

2026 workshop menu



ALEX [WITH HIS FINE ASS]

artist // performer // choreographer // instructor

alex.artistry@gmail.com // 616.634.9920 // www.alexandertamahn.com

career bio

ALEXANDER TAMAHN IS A MULTIDISCIPLINARY ARTIST, POLE DANCER, PERFORMER, AND EDUCATOR WHOSE WORK BRIDGES MOVEMENT, VISUAL STORYTELLING, AND COMMUNITY ENGAGEMENT. SINCE BEGINNING HIS POLE JOURNEY IN 2020, HE HAS DEVELOPED A DYNAMIC PERFORMANCE STYLE THAT COMBINES ATHLETICISM, ARTISTRY, AND EMOTIONAL EXPRESSION, USING MOVEMENT TO EXPLORE THEMES OF IDENTITY, LIBERATION, AND HUMAN CONNECTION.

A DEDICATED AND GRACIOUS MEMBER OF THE MOVEMENT COMMUNITY, ALEXANDER HAS PERFORMED IN CLUBS, GALLERIES, SHOWCASES, PRODUCTIONS, AND FESTIVALS ACROSS THE UNITED STATES. EVER SUPPORTIVE OF HONORING THE SW'ER ORIGINS OF MODERN POLE DANCING [+ FITNESS], HIS CREDITS INCLUDE PERFORMING AS A PLAYMATE WITH POLEMASTER'S PLAYHOUSE AND APPEARING AS A FEATURED PERFORMER IN THE STARZ DOCUMENTARY SERIES *DOWN IN THE VALLEY*.

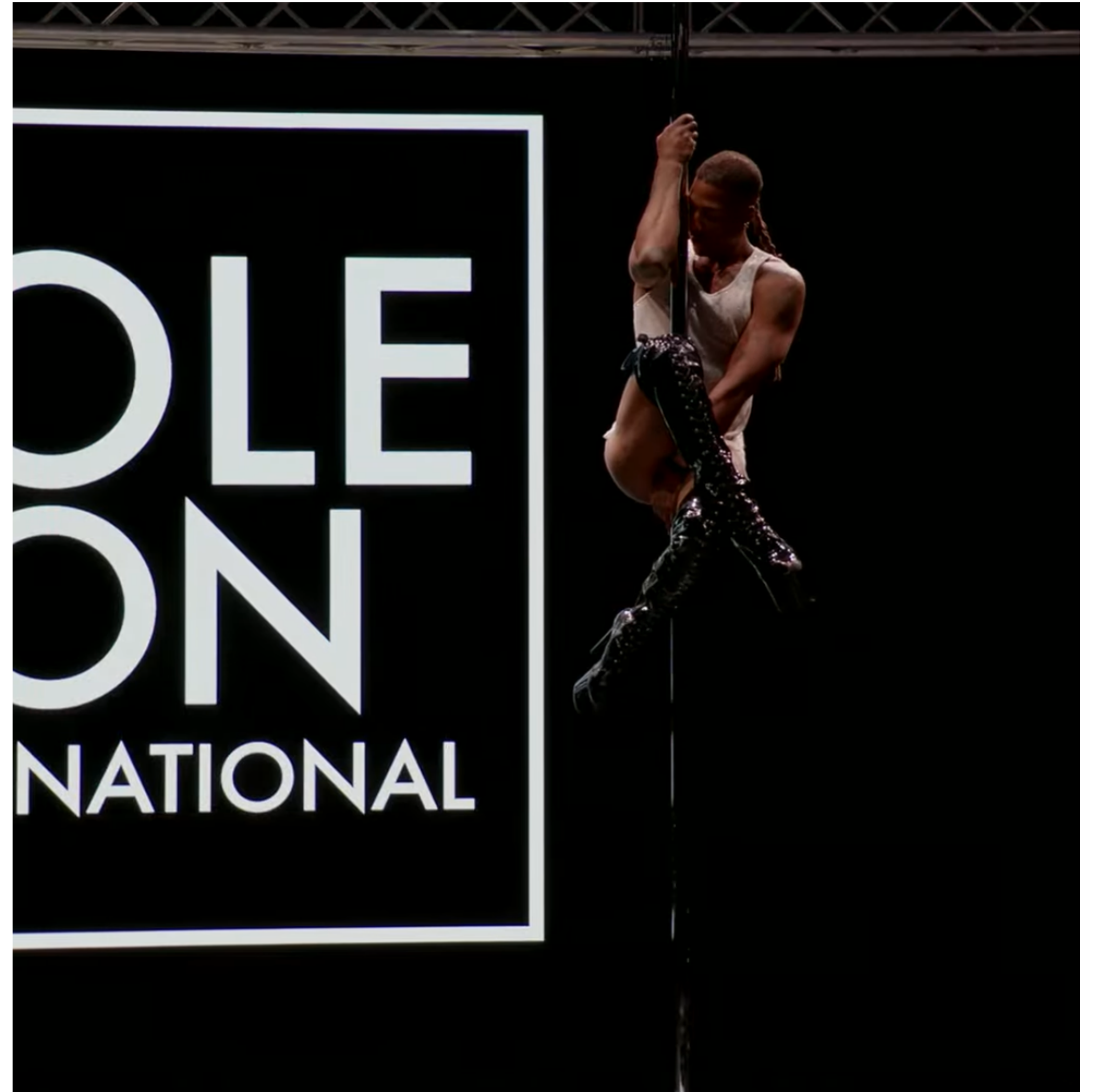
DRAWING FROM HIS BACKGROUND IN PUBLIC ART, SCULPTURE, AND COMMUNITY-CENTERED CREATIVE PRACTICE, HE BRINGS A DISTINCTIVE MULTIDISCIPLINARY PERSPECTIVE TO EVERY STAGE HE OCCUPIES, MERGING WHAT SOME WOULD IDENTIFY AS Highbrow AND LOWbrow ART TO SUBVERT NARRATIVES OF EXCLUSION AND ERASURE

