



Samantha Hancock

"We are endlessly creating ourselves."

Workshop Descriptions

Bio:

Samantha is a collaborative, multifaceted mover who excels in bringing movement from the floor to the air in unique and whimsical ways. After spending 10 years on the competitive horseback riding track, life took an unexpected turn in 2011 that catapulted her straight into dance and the air. Since then her life has been dedicated to learning, performing, and teaching a variety of aerial arts and movements such as lyra, sling, pole, lollipop, and all types of movement across the ground to connect movement from the ground to the air.

Qualifications:

Samantha has pursued aerial certifications in Level 1 Lyra and Silks by Paper Doll Militia and now works with the team as a virtual instructor/mentor and Lyra program developer. With functional and exploratory movement, Samantha is certified through Marlo Fiske's Level 1 and Level 2 Floor Flow courses and has trained with Tom Weskler, Marion Sparber, and Alan Fuentes-Guerra. She has developed aerial programs, mentorship programs, and communities that focus on inclusiveness and accessibility, while continuously living the life of a student to grow her own movement and teaching practices through intensives and personal training. Samantha is driven to help students find their individual, creative style.

Floor Based Workshops:

Build your awareness in the air by moving on the ground. There is no better tactile teacher than the floor.

Floor Flow Animal Instincts

This workshop focuses on movement in its most primal and functional roots: Lunges, squats, leaps, crawls, and rolls will all be incorporated into one 90-minute workshop.

We will explore how these core primal movements can add power, dynamics, and play in your movement on and off the floor.

This is an all-levels class! So come get in touch with your wild side!

Floor Flow: Flip, Flop n' Fly 101

For those of you who have wanted to focus on rolls, fish flops, and flippitydos this is the workshop for you!

In our 101 classes, we cover the basics of weight-loading our arms and shoulders to build an understanding and confidence of how these rolls & flips function. We will break down the basics of shoulder rolls, cartwheels, threading, leaps, and other cool flippy things!

This is the first of a progressive series that is welcome to all levels who are curious.

Floor Flow: Flip, Flop n' Fly 102

Do you want to dive deeper into rolls, fish flops, and flippitydos this is the workshop for you!

In this 102 progression of Flip, Flop n' Fly, we will dive deeper into shoulder rolls, cartwheels, threading, leaps, and other cool floppy things that we can start to string together!!

Prerequisite: This is a 102 class, and familiarity with some shoulder rolls and cartwheels is helpful if you have not taken the 101 workshop.

Floor Flow: The Never-Ending Loop

Ever just want to get lost in your movement? Focusing on a movement pattern that can repeat can allow you to relax, tune into your breath, and tune into your body can do just that!

This 90-minute workshop builds on infinite movement patterns that either alternate from side to side or move in a continuous loop in one direction. Get ready to dive deep into what might seem like simple movement patterns, but they can become the canvas for creativity!

This workshop is welcome to all levels!

Floor Flow: From Here to There

How often do we walk somewhere and think about how we got there?? This workshop is all about how we move across the ground. Exploring influences from contemporary, modern, exotic, primal, martial arts, and break dance movements! On our feet, hands, backs, and more! Gone will be the days of fear when we let go of our apparatus and are left with only the ground! Come explore the most forgotten-about apparatus... the floor!

This workshop is welcome to all levels!

Floor Flow: Outside the box

This 90-minute workshop is about diving deeper, letting go, and exploring your movement outside a specific pattern. This class will use props, partners, and some "coloring outside the lines" exercises to help get you outside of your normal movement patterns.

An open mind and willingness to get a little silly are the most important requirements in this all levels class

Attire for all floor-based classes?

Since we will be sliding, pushing, and pulling ourselves across the floor it's advised to bring layers for this class to protect the joints. Long pants, socks, legwarmers, a shirt that covers the shoulders, and knee pads (if you've got them!) are best to have on hand!

Aerial Technique/Skill-Based Workshops:

Deep Dive into theories of spin, dynamics, and moving with, not against your apparatus.

All About that C... Shape!

What the \$#@* is C-shaping anyway?? We hear this name thrown around a lot. We're told it's a key skill to have to work on roll-ups, reverse meat hooks, and other crazy cool skills. But rarely do we get the "how" to speech on C-shaping. This 90-minute workshop focuses on answering "how" by diving into the fundamentals of what C-shaping is, and how to develop this skill starting on the ground. Once we've found our shapes on the ground we will use our slings to dive further into this concept. All skills are transferable to other apparatuses.

Prerequisites: Must be able to hold a hip balance with no hands, and find a hollow body sitting in the sling.

Attire: You want to have your torso covered for when we are in the sling.

Spin Theory 101: Lyra

Struggle with starting your spin? Can't seem to shake that wobbly orbit? Is "finding your center" a brand new idea for you? In this 90 min workshop, we deep dive into the theory of spin, and play with multiple spin set-ups that are lyra-specific! Come ready to spin!

Prerequisites: Must be comfortable hanging from hands for at least 10 seconds at a time. Having comfortable inversions is a plus, but not required for this workshop.

Dynamics 101: Lyra

Dynamic movement is not only flashy and powerful but is key to more efficient "from here to there" movements. In this 90 min workshop, we will dive into the basics of dynamic movement, and explore stringing movements together. The content covered in this class varies from the overall level of the class participants. All levels can benefit from this skill breakdown.

Prerequisites: Must be comfortable hanging from hands for at least 10 seconds at a time. Having comfortable inversions is a plus, but not required for this workshop.

