

Britt Bloem

WORKSHOP INFOS 2027



Hello!

Hi! I'm Britt, born and raised in '83 in the Netherlands, studied Engineering at The Hague University - only to forget everything I learned so I could turn my new passion Poledance into my full-time job.

I started poledancing in 2011, started teaching Pole & Flexibility in 2012 - and did my first international competition in the same year.

In 2016 I won 1st Place for Miss Pole Dance Austria Pro for the third time in a row and pole danced my way into the World Final of Pole Theatre, Pro Art Category (one of my favorite experiences).

Although competitions were a great challenge for me, I decided to stop competing in 2019 (age 39) because In general I don't like being competitive, especially not in an Artform. Also I wanted to focus more on teaching.

In 2012 I opened and co-owned my first studio, in 2018 I finally founded my very own Aerial Amazons in Innsburck. Creating a community and home for fellow poledancers is one of the most rewarding things I have ever done. These days I mainly teach online and travel across Europe to teach in different studios and camps.

I love bringing out the best in my students, which takes understanding of their physical, but also phsycological needs, capabilities and limitations. 'Tough Love' is my favorite teaching style, but for those who need a different approach I have infinte patience and empathy.

Whether you are looking to book me for workshops, courses or for personal training; I look forward to work with you!

PS. Did I mention I have a prosthetic hip, since 2021?



Some more infos

Relevant Education
Certified Personal Trainer for Strength-, Functional-, Health- and overall Fitness - PFA Innsbruck

KING Sports Ausbildung Athletik Training - Andreas Scheicher
Focus on strength training for injury prevention

ElevatED Flexibility Teacher Training

Floor Flow Teacher Training with Marlo Fisken

Certified TRX Trainer

X-Pole X-Pert Level 1&2

Competitions
1 st place Miss Pole Dance Austria 13 / 14 / 15
3 rd place Miss Pole Dance Austria 12

Benelux 12 & 13 - 3rd place Cat. Dutch Women

Pole Theatre London 15 - Drama Category
Pole Theatre Ireland 16 - Art Category
Pole Theatre World 16 - Prague - Art Category

IPSF World Championships 12 Preliminaries London
POSA European Championship 12 - Rome
PSO Amsterdam 2019 - 3rd place

Judging
Pole & Aerial World Cup 23 / 24 / 25 - Modena / Bologna Italy
Pole Theatre Austria 24 / 25 / 26 - Kufstein Austria



Pole Workshops

SIGNATURE QUICKIES (STATIC) - 75 / 90 Min

This is by far my Favourite Workshop! Quickies are short dynamic combos, where we don't focus as much on one trick - but more on the lines in our movements and combining them seamlessly into beautiful, surprising movement patterns.

Quickies are fun to learn - some more challenging, so you will have something to practice some surprisingly easy after I break down the technique for you. *High Five*

Intermediate: You should feel comfortable with inverts on both sides, and headstands

Int/Adv or Advanced: You should feel comfortable with handsprings from the floor, a hand-stand with the pole, and a fair degree of flexibility (not splits, but we will be working with straddles).

MY FAVOURITE THINGS (STATIC & SPINNING) - 75 / 90 Min

A good mix of all my favourite tricks and combos, static rotations, low flow and maybe a quickie or 2.
A fun workshop if you're up for having some fun on the pole. .
I'm always open to wishes and ofcourse offer adaptations to make sure everyone leaves the workshop with a smile on their face :)

Beg/Int: Inverts are good, but not necessary.
Intermediate: Inverts, leghangs
Level Int/Adv: comfortable with handsprings, a pole handstand, shouldermounts



Pole Workshops

BIG SPINS ON STATIC - 75 / 90 Min

This workshop is a combination between technique and learning amazing combos. When I started Pole, I got obsessed real quick with spins on static. I would literally spend hours on perfecting my technique for momentum and explosiveness. I love both exploring how to combine them into an effortless flow, as well as putting powermoves or even flips into them. Let me share with you my secrets for seamless
spins that seem to keep going - and let's put gravity to shame ;)

Beg/Int: no requirements other than some experience. We will work on the art of fluidity in spins and cover many different spins and combinations.