PASSIONATE ABOUT EXPANDING REPRESENTATION WITHIN MOVEMENT AND CIRCUS ARTS, ALEXANDER CONTINUES TO CREATE WORK THAT CELEBRATES AUTHENTICITY, VULNERABILITY, AND JOY WHILE BUILDING A SUSTAINABLE CAREER AS A PERFORMER, EDUCATOR, AND CREATIVE VISIONARY.



select awards + credits

- **2026** - *"BET ON BLACK"* SHOWCASE FOR INTERNATIONAL POLE CONFERENCE [live performance]
- **2024** - EXOTIC GENERATION USA GOLD MEDALIST [live performance]
- **2024** - *"DOWN IN THE VALLEY"* ON STARZ FEATURED DANCER [television]
- **2024** - *"LA NUBIANA"* FEATURED DANCER [live performance]
- **2023** *"OKLAHOMA UNDERGROUND"* FEATURED ARTIST + DANCER [film]
- **2021 - 2023** *"HOTTER THAN JULY"* FEATURED DANCER [live performance]



teaching + coaching philosophy

DANCE IS A MEANS TO CHANNEL AND COMMUNE WITH THE DIVINE; THAT WHICH IS SIMULTANEOUSLY BEYOND US AND WITHIN US. I BELIEVE THROUGH DANCE, AS WITH OTHER ARTISTIC MEDIUMS, WE ARE ABLE TO ALCHEMIZE ENERGIES AND LIBERATE OTHERS.

MY APPROACH TO INSTRUCTION IS INFORMED BY MY BACKGROUND IN COUNSELING AND ARTS EDUCATION/MENTORSHIP. TRAUMA-INFORMED TUTELAGE AND CARE WITH A GROWTH MINDSET APPROACH TO SKILL ACQUISITION MEANS I WILL PRIORITIZE YOUR SAFETY AND TRUST, WHILE HELPING YOU LEARN AND NAVIGATE THE GROWTH OPPORTUNITIES WITHIN THE LEARNING PROCESS.

