

# LISBON PoleCamp® 2016

WITH NATASHA WANG

AUGUST 1ST - 4TH



EUROPE'S  
SUMMER  
CAPITAL!

## PROGRAM

### COME TRAIN WITH NATASHA WANG

THE LISBON POLE CAMP INSTRUCTOR

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- IPC ULTIMATE CHAMPION 2013
  - POLE ART 2012 RUNNER-UP
  - US POLE DANCE CHAMPION 2011
  - USPDF WEST COAST CHAMPION 2010
  - CALIFORNIA POLE DANCE CHAMPION 2010
  - EAST MEETS WEST MISS POLE-AM 2010
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**NATASHA WANG** is considered one of the most influential and popular pole artists working today. Based in Los Angeles, Calif. and born-and-bred in Austin, TX, NATASHA is a true “pole citizen of the world” and spends a large part of the year traveling around the globe as an in-demand teacher, performer and competition judge.

In 2015 NATASHA won IPDFA Instructor of the year.

In 2014, NATASHA won “Female Performance Artist of the Year” and “Inspirational Artist of the Year” at the inaugural PWN (Pole World News) Awards.

As a COMPETITIVE POLE ATHLETE, she has taken home the titles of IPC Ultimate Champion 2013, Pole Art 2012 Runner-Up, US Pole Dance Champion 2011, USPDF West Coast Champion 2010, California Pole Dance Champion 2010, and East Meets West Miss Pole-AM 2010.

As a PERFORMER AND POLE PERSONALITY, she has appeared on “The View” on ABC, “Good Day L.A.” on FOX, “Amazing Dance” on Hunan TV, and “Day Day Up” on Hunan TV, China’s #1 TV show with over 300 million viewers. NATASHA has also performed across Mainland China as a solo artist, including a re-occurring stint at China Rouge at the Galaxy Macau.

In June 2011, NATASHA performed with the Doug Aitken art-theater project “Black Mirror” starring actress Chloe Sevigny, which premiered in Athens, Greece.

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Known throughout the world for her **inimitable emotive style, grace and creative storytelling**, NATASHA is a late fitness bloomer and took her first pole class at the age of 29 with no prior dance, gymnastics or fitness training.

Instead of using this as a liability, NATASHA never hesitates to remind men and women of all shapes, sizes and ages that she is living proof that **virtually anything is possible with enough passion, dedication, blisters and hard work.**

NATASHA instructs at The Choreography House and has been a principal dancer with Kelly Yvonne's "Girl Next Door Show" since 2010, and made her debut in its sister production "Seven" in 2015. NATASHA's brand sponsors include X-Pole and Kelly Maglia Couture.

A graduate of the University of Texas with a BS in Advertising and a BA in French, Natasha left a nine-year career in public relations in 2011 to **pursue her pole dreams**, and has never looked back. She is also a **published poet** and speaks **fluent Chinese.**

[www.natashawang.com](http://www.natashawang.com)



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# PROGRAM

## DAY ONE

August 1st, Monday

### WELCOME EVENT

01:00pm – Welcome to LISBON POLE CAMP 2016 at ARTIST ACADEMY in Lisbon

### WORKSHOPS

02:00pm - 03:30pm – Signature Pole Tricks

03:45pm - 04:45pm – Get off the Floor!

05:00pm - 06:00pm – Poetry on the Pole

### ACTIVITIES OF THE DAY

06:30pm – 08:00pm – Discover **Lisbon's Magic** walking around this incredible city!

08:00pm – **Dinner time!** Rest and enjoy the moment tasting **Portuguese Cuisine.**

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# PROGRAM

## DAY TWO

August 2nd, Tuesday

### WORKSHOPS

11:00am - 12:00am – Handspring Clinic

12:15am - 01:45pm – Let's Get Dizzy: Signature Spins and Combos

02:45pm – 04:45pm – Poetry on the Pole

### ACTIVITIES OF THE DAY

05:00pm - 8:00pm – Discover **Lisbon's Magic** touring around this beautiful city in a van and with a **tourist guide** that will answer all your questions!