Intermediate: We will work on technique for bigger reverse grabspins, cool combinations, and incorporating inverts and floor elements

Int/Adv: We will work on big static spin combos, using techniques like shouldermount, invert, handstands and for those who are ready work on the beloved phoenix spin

MY FAVOURITE THINGS (STATIC & SPINNING) - 75 / 90 Min

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Beg/Int: Inverts are good, but not necessary.

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Pole Workshops

CONTEMPORARY CHOREO (STATIC) - 75 / 90 Min

In this workshop we will dance together and I will teach you my latest choreography.
For me it is less about performing for others - bur more important that you enjoy the experience of dancing and connecting with the music and yourself.

Level: All Levels. If you can do basic spins on static you are good to go :)

POLESTANDS (POLE HANDSTANDS) - 75 Min

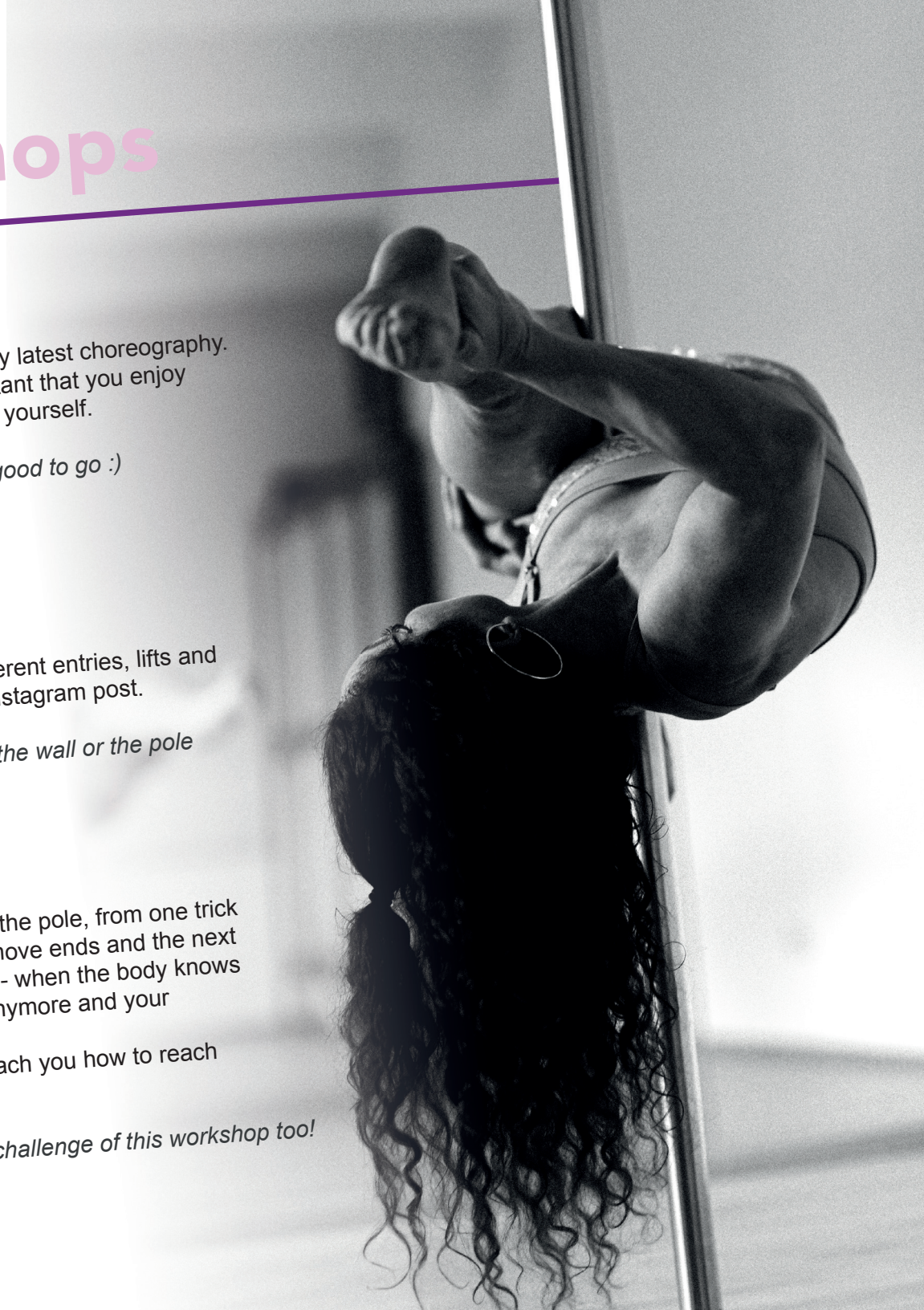
There is so much we can do with pole handstands!
This workshop will be a good combination technique on different entries, lifts and how to hold- and some cool creative shapes for your next instagram post.