EXPERIENCE HAS TAUGHT ME “UNCOMFORTABLE” DOES NOT INHERENTLY MEAN “UNSAFE,” AND EMPOWERMENT WITHIN MOVEMENT IS FOSTERED THROUGH RESPECTING OUR BODIES AND THEIR EXISTING ABILITIES AS WE ASK THEM TO EXAMINE AND EXPAND WHAT IS POSSIBLE WITHOUT PUSHING THEM BEYOND THEIR CAPACITY. WITH MINDFULNESS AND TRUST AT THE HELM, WE CAN ACQUIRE AND DEVELOP NEW SKILLS AND HAVE FUN DOING SO.



pricing + minimums + fees

WORKSHOP REQUIREMENTS
[MINIMUM BOOKING: TWO WORKSHOPS]

PRICING
OPTION 1

FLAT RATE
\$400 PER WORKSHOP [75 MINUTES]
UNLIMITED PARTICIPANTS

OPTION 2

PER PERSON RATE
\$50 PER PERSON [75 MINUTES]
MINIMUM OF 8 PARTICIPANTS

ADDITIONAL STUDIO FEES [OPTIONAL]
STUDIOS MAY ADD AN ADDITIONAL FEE OF:
• **\$20 PER PARTICIPANT** FOR WORKSHOPS
• **\$20 PER PRIVATE LESSON**

BOOKING & CANCELLATION POLICY
IN THE CASE OF **UNDER-BOOKING**, STUDIOS MAY EITHER:
• CANCEL THE WORKSHOP WITH **AT LEAST TWO WEEKS’ NOTICE**, OR
• **COVER THE DIFFERENCE** TO MEET THE MINIMUM AND PROCEED AS SCHEDULED.

CANCELLATIONS MADE **WITHIN TWO WEEKS OF THE SCHEDULED WORKSHOP DATE** WILL INCUR A **\$250 CANCELLATION FEE**.

ADDITIONAL POLICIES:
• **MINIMUM** OF TWO WORKSHOPS PER DAY
• **MAXIMUM** OF TWO PARTICIPANTS PER POLE FOR ALL WORKSHOPS

EXCLUSIVITY OPTION
STUDIOS MAY SECURE **25-MILE RADIUS EXCLUSIVITY** FOR ALEX.
• MINIMUM COMMITMENT: **\$1,000**
• STUDIOS CHOOSING EXCLUSIVITY ***MAY NOT RESTRICT OR REFUSE STUDENTS FROM OTHER STUDIOS***



pricing + minimums + fees

[contd.]

PRIVATE LESSONS

PRIVATE LESSONS ARE FULLY PERSONALIZED TO EACH STUDENT'S **GOALS, LEVEL, AND MOVEMENT STYLE**, PROVIDING FOCUSED ONE-ON-ONE COACHING AT A PACE THAT SUPPORTS INDIVIDUALIZED GROWTH.

- **SOLO SESSION - \$100 PER FOR 1 HOUR**
- **TWO STUDENTS - \$70 PER STUDENT FOR 1 HOUR**

NOTE: STUDENTS ARE RESPONSIBLE FOR ANY APPLICABLE **STUDIO RENTAL FEES**.

CUSTOM WORKSHOP REQUESTS

STUDIOS INTERESTED IN **CUSTOMIZED WORKSHOPS** TAILORED TO THEIR COMMUNITY'S **NEEDS** ARE WELCOME TO INQUIRE. **ALEX IS HAPPY TO DESIGN A WORKSHOP THAT ALIGNS WITH YOUR STUDIO'S GOALS, STUDENT LEVELS, AND PREFERRED TRAINING FOCUS.**

PERFORMANCE BOOKINGS

ALEX IS AVAILABLE FOR **LIVE PERFORMANCES**.
BASE PERFORMANCE RATE: **\$300**

FINAL PRICING MAY VARY DEPENDING ON **VENUE REQUIREMENTS, PERFORMANCE LENGTH, SCHEDULING, AND OTHER EVENT LOGISTICS**. PLEASE INQUIRE FOR A CUSTOM QUOTE.

PAYMENT INFORMATION

PREFERRED PAYMENT METHODS:

- CASH (USD)
- ZELLE
- VENMO
- PAYPAL

ALL PAYMENTS MUST BE **COMPLETED AT THE CONCLUSION OF THE FINAL WORKSHOP.**

ZELLE: 616.634.9920

VENMO: @ALEXANDERTAMAHN





travel + lodging + transportation + per diem

FLIGHTS + GROUND TRANSPORTATION

ALEX IS OPEN TO COLLABORATING WITH STUDIOS ON SHARING THE COST OF FLIGHTS AND GROUND TRANSPORTATION

IF TRAVEL EXPENSES ARE NOT COVERED BY THE HOSTING STUDIO, ***AN ADDITIONAL WORKSHOP BOOKING WILL BE REQUIRED*** TO HELP OFFSET THESE COSTS. THIS APPROACH ALLOWS ALEX TO REMAIN ACCESSIBLE TO STUDIOS WHILE ENSURING THAT TRAVEL-RELATED EXPENSES ARE MANAGED FAIRLY.

