Inspiring veterans and beginners alike, and changing the way the world looks at pole performers, she has been branded as the world's most famous pole dancer.

Along with mastering the pole, Pantera has studied: diet, nutrition, personal fitness, aerobics and weight training. She has spent a majority of her life researching new methods of exercise, and not only is she focused on spreading 'Pole' to the furthest reaches of the planet, she also brings it there safely. With each individuals' needs in mind, an expertise that has unlimited outlets; there's never a dull moment in Pantera's Pole World!

Pantera has been branded as the world's famous pole dancer and produced one of the first pole dance dvd's, Poletricks 101. She specializes in training the most dedicated pole enthusiasts as well as those brand new to pole dancing. Her workshops are known for being challenging, inspiring, and educational. Attention to detail, expertise in all aspects of pole dancing and an encouraging way of instructing are only a few of her qualities. With a decade of advanced skill, she is sure to bring new light to even the simplest pole moves.

9am – Vertical Pole Gymnastics Beginner \$60.00

Getting started with pole dancing needs a basic understanding of fundamental exercise. An hour long class with basic pole poses that will begin their journey up the pole and beyond with exercises they can do on their own pole, at home or with friends to keep pole dancing fun and progressive, while building a muscle foundation to get off on the right foot.

10:15am-12:15 - 2 hour Inter/Adv Pole Workshop \$110.00

With only 12 spaces available, this two hour group experience is sure to get everyone max time on the pole without getting exhausted or having muscle failure. Like in private instruction, participants are asked to make a "wish list" of things they are currently focusing on, making this class student created.

Making sure no one is left behind is very important so levels must be sorted. Group classes are available for intermediate, advanced and super advanced. Each person will understand the difficulty in each manoeuvre and the control it takes to do them properly. Since I am unfamiliar with the students in your area, I will have each student do a few simple manoeuvres for me to see what their ability is.

1pm Inter/Advanced Vertical Gymnastics or Pole Power Class \$60.00

One of the ways I am encouraging active and healthy lifestyle, this class is offered to students at every level. Even the most advanced pole dancer will be challenged in this one hour long workout. Exercises include core building and stability challenges, muscles endurance and stamina trials with coordination and control wrapped up in several manoeuvres and postures. Everything people will need to grow into strong pole dancers with daily practice. "It has been a long time since I sweat without doing major cardio. With the one hour core class I could feel every muscle and then some. I had a blast. Thank you, Pantera. XOX

Book at reception or call Tesse on 0410 602 40 payments due by 22nd Feb 2010





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