Int/adv: You should be comfortable in a handstand against the wall or the pole

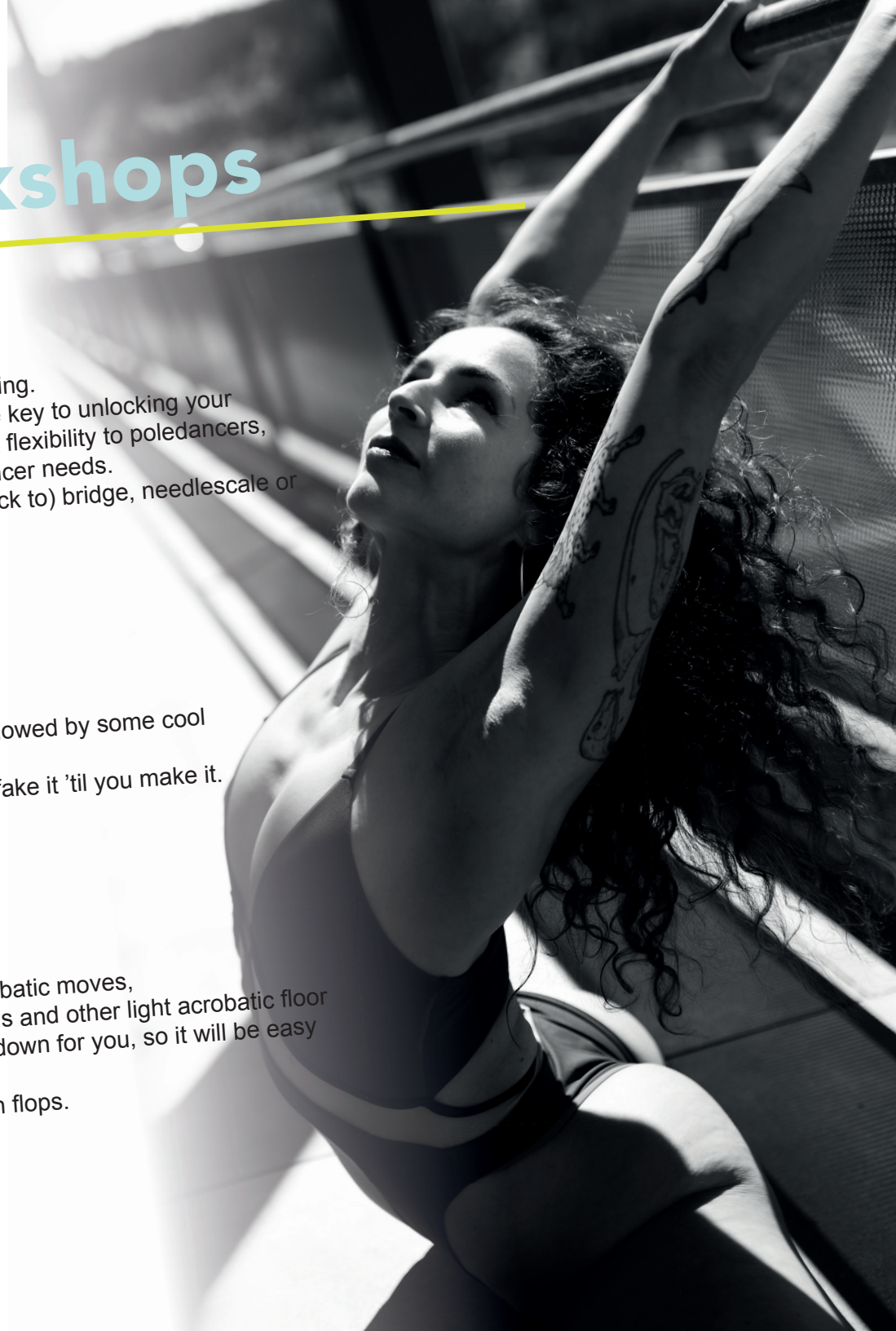
FLOW STATE (LOW FLOW ON STATIC) - 75 / 90 Min

Low Flow is when we flow seamlessly around the base of the pole, from one trick into the next, without really being able to see where one move ends and the next one begins. Flow is a state of the mind, but also the body - when the body knows so well what to do, you dont even have to think about it anymore and your movement starts to look effortless.
Let me show you some beautiful low flow combos and teach you how to reach your low flow state.