LODGING REQUIREMENTS

ALEX PREFERS ACCOMMODATIONS IN A **HOTEL OR AIRBNB**.

IF THE STUDIO CHOOSES TO HOST ALEX IN A **PRIVATE RESIDENCE**, THE FOLLOWING ARE REQUIRED:

- **CLEAN + COMFORTABLE PRIVATE GUEST BEDROOM**
- **PRIVATE BATHROOM**

IF LODGING EXPENSES ARE NOT COVERED BY THE HOSTING STUDIO, ***AN ADDITIONAL WORKSHOP BOOKING WILL BE REQUESTED*** TO HELP OFFSET THESE COSTS.

PER DIEM

[MAY BE CALCULATED USING GSA RATE BASED ON LOCATION]

MEALS ARE **NOT REQUIRED**, BUT ARE KINDLY APPRECIATED.

IF PROVIDED, PLEASE KEEP IN MIND ALEX HAS NO DIETARY RESTRICTIONS OR FOOD ALLERGIES BUT DOES PREFER CLEAN + HEALTH CONSCIOUS OPTIONS.

workshops + clinics

beginner level

JUST TASTE IT: *BEGINNER POLE FUNDAMENTALS 75 MIN*

THIS WORKSHOP IS DESIGNED TO INTRODUCE NEW STUDENTS TO POLE DANCE THROUGH FOUNDATIONAL MOVEMENT, BODY AWARENESS, AND CONFIDENCE-BUILDING EXERCISES. PARTICIPANTS WILL LEARN ESSENTIAL GRIPS, WALKING PATTERNS, BEGINNER SPINS, TRANSITIONS, AND HOW TO SAFELY NAVIGATE AROUND THE POLE WHILE DEVELOPING FLUIDITY AND PRESENCE. THE FOCUS IS LESS ON ATHLETICISM AND MORE ON CONNECTION, RHYTHM, AND FEELING COMFORTABLE IN ONE'S BODY AND SPACE.

PREREQUISITES:

- NO POLE EXPERIENCE REQUIRED
- COMFORTABLE MOVING BAREFOOT OR IN SOCKS/HEELS
- ABILITY TO SUPPORT SOME BODY WEIGHT WITH THE HANDS
- OPEN MINDSET AND WILLINGNESS TO EXPLORE MOVEMENT

HEELS UP: *INTRO TO HEELS FLOW 75 MIN*

AN EMPOWERING BEGINNER-FRIENDLY CLASS FOCUSED ON MUSICALITY, SENSUAL MOVEMENT, AND EMBODIED CONFIDENCE. STUDENTS WILL EXPLORE FLOORWORK FUNDAMENTALS, BODY ROLLS, PACING, INTENTIONAL MOVEMENT QUALITY, AND BEGINNER POLE TRANSITIONS WHILE LEARNING HOW TO CONNECT PERFORMANCE WITH EMOTION AND STORYTELLING. THIS WORKSHOP EMPHASIZES LIBERATION, PLAYFULNESS, AND PERSONAL STYLE OVER TECHNICAL PERFECTION.

PREREQUISITES:

- NO PRIOR DANCE EXPERIENCE NECESSARY
- KNEE PADS RECOMMENDED
- HEELS OPTIONAL
- COMFORTABLE GETTING UP AND DOWN FROM THE FLOOR

TRICK ON ME: *INTRO TO POLE TRICKS + SPINS 75 MIN*

PERFECT FOR STUDENTS CURIOUS ABOUT THE ATHLETIC SIDE OF POLE DANCE WITHOUT INTIMIDATION. THIS WORKSHOP BREAKS DOWN BEGINNER-FRIENDLY SPINS, CLIMBS, SITS, AND TRANSITIONS USING ACCESSIBLE CONDITIONING AND TECHNIQUE DRILLS. EMPHASIS IS PLACED ON PROPER ENGAGEMENT, INJURY PREVENTION, AND BUILDING STRENGTH PROGRESSIVELY WHILE STILL KEEPING MOVEMENT ENJOYABLE AND EXPRESSIVE.

