



Hayley Cabral's
**Flexibility
Fitness**

CONTORTION MASTERCLASSES



For Competition Dancers



ABOUT MASTERCLASSES



Flexibility Fitness Contortion Masterclasses are for competition dancers who want to bring their flexibility and control to the next level! Pro instructor Hayley Cabral teaches her specialized contortion technique that she has developed after 20 years of performing as a professional handbalancing contortionist.

Flexibility Fitness combines contortion, gymnastics, pilates, and yoga techniques to improve flexibility and strength in a balanced way. The program aims to shift the focus away from harmful industry practices and towards a healthy lifestyle.



WHAT IS CONTORTION

AND WHY IS IT HELPFUL FOR COMPETITION DANCERS?



WHAT IS CONTORTION?

Contortion is a specialized art form that involves extreme flexibility, balance, and control. It is helpful for competition dancers because it allows them to safely perform elements that require these skills. Contortionists are categorized as a "Specialty Act" in the entertainment industry due to their unique abilities that go beyond what a dancer or gymnast has training to perform.



HOW DOES CONTORTION TRAINING BENEFIT DANCERS?

Flexibility Fitness Masterclasses for Competition Dancers are designed for competitive dance studios interested in enhancing their knowledge of contortion techniques. Masterclasses offer comprehensive instruction on proper alignment, entry and exit of contortion poses, and valuable advice for improving flexibility training.



IS CONTORTION SAFE?

Flexibility Fitness Contortion Technique strongly enforces safety, and teaches students how to properly warm up and safely enter and exit difficult poses. Students focus on full body flexibility and conditioning with a focus on learning proper technique

Flexibility Fitness offers three types of Masterclasses that teach dancers foundational contortion techniques that they can take into their everyday studio training to improve flexibility, balance and strength.

01 Intro to Contortion Masterclass

The intro to contortion workshop is a great way to introduce students to foundational contortion techniques. Students learn proper warm-ups and techniques for contortion-style bridges, chin stands, and learn how to open shoulders and improve cervical spine flexibility.

02 Advanced Contortion Masterclass

The Advanced Contortion workshop is for advanced level students who are ready to bring their flexibility to the next level. This workshop goes deep into advanced contortion techniques like increasing deep stretch in chin stands, controlling balance in contortion handstands, contortion conditioning and assisted stretching. This is an Invitation ONLY class and students must apply to be accepted into training.

03 Backsplit Mastery

Transformative technique masterclass class delves deep into exercises specially designed to unlock the potential to achieve a strong and balanced back split with a focus on alignment and technique. Flexibility is not just about pushing your body to its limits; it's about achieving a balance between strength, stability, and proper alignment.

ABOUT HAYLEY

PRO INSTRUCTOR HAYLEY CABRAL

Hayley Cabral founded Flexibility Fitness in 2018 to create the world's first standardized contortion curriculum for competition dancers. As contortion gained popularity in competitions, she wanted to ensure that students had access to the safest and most effective methods of training. Her mission is to pass on her professional experience to the new generation and provide students and instructors with the best flexibility training experience.

Hayley began her career as a professional contortionist at 14 years old after training in competitive gymnastics. She spent her teenage years performing in Cirque style theatrical productions touring around the USA and Canada. She received professional training and certification from "Flexible Body Art" contortion school in Las Vegas under

the direction of Master Mongolian contortionist and Cirque Du Soleil alumni, Otgo Waller. Hayley went on to perform around the world in over 30 different countries as a featured act aboard prestigious cruise ship companies like Oceania Cruise, Princess Cruise, Celebrity Cruise, Regent, and Silver Sea to name a few.



BOOKING

a Flexibility Fitness Contortion Masterclass is EASY as 123!



- 1. MARKETING** Flexibility Fitness provides a DONE FOR YOU digital media promotional campaign to promote the Masterclass at the hosting studio. Hosting Studio receives marketing material 1 month before the class to promote the class to students and Flexibility Fitness additionally promotes the class to our social media following of 4,000 REAL followers and an email list of over 1500 subscribers.
- 2. REGISTRATION** The Masterclass Sign up Platform is provided by Flexibility Fitness. We manage sign ups so you don't have to. Masterclasses are designed to encourage newcomers to your studio, All contact information collected at registration will be shared directly with the hosting studio.
- 3. PROFIT SHARE** The Hosting studio is paid 30% of all class registrations and Flexibility Fitness maintains 70% of class registrations to cover associated costs of social media marketing, travel expenses, digital media creation, photography, videography and instruction. All Masterclasses include photography and videography that is directly shared with the hosting studio that can be used for promotional purposes.

Masterclasses are 50 min in length

Cost of Class- \$50 per student

Multiple masterclasses can be taught in a day and are separated by age/ skill level.
Typical age ranges : 3-6 / 7-12 /13+

The minimum number of students required to host a Masterclass is 30.

For booking contact:
FlexibilityfitnessLA@gmail.com

THANK YOU



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