Level Beg/Int, but usually higher level students love the challenge of this workshop too!



Off-Pole Workshops



BACK FLEXIBILITY FOR POLEDANCERS (OFF-POLE) - 90 Min

I treat back flexibility as very detailed strength and coordination training.
Learning how to control ALL parts of your backbend will give you the key to unlocking your maximum potential. With over 14 years of experience teaching back flexibility to poledancers, I have adapted my back flexibility program to fit our specific poledancer needs.
Depending on the group, we will work on a maingoal like a (hangback to) bridge, needlescale or other backbendy handstands with the wall.

Level: There are adaptations for all levels

FLEXY LEGS & SHAPES (OFF-POLE) - 75 / 90 Min

In this workshop we will start with a good leg flexibility session, followed by some cool floorbased flexy poses and tricks (like for example standing split).
Don't worry! If you don't feel very flexy yet; I also have shapes to fake it 'til you make it.

Level: All

FLOPS, STANDS & ROLLS (OFF-POLE) - 75 / 90 Min

This workshop is for those who would like learn floor-based acrobatic moves, like shoulderstands, headstands, different kind of rolls, transitions and other light acrobatic floor moves. Through different exercises I will break the movements down for you, so it will be easy to follow along and level up.
We usually end the class with the highly beloved and feared fish flops.

Level: Floorwork basics for those who would like to learn



Terms & Conditions

For camps with more than 4 workshops, we can agree on a fee that works for both, depending on duration, accomodation, traveltime etc.

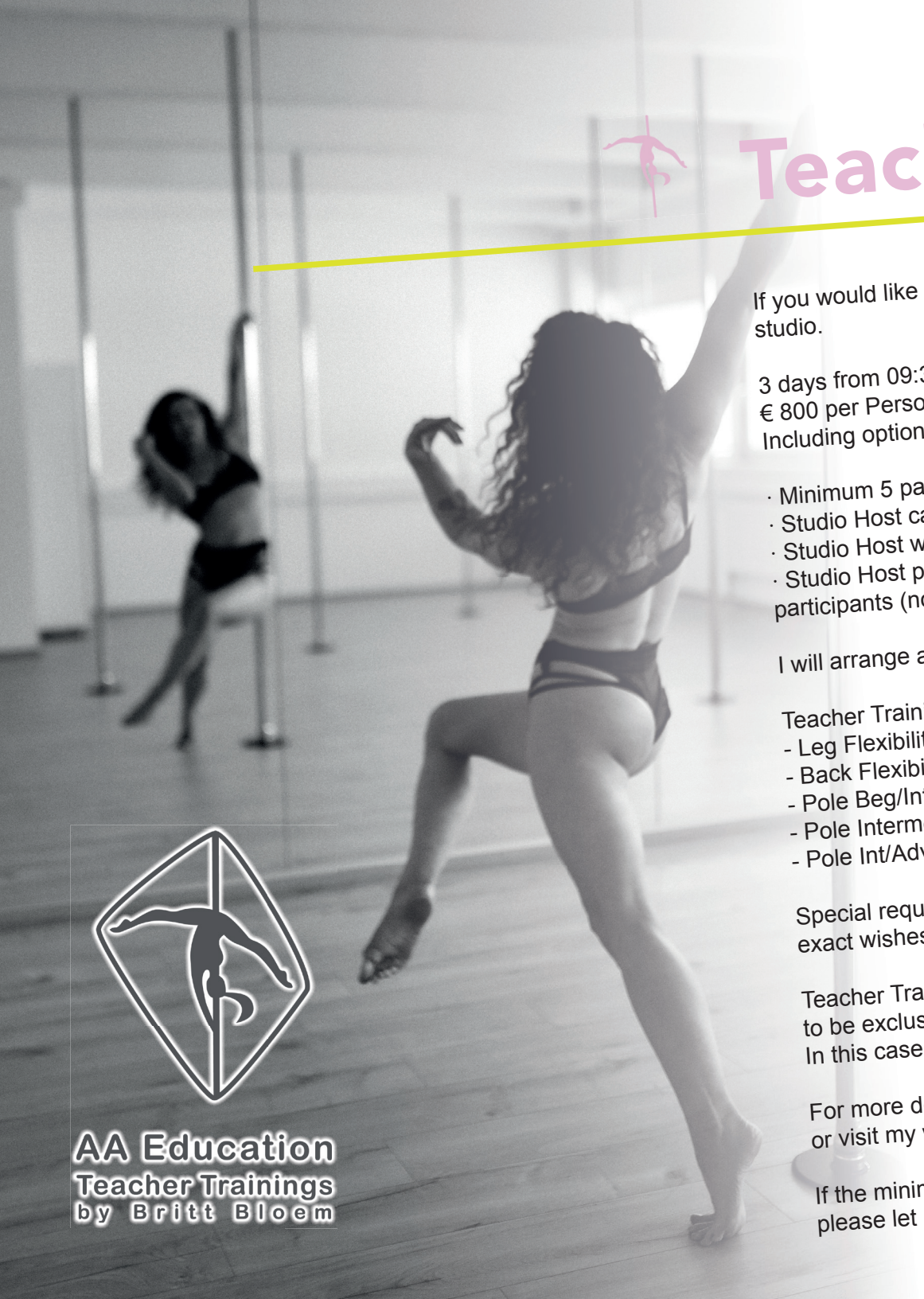
Please define ONE level for each workshop. If you need me to combine levels to make it more accessible for more students, please let me know.
The levels to choose from are Beg/Int - Int - Int/adv - All Levels (beginner friendly)