PREREQUISITES:

- BEGINNER LEVEL / FIRST-TIME STUDENTS WELCOME
- ABILITY TO GRIP THE POLE WITH HANDS AND THIGHS
- COMFORTABLE ATTEMPTING LIGHT UPPER-BODY ENGAGEMENT
- SHORTS RECOMMENDED FOR SKIN GRIP

FLOW + TELL: *STAGE PRESENCE + CHARACTER 75 MIN*

THIS WORKSHOP EXPLORES HOW POLE DANCE CAN BECOME A PERFORMANCE LANGUAGE. STUDENTS WILL EXPERIMENT WITH FACIAL EXPRESSION, AUDIENCE CONNECTION, PACING, IMPROVISATION, AND MOVEMENT INTENTION WHILE LEARNING A SHORT CHOREOGRAPHED SEQUENCE. IDEAL FOR PERFORMERS, CREATIVES, AND ANYONE WANTING TO DEEPEN CONFIDENCE AND AUTHENTICITY IN FRONT OF OTHERS.

PREREQUISITES:

- BEGINNER FRIENDLY
- NO CHOREOGRAPHY EXPERIENCE REQUIRED
- COMFORTABLE PERFORMING MOVEMENT IN A GROUP ENVIRONMENT
- WILLINGNESS TO EXPLORE EXPRESSION AND IMPROVISATION

workshops + clinics

intermediate level

90'S FINE: *INTERMEDIATE FLOW 75 MIN*

THIS WORKSHOP FOCUSES ON REFINING MOVEMENT QUALITY, SEAMLESS TRANSITIONS, AND CREATING VISUALLY COMPELLING SHAPES ON AND AROUND THE POLE. STUDENTS WILL EXPLORE ROTATIONAL MOMENTUM, DIRECTIONAL CHANGES, LEG PATHWAYS, AND EXTENDED MOVEMENT COMBINATIONS DESIGNED TO ELEVATE FLUIDITY AND PERFORMANCE PRESENCE. EMPHASIS IS PLACED ON INTENTIONAL MOVEMENT AND CONNECTING TRICKS WITH ARTISTRY RATHER THAN EXECUTING ISOLATED SKILLS.

PREREQUISITES:

- COMFORTABLE WITH BEGINNER SPINS, CLIMBS, AND POLE SITS
- ABILITY TO INVERT WITH OR WITHOUT A KICK
- PRIOR CHOREOGRAPHY OR FREESTYLE EXPERIENCE HELPFUL
- INTERMEDIATE STAMINA AND GRIP ENDURANCE

WARM IT UP THO: *INTERMEDIATE HEELS FLOW 75 MIN*

THIS WORKSHOP BLENDS SENSUAL MOVEMENT WITH ATHLETIC POLE VOCABULARY, ENCOURAGING DANCERS TO MOVE WITH CONFIDENCE, CONTROL, AND EMOTIONAL INTENTION. STUDENTS WILL LEARN CHOREOGRAPHY INTEGRATING HEELWORK, DYNAMIC FLOOR TRANSITIONS, EDGEWORK, SPINS, AND LOW-FLOW TRICKS WHILE DEVELOPING MUSICAL INTERPRETATION AND PERFORMANCE TEXTURE.

PREREQUISITES:

- PRIOR HEELS FLOW OR CHOREOGRAPHY EXPERIENCE
- COMFORTABLE DANCING IN PLATFORM HEELS
- KNEE PADS REQUIRED
- ABILITY TO EXECUTE BEGINNER FLOORWORK TRANSITIONS CONFIDENTLY

THE FEELS: *EMOTION, STORYTELLING + SEDUCTION 75 MIN*

THIS WORKSHOP CHALLENGES DANCERS TO DEEPEN EMOTIONAL EXPRESSION AND INTENTIONALITY IN PERFORMANCE. THROUGH GUIDED PROMPTS, IMPROVISATION EXERCISES, AND CHOREOGRAPHIC EXPLORATION, PARTICIPANTS WILL LEARN HOW TO COMMUNICATE NARRATIVE, TENSION, VULNERABILITY, POWER, AND SENSUALITY THROUGH MOVEMENT. IDEAL FOR DANCERS WANTING TO MOVE BEYOND TECHNIQUE INTO FULLY EMBODIED PERFORMANCE ART.