The Transition is the Move: Lyra or Sling

This workshop is all about what it means to be fluid in your movements. This workshop is not for the easily "bored," we will dive into one or two combinations and make them a part of our bodies. Come with a patient and open mind, and you'll open yourself to a new way of moving.

Prerequisites: comfortable with level 1 skill on either lyra or sling. Can be more specific upon apparatus choice.

Slinky Favorites!: Lyra

Some of my favorite lyra movements are ones where you feel like you are slinking through and around the hoop while making shapes along the way! This workshop is a compilation of some of my favorite flows from my explorations and travels from the past and the present. Come get slinky with me!

Prerequisites: Must be comfortable with pullover to the top bar, single leg grip on the spanset, hip key on the top bar, shoulder stand, and single leg hip hang on the bottom bar.

Creative Aerial Workshops:

Roadmaps to learning how to cultivate your own creativity. This too, is a learnable skill!

Changing Perspectives

Have you felt stuck in your practice? Does your movement feel stale? One of my favorite ways to break free of that loop is to change how we look and interact with our apparatus.

Apparatus: Preferred Lyra, but can also be done with sling or dance trapeze.

Rigging: Drop points are required for this workshop.

Prerequisites: a willingness to step outside of your comfort zone. This is a all levels class

My Apparatus is my Partner

Have you ever looked at your apparatus as more than a thing, an inanimate object to be moved by only your will? I see this relationship differently. This 90-minute workshop asks you to view your apparatus as something more and see how that influences your movement. This workshop will involve partnered prompts but is not a partner choreography class.

Apparatus: Preferred Lyra, but can also be done with sling or dance trapeze.

Rigging: Drop points required for this workshop.

Prerequisites: a willingness to step outside of your comfort zone. This is an all levels class

A Kind of Choreography Class

Apparatus: Preferred Lyra, but can also be done with sling or dance trapeze.

I am not a 1,2,3,4,5,6,7, and a 8 kind of mover. Or choreographer. This 90-minute workshop focuses on HOW to build routines that make sense to you. I will talk about tools and methods for creative development that can make the process so much smoother, and feel more genuine to you. A notebook is helpful for this workshop.

Apparatus: Any, we will be doing more work on the ground than anything

Prerequisites: a willingness to step outside of your comfort zone. This is an all levels class

Wild Card

Welcome to the inside of my mind! This is one of a one-of-a-kind 90-minute class just for you!

From my wild mind to your eager students!

This workshop takes the ingredients of your studio

Apparatuses, rigging options, & floor access + requests/needs of your students

To create a unique learning experience for students to get out of their heads and into their bodies.

Come let go, and get wild with me!

Prerequisites: a willingness to step outside of your comfort zone. This is an all levels class

The Five Senses

Description Coming

Elemental

Description Coming

Cultivating Creativity: An Intensive for Instructors

Description Coming

Pricing/Accommodations/Cancellations:

LESSON/WORKSHOP FEE SCHEDULE: (all fees listed in USD)

- 90-minute workshops: \$50 per student minimum
- 120-minute workshops: \$60 per student minimum
- 60-minute private lessons: \$100 per student minimum
- 60-minute semi-private lesson (2-3 students): \$75 per student minimum

Suggested Profit Sharing: 75% Samantha / 25% Studio

**Studio can set prices higher if needed to allow for more profit, taking into account local pricing structures. Prices listed are minimum requirements.*

TRAVEL ACCOMMODATIONS:

- Reasonable hotel accommodations to be provided by studio/owner OR studio/owner provides guest bedroom/couch instead of hotel
- Studio/owner provides access to a kitchen/grocery store to prep meals during stay.
- Studio/owner provides safe transportation to/from airport as well as all studio events/privates/workshops that have been scheduled.
- If airfare is needed, travel expenses MAY need to be split between studio/owner and Samantha. Travel expenses may be shared amongst studios if workshops are booked at multiple locations.

SCHEDULING WORKSHOPS/LESSONS:

- Required 15-30 minute break between workshops. Privates may be booked back to back.
- No more than 2 workshops scheduled per day, with no more than 2 privates per day OR 3 workshops per day with no private offering.
- Minimum goal of 6 students per workshop (preferably no more than 2 students per apparatus).
- If less than 4 students are registered for a workshop, then the workshop will turn into semi-private or private lessons.
 - Whichever is agreed upon by students & studio/owner no less than 48 hours before the start of the workshop.
- All students must sign a Release of Liability to be provided by Samantha prior to class.
- No non-paying spectators allowed in workshops/lessons.
- Studio owners may participate in workshops for free as long as the minimum number of paid students is met.

PAYMENTS/DEPOSITS:

- Final payments are due on the last day of workshops. Payments can be made in cash, check (made out to Elevated Aerials LLC), Venmo (@elevated-aerials) or PayPal (info@elevated-aerials.com).
- Final payments must be made in USD. If sent through PayPal, please send through the 'Friends and Family' option to avoid extra transaction fees.

CANCELLATIONS:

- Students who cancel and/or no-show for workshops or lessons within 48 hours will still be charged for the appointment.
- If the studio/owner cancels the workshop/lesson at any given time after the workshops are announced, the studio/owner agrees to reimburse any costs or expenses incurred up to and including cancellation date.
- If Samantha is unable to teach due to emergency, illness or severe injury, the events will be rescheduled at a later date to be determined and agreed upon by Samantha and the studio/owner.