8:00pm – Enjoy a **special and relaxing dinner** in a **Lisbon traditional house** with delicious **Portuguese food** and beverages. **Live music** to chill out!

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# PROGRAM

## DAY THREE

August 3rd, Wednesday

### WORKSHOPS

11:00am – 01:00pm – Pole Wish List

02:00pm - 03:30pm – Competition Prep like the Pros

### ACTIVITIES OF THE DAY

03:40pm – Going to the beach and sightseeing along the Atlantic Sea Coast

08:00pm – Dinner in a restaurant with a beautiful view by the Atlantic Sea.

Enjoy Portuguese Gastronomy and our amazing summer nights!

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# PROGRAM

## DAY FOUR

August 4th, Thursday

### CLOSING EVENT

12:00pm - 07:00pm – Pole Pool Party\*

\*This is a Swimming Pool Party.

Watch a performance by **Natasha Wang** and **Pole Jam** with all the participants.

Healthy and vegetarian catering, **Open Bar** and **DJ Live act** will be provided.

**Pole Photo-shoot Session** included.

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## EXTRA DAY

August 5th, Friday

**Private classes available. Contact us for available schedules and extra prices.**

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# POLE WORKSHOPS DESCRIPTIONS

## SIGNATURE POLE TRICKS

This constantly evolving workshop is **always updated** with **Natasha's newest tricks and combos**. No two Signature Pole Tricks workshops is ever the same! Students will focus on **unique transitions on and off the pole, innovative aerial tricks, Chinese pole techniques**, as well as movement that transforms the human body into **beautifully strange shapes**. Students should be able to perform basic advanced moves such as Extended Butterfly or Handsprings.

## GET OFF THE FLOOR! (ADVANCED)

A powerful and fun performance isn't always about the aerial tricks. Learn how to **dance from the floor onto the pole** as we hand-balance, spin, jump and cartwheel our way from the floor onto our apparatus.

## POLE WISH LIST (INTERMEDIATE – ADVANCED)

This is a **longer, looser, but still intense workshop** in which students will finally conquer the tricks on **their wish list** as well as be challenged to take their movement to the **next level** through more difficult transitions, variations or combinations. Class wraps with **fun improvisational pole games** so that you'll leave with some new **mind-blowing combos**.

## POETRY ON THE POLE (INTERMEDIATE – ADVANCED)

This workshop is **specially designed** for pole dancers **without dance experience** or training. Students will explore movement, emotion and storytelling through a series of instructor-led exercises that will **tap into the artist within**. Learn to **channel characters** into performances on the pole. Be ready for some **creative dance exercises...warning...you will be blindfolded!**

## HANDSPRING CLINIC (ADVANCED)

Learn the **different handspring grips** - split, twisted, Chinese, elbow - and **unique handspring variations** in this purely handspring workshop. Come if you've always wanted to **understand techniques and tips** for getting into the Full Moon, Elbow Handspring, Twisted Grip Lift or Phoenix!

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## LET'S GET DIZZY: SIGNATURE SPINS AND COMBOS (INTERMEDIATE –ADVANCED)

This **spinning pole-only workshop** will be constantly updated with **Natasha's favorite** spinning tricks and combos. Students will learn wow inducing but fairly simple fast and dynamic spins, elegant spin passes **incorporating strength, flexibility and control, and transition movements** to link everything together. This workshop is recommended for intermediate/advanced level students with a good understanding of, and comfort with the spin pole.