PREREQUISITES:

- INTERMEDIATE MOVEMENT VOCABULARY ON POLE
- COMFORT PERFORMING IN FRONT OF OTHERS
- OPEN TO IMPROVISATION AND CREATIVE EXPLORATION
- PRIOR CHOREOGRAPHY EXPERIENCE ENCOURAGED

BOTTOM BUNK: *BASEWORK, THREADS & LOW FLOW TRANSITIONS 75 MIN*

FOCUSED ON INTRICATE PATHWAYS CLOSE TO THE POLE, THIS WORKSHOP EXPLORES GROUNDED MOVEMENT, THREADING PATTERNS, SHOULDER STABILITY, AND CONTINUOUS LOW-FLOW COMBINATIONS. STUDENTS WILL LEARN HOW TO CREATE SMOOTH TRANSITIONS BETWEEN STANDING, KNEELING, AND FLOOR-BASED MOVEMENT WHILE DEVELOPING COORDINATION AND SPATIAL AWARENESS.

PREREQUISITES:

- COMFORTABLE WITH BEGINNER/INTERMEDIATE POLE FOUNDATIONS
- ABILITY TO TRANSITION SMOOTHLY TO AND FROM THE FLOOR
- KNEE PADS RECOMMENDED
- FAMILIARITY WITH PIROUETTES, POLE SITS, AND BASIC LEG HOOKS

workshops + clinics

advanced level

WATCH ME WERK: *ADVANCED MOVEMENT + EMOTIONAL PRESENCE 75 MIN*

THIS IMMERSIVE WORKSHOP EXAMINES ADVANCED POLE PERFORMANCE AS A TOOL FOR STORYTELLING, TRANSFORMATION, AND EMOTIONAL EMBODIMENT. THROUGH IMPROVISATION, CHOREOGRAPHIC EXPERIMENTATION, AND MOVEMENT PROMPTS, DANCERS WILL EXPLORE VULNERABILITY, SEDUCTION, TENSION, RELEASE, AND AUDIENCE CONNECTION WHILE REFINING THE NUANCE THAT SEPARATES SKILLED DANCERS FROM UNFORGETTABLE PERFORMERS.

PREREQUISITES:

- ADVANCED MOVEMENT VOCABULARY ON POLE AND FLOOR
- COMFORTABLE IMPROVISING AND PERFORMING EMOTIONALLY DRIVEN MOVEMENT
- PRIOR PERFORMANCE OR COMPETITION EXPERIENCE ENCOURAGED
- WILLINGNESS TO ENGAGE DEEPLY WITH ARTISTIC EXPLORATION AND PRESENCE

DO A SPLIT ON IT: *TECHNIQUE, CONDITIONING + SAFE DROP-SPLIT EXECUTION 75 MIN*

A FOCUSED WORKSHOP DEDICATED TO THE MECHANICS, CONDITIONING, AND ARTISTRY OF DROP SPLITS. STUDENTS WILL LEARN PROPER GRIP ENGAGEMENT, ENTRY VARIATIONS, DESCENT CONTROL, AND IMPACT MANAGEMENT WHILE DEVELOPING THE FLEXIBILITY AND STRENGTH NECESSARY FOR SAFER EXECUTION. THE WORKSHOP ALSO EXPLORES MUSICAL TIMING AND PERFORMANCE QUALITY SO DROP SPLITS FEEL POWERFUL, INTENTIONAL, AND DRAMATIC RATHER THAN RUSHED.

PREREQUISITES:

- ADVANCED POLE EXPERIENCE REQUIRED
- STRONG JADE SPLIT OR FRONT SPLIT FLEXIBILITY RECOMMENDED
- COMFORTABLE CLIMBING AND INVERTING AT HEIGHT
- PRIOR EXPERIENCE WITH INTERMEDIATE DROPS AND AERIAL CONTROL
- KNEE PADS AND APPROPRIATE SKIN GRIP ATTIRE RECOMMENDED

