

# WORKSHOPS

TRACY TAGADA



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# AERIAL BIOGRAPHY

I discovered Pole Dance by chance in 2016 during a friend's bachelorette party, and it was love at first sight with the discipline.

I hadn't done any sport since I was a teenager, so I started taking on a range of new challenges: Aerial Hoop, Hammock, Contortion, Floorwork, Yoga...

I had the chance to train with Doris Arnold as teacher and to continue enriching myself by taking courses, workshops, and training sessions with artists and teachers who are experts in their fields.

After teaching for several years in studios in the Paris region, I decided to focus mainly on my private lessons to offer a tailor-made and personalized experience to my students.

I also continue to travel all over France and Europe to teach my signature workshops and share my pedagogy with a wider audience.

In 2023, I started on two new projects that were very different but particularly close to my heart: Hair Hanging and the creation of my first educational resource for students and teachers: Hooxperience.

Throughout these years and my journey, I have had the immense chance to meet some outstanding people, to receive and give, to learn to express myself through body language, and to find this path that was meant for me.

*Tracy*



WHO AM I ?

TRACY TAGADA



# AERIAL HOOP

## WORKSHOPS

### TAGADA HOOP SIGNATURE

In this workshop, I'll teach you a combo with my favorite tricks of the moment, focusing on fluidity, transitions, and of course, a bit of spinning.

*\*All levels except introduction*

### HOOXPERIENCE

Welcome to Tagada's laboratory, where you can experiment and research around the Circle. I have put together several challenging exercises to stimulate your creativity.

*\*All levels except introduction*

### BACK TO BASICS

First time on the aerial hoop or just want to get back to basics? This workshop is for you! I teach you a smooth and flowing combo with different tricks.

*\*From introduction level*



# AERIAL HOOP WORKSHOPS

## DROP IT LIKE IT'S HOT

If you love thrills or want to challenge yourself, this workshop is for you! I will teach you my favorite drops of the moment, staying by your side to assist, spot, and encourage you to go for it.

\*All levels except introduction

\*\*Crash mats required for this workshop

## CERCEAU DUO

Ready to share your hoop space with a partner? Creativity, fluidity, and lots of laughs guaranteed! No partner? Speed dating on-site.

\*All levels except introduction

## MINI HOOP EXPERIENCE

Want to try the "Mini Hoop" experience? It's amazing what you can do in such a small space!

\*All levels except introduction

\*\*I can provide up to 6 Mini Hoops for the workshop



# AERIAL HOOP

## WORKSHOPS

### ROLL N' ROCK

Lion roll, Snake roll, Elbow roll, Straddle roll  
and many more...

In this workshop, we'll cover the techniques  
and preparations you need to understand and  
master all the rolls you can dream up!

\*From intermediate level

### SPANSET LOVERS

Want to move up a level?

In this workshop, I'll let you explore the top of  
the circle, with sequences on the top bar and  
in the slings.

\*From intermediate level

### STATIC FLOW

What if we stopped turning in circles for a  
workshop?

In this workshop, I'll be working on fluidity,  
control, balances, movement and static  
transitions.

\*From intermediate level



# AERIAL HAMMOCK WORKSHOPS

## TAGADA HAMMOCK SIGNATURE

In this workshop, I'll teach you a combo with my favorite tricks of the moment, focusing on fluidity, transitions, and of course, a bit of spinning.

\*All levels except introduction

## HAMMOCK PRETTY FLOW

This workshop focuses on the transition of pretty tricks that I will teach you to link together, making your movement as fluid as the fabric.

\*From introduction level

## DROP IT BABY

If you love thrills or want to challenge yourself, this workshop is for you! I will teach you my favorite drops of the moment, staying by your side to assist, spot, and encourage you to go for it.

\*All levels except introduction

\*\*Crash mats required for this workshop



## AERIAL HAMMOCK WORKSHOPS

### FLEXY TRICKS

In this workshop, we focus on beautiful, flexible tricks so you can take your best photos at your next photoshoot.

\*All levels except introduction

### HAMMOCK DUO

Want to try the hammock duo? In this workshop, I offer you a duo combo on two hammocks attached to a single point.

Creativity, fluidity, and lots of laughs await!

No partner? Speed dating on-site.

\*All levels except introduction

\*\*Two hammocks and three swivels per duo required

### HAMMOCK DISCOVERY

First time on the hammock or just want to check your basics? This workshop is for you! I teach you a smooth and flowing combo with different tricks.

\*From introduction level

## RATES

- 1 Workshop: 300€
- 3 Workshops: 800€
- 5 Workshops: 1250€
- Supplement of 50€ for the "Mini Hoop Experience" workshop

## TERMS

- The studio covers my travel, accommodation, and meal expenses.
  - A 25% deposit is required to validate the booking. The deposit is refundable in case of cancellation (only if the workshop is cancelled at least 1 month in advance).
  - The studio must provide crash mats for safety (for "Drop" workshops, a crash mat is mandatory per apparatus).
- The studio must ensure that its structure and equipment can guarantee the safety of the students.
- The duration of the workshops is 1.5 hours. It is possible to extend to a 2-hour format upon the studio's request (without extra charge).
- The level of accessibility is indicated under the workshop description.



## CONDITIONS & TARIFS