The length of the workshops is 75 or 90 Minutes
I advise 75 Minutes for the beginner levels and for things that heavily strain a certain bodypart (for example tired shoulders in handstands, or broken skin on hands in big spins). With a motivated group - I almost always go longer, so usually 75 ends up being 90 anyway.

Minimum is 3 / 4 workshops
Max 3 workshops per day
350 € per Workshop
Place to sleep and shower if it is an overnight event
Travel costs
Studio owner will promote workshops on socials (starting months in advance)
Bookings are binding, latest moment for cancellation should be agreed upon

Travel by airplane (Innsbruck Airport or Munich Airport)
OR
Travel by train (Innsbruck Hauptbahnhof)
I am happy to travel up to 10 hours by train if there is a good connection, usually this is the cheapest option (I have a discount card for Austria).
The first class upgrade I will pay for myself.

If you are hosting me in your home / studio: thank you for welcoming me!
I have ***deadly allergies*** for certain foods and certain food combinations - and my sensitivity gets worse in environments with cross-allergens like animals and pollen. I can manage it very well, but please be so kind and inform me in advance if you have pets.
I highly appreciate your consideration <3



Teacher Trainings

If you would like to host one of my Teacher Trainings, I will be happy to visit your studio.

3 days from 09:30 - 17:00
€ 800 per Person
Including optional Certification Test and Video Feedback (at a later time online)

· Minimum 5 participants
· Studio Host can participate for free (not counted in the minimum participants)
· Studio Host will help promote the Teacher Training on Social Media
· Studio Host provides suitable teaching space with some healthy snacks for the participants (nothing fancy, just some fruit and crackers for example).

I will arrange and pay for my own travel costs and hotel

Teacher Trainings I offer:
- Leg Flexibility
- Back Flexibility
- Pole Beg/Int
- Pole Intermediate
- Pole Int/Adv

Special requests for teacher trainings are of course possible, depending on your exact wishes (extra costs may apply).

Teacher Training should be open to anyone. If you would like the Teacher Training to be exclusive to your students, please let me know.
In this case the responsibility for aquiring students will be on the Studio owner.

For more detailed infos on my Teacher Trainings you can send me an E-Mail or visit my website: www.brittbloem.com

If the minimum amount of students is not reached 1 month before the event, please let me know so we can either promote again - or cancel.

AA Education
Teacher Trainings
by Britt Bloem



Contact me

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www.brittbloem.com

I can be a little slow with answering, since I am lucky enough not to spend a lot of time behind my computer. You will reach my quickest via Whatsapp messages. Please allow me a few days to respond.

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Personal Training