HEAT RISES: *FLUID CLIMBING TECHNIQUE + SEAMLESS TRANSITIONS 75 MIN*

THIS WORKSHOP FOCUSES ON TRANSFORMING CLIMBS FROM FUNCTIONAL MOVEMENT INTO EXPRESSIVE CHOREOGRAPHY. STUDENTS WILL EXPLORE CLIMB VARIATIONS, PACING, BODY POSITIONING, GRIP TRANSITIONS, AND DIRECTIONAL CHANGES THAT CREATE A CONTINUOUS SENSE OF FLOW WHILE ASCENDING AND DESCENDING THE POLE. EMPHASIS IS PLACED ON ELIMINATING “DEAD SPACE” IN MOVEMENT AND DEVELOPING CLIMBS THAT FEEL INTENTIONAL, SUSPENDED, AND VISUALLY CAPTIVATING.

PREREQUISITES:

- COMFORTABLE WITH STANDARD CLIMBS AND POLE SITS
- ABILITY TO INVERT CONFIDENTLY
- INTERMEDIATE TO ADVANCED AERIAL ENDURANCE
- FAMILIARITY WITH BASIC SPIN AND STATIC POLE TRANSITIONS

SMOOTH AIRWAVES: *TRANSITIONAL FLOW IN THE AIR 75 MIN*

DESIGNED FOR INTERMEDIATE AND ADVANCED DANCERS SEEKING SMOOTHER AERIAL MOVEMENT, THIS WORKSHOP BREAKS DOWN INTRICATE PATHWAYS BETWEEN TRICKS, LEG HANGS, AND CLIMBING SEQUENCES. STUDENTS WILL EXPLORE THREADING MECHANICS, GRIP CHANGES, ROTATIONAL MOMENTUM, AND BODY ORIENTATION TO CREATE FLUID TRANSITIONS THAT FEEL ORGANIC RATHER THAN SEGMENTED. THE CLASS PRIORITIZES EFFICIENCY, SOFTNESS, AND CONTINUITY IN THE AIR.

PREREQUISITES:

- SOLID INVERSION TECHNIQUE
- COMFORTABLE WITH INSIDE AND OUTSIDE LEG HANGS
- ABILITY TO CLIMB MULTIPLE TIMES CONSECUTIVELY
- PRIOR EXPERIENCE LINKING AERIAL COMBINATIONS

workshops + clinics

non-pole

FINE ASS FIT : *CONDITIONING FOR BEGINNER POLE DANCERS 75 MIN*

DESIGNED FOR NEW POLE STUDENTS WHO WANT TO BUILD STRENGTH SAFELY AND SUSTAINABLY, THIS WORKSHOP INTRODUCES CONDITIONING DRILLS, GRIP TRAINING, ACTIVE FLEXIBILITY, AND FOUNDATIONAL ENGAGEMENT EXERCISES SPECIFIC TO POLE DANCE. PARTICIPANTS WILL GAIN TOOLS FOR IMPROVING ENDURANCE, STABILITY, AND INJURY PREVENTION WHILE UNDERSTANDING HOW STRENGTH SUPPORTS ARTISTRY AND LONGEVITY.

PREREQUISITES:

- NO PRIOR FITNESS OR POLE EXPERIENCE REQUIRED
- ABILITY TO PARTICIPATE IN LIGHT PHYSICAL ACTIVITY
- WATER AND TOWEL RECOMMENDED
- MODIFICATIONS PROVIDED FOR ALL LEVELS

FINE ASS FLOORPLAY: *FLOORWORK FUNDAMENTALS + FLOW 75 MIN*

A LOW-PRESSURE WORKSHOP DEDICATED TO THE ART OF FLOORWORK AND TRANSITIONS. STUDENTS WILL LEARN BEGINNER-FRIENDLY SLIDES, LEG WAVES, BODY TRACING, SHOULDER ROLLS, AND GROUNDED MOVEMENT PATTERNS THAT COMPLEMENT POLE CHOREOGRAPHY. THE CLASS FOCUSES ON CREATING FLUID MOVEMENT PATHWAYS WHILE IMPROVING COORDINATION, MOBILITY, AND CONFIDENCE CLOSE TO THE FLOOR.

PREREQUISITES:

- NO POLE EXPERIENCE REQUIRED
- KNEE PADS STRONGLY RECOMMENDED
- COMFORTABLE KNEELING AND TRANSITIONING TO/FROM THE FLOOR
- BEGINNER MOBILITY LEVEL APPROPRIATE