## COMPETITION PREP LIKE THE PROS (ALL LEVELS)

Learn the **secrets** of how to **properly prepare** for a competition in this 2-hour specialty workshop. Part-lecture with a **practical exercise component**, Natasha will review all the fundamentals of **competition prep**, from how to choose a competition and create the submission video, to preparing the training calendar, basics of choreography, useful training tips, and everything else leading up to game day. Students will leave with a **training calendar and character exploration handout**, and a **10-page reference e-book**. This workshop is not a pole workshop, but students should wear comfortable clothing to move in and bring a notebook and pen for taking notes.

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# PACKAGES

## PACKAGE

## QUEEN OF THE OCEAN (900 euros)

### INCLUDES

- Access to **all the Workshops**

(Limited to maximum 10 Participants. 2 Participants per pole.)

- Enjoy all our fun and sunny activities:

#### Tours:

- **Enjoy all the tours** in an amazing tour van.
- Discover the **Magic of Lisbon**
- Visit the beautiful surrounding areas of Lisbon
- **Go to the beach** and swim at our beautiful ocean and **get some tan!**
- Enjoy **Atlantic Sea Coast sightseeing**
  
- We offer you **3 special dinners** on **amazing places** where you will have time to chill out, **enjoy summer nights** and eat **delicious Portuguese Cuisine**. (There are vegetarian options too!) Live Music and DJ to relax!

#### Pole Pool Party:

- Party at a **beautiful natural setting** with a swimming pool
- **Natasha Wang performance**
- **Healthy vegetarian catering** and barman
- **Poolside music** with **DJ's live act**
- **Pole Photo-shoot Session & Transport** for the Pole Pool Party and return
  
- **Lisbon Pole Camp 2016 T-Shirt**
- **Free Waters** during the workshops period
- A Gift of the **Best Moments** in photo and video (sent by email afterwards)
- **Accidents Insurance** for the workshop period
- Other surprises!

### NOT INCLUDED

- Lodging, Air plane ticket, Transfer from the airport to the hostel / from the hostel to the airport, Other meals

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## PACKAGE

# TAGUS PRINCESS (700 euros)

### INCLUDES

- Access to **all the Workshops**

(Limited to maximum 10 Participants. 2 Participants per pole.)

#### Pole Pool Party:

- Party at a **beautiful natural setting** with a swimming pool
- **Natasha Wang performance**
- **Healthy vegetarian catering** and barman
- **Poolside music with DJ's live act**
- **Pole Photo-shoot Session & Transport** for the Pole Pool Party and return
  
- **Lisbon Pole Camp 2016 T-Shirt**
- **Free Waters** during the workshops period
- A Gift of the **Best Moments** in photo and video (sent by email afterwards)
- **Accidents Insurance** for the workshop period
- **Other surprises!**

### NOT INCLUDED

- **Lodging**
- **Air plane ticket**
- **Transfer from the airport to the hostel / from the hostel to the airport**
- **Other meals**
- **Other activities of the Lisbon Pole Camp**



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# PACKAGE

## PLUS ONE (450 euros)

**Enjoy the experience at Lisbon Pole Camp with your partner or friends!  
Bring your partner or your friends with you!**

### INCLUDES

**All the activities except the workshops:**

- **Enjoy all our fun and sunny activities:**

**Tours:**

- **Enjoy all the tours** in an amazing tour vans.
- **Discover the Magic of Lisbon**
- **Visit the beautiful surrounding areas of Lisbon**
- **Go to the beach** and swim at our beautiful ocean and get some tan!
- **Enjoy Atlantic Sea Coast sightseeing**
  
- **We offer you 3 special dinners on amazing places** where you will have time to chill out, enjoy summer nights and eat delicious Portuguese Cuisine. (There are vegetarian options too!) Live Music and DJ to relax!

**Pole Pool Party:**

- **Party at a beautiful natural setting** with a swimming pool
- **Natasha Wang performance**
- **Healthy vegetarian catering** and barman
- **Poolside music with DJ's live act**
- **Pole Photo-shoot Session & Transport** for the Pole Pool Party and return
  
- **Lisbon Pole Camp 2016 T-Shirt**