



FELICITY LOGAN

POLE ARTIST

WWW.FELICITYBAMBIDOLL.COM

FELICITY LOGAN is a professional pole artist and contortionist who began her story in a small town in Scotland. After always feeling like a big fish in a pond she moves away from the conventional life as a teenager and begun a new life as an exotic dancer around the world, dancing in more than fifteen different countries before the age of 25. Through this incredible journey she gained inspiration, valuable knowledge and developed her own unique pole dance style.

Over the years she has acquired a vast amount of titles such as :

POLE THEATRE SYDNEY OVERALL WINNER 2017

MISS POLE DANCE DOUBLES WINNER 2017

DANCE FILTHY AUSTRALIA WINNER 2016

POLE THEATRE UK CLASSIQUE WINNER 2015

MR AND MISSES POLE SCOTLAND ELITE 2014

MISS POLE DANCE UK RUNNER UP 2012/2013

Felicity is known internationally for her unique sensual style which she mixes with contortion . Her philosophy is that any dream can be achieved provided you have strong passion and determination. As a teacher Felicity is calm, patient and encouraging. She cares for her students and strives to help them reach their full potential.



POLE TRICKS

ELASTIC POLE

Have you ever wondered how Felicity contorts and twists like around the pole like a piece of elastic? well you will find out in this workshop. She will teach you some of signature bendy shapes on the pole and also provide you with stretches for specific tricks that will make them comfortable and achievable.

Now you do not have to be a human pretzel for this class as there is many tricks and combinations to make you look more flexible than you actually are as many are illusions. There are pole elements to suit everyone. So lets twist bend and contort around the pole and confuse our audience! Basic flex is a bonus but not necessity.

POLE MAGIC

Felicity is known in the pole world for her signature 'slow motion impossible looking deadlifts' and seems to have the ability to make the hardest tricks look effortless.

In this workshop she will guide you through all of her favourite tricks and how to make each one look graceful and beautiful.

Felicity believes in taking your time to execute pole tricks and completing each one fully before changing to the next movement .Pole is magical and it should look this way. Intermediate to advanced levels welcome.





FLEXIBILITY WORKSHOPS

FLEXIBILITY DREAM

Felicity once had a dream to be extremely flexible. Not having any prior background in dance, gymnastics or any flexibility related activity she doubted herself that she could do it. But the dream did not fade and finally she found the courage and belief to pursue it. Many years later after hard work and dedication she acquired contortion level flexibility.

This workshop is for people who have a similar dream. Felicity will show you stretches that you can take away so you can create your own stretching routine at home. Flexibility is attainable for everyone and dreams certainly do come true.

All levels are welcome.

*** Each Participant will receive a stretching band as a special gift ***



BABY CONTORTION

Learn the fundamentals of contortion. This workshop differs from a regular stretch class as we focus more on the art of contortion. There will be a variety of useful stretches to allow you to gain flexibility in all those tight areas. Then tricks practice will follow which will include forearm stands, handstands and needle scales.

This is designed for baby contortionists who are at the beginning of their journey and simply do not know where to start or for those who are curious about this beautiful art. It is tailored to all levels and can be beneficial for first timers or even the more experienced who want extra guidance or new stretches to add to their repertoire.

Felicity has studied and taught contortion for many years now and is passionate about safe training. She always encourages her students to improve and excel but at the same time respecting their bodies' limits. Her aim is to help you work well with your own body and assist you to truly listen.

No splits required but preferably be able to push up into a basic bridge.

*** Each Participant will receive a stretching band as a special gift ***

EXOTIC WORKSHOPS

EXOTIC GODDESS

In 'Exotic Goddess' Felicity will share her love for mesmerising sensual pole dance. During this ninety minutes we learn a creative routine that focuses on fluidity and snake like movement.

She will teach you smooth base transitions, slinky floor work and unique exotic floor tricks. There are modifications and suitable tricks to suit all levels and body types. A flexible spine is not essential.

A workshop not to be missed for an aspiring exotic pole dancer.

Knee pads and heels are required





SIGNATURE EXOTIC

FLOOR TRIXXX

In this workshop Felicity will teach you some of her signature Floor tricks and transitions which include her captivating 'Slow motion' floor kips.

She will focus on sensual wavy leg base handstands, forearm stands and her favourite shoulder roll variations.

There will be lots of unique tricks and transitions to take away and use in your own choreography.

(Extreme flexibility is not a requirement)

Heels and knee pads are a must



TRIPPER 101



Felicity started a career as an exotic dancer at the tender age of eighteen years old. Stripping allowed her to lead an exciting life, travel the world and become the best version of herself.

She has more than ten years experience in the industry and in this workshop you will learn some of the vital tricks of the trade.

In this sexually liberating and empowering workshop you will discover how to give the most sensually satisfying lap dance, how to remove clothes seductively and become mesmerising on stage.

Learn the true art of striptease through a veteran herself.

*** Anyone who attends the workshop who is interested in joining the industry and wants advice will gain full FREE email correspondence from Felicity ***



LENGTH OF WORKSHOPS: Most of Felicity's workshops are usually 90 minutes. She can tailor them to make them shorter or longer for your studio.

CANCELLATIONS: Workshops should not be cancelled less than two weeks notice.

VIDEOS: Felicity is more than happy for the students to take videos for personal use and encourages them to bring a notepad to record what they have learned.

SCHEDULING: Allow a 15 minute break after two consecutive workshops. No break is required between two workshops only.

PARTICIPANTS: Felicity requires a minimum of eight per workshop if you want two or more. Minimum twelve per workshop if it is just one being held.

STUDIO CHARGES: Please contact to discuss.

STUDIO OWNERS: Studio owners may participate free of charge if the minimum participants are met first.

TRAVEL: Felicity requires flights, transport and accomodation provided by the studio.



90 MINUTES: 40 GB per person

PRIVATE LESSONS (1 HOUR)

1-2-1: 60 GB

2-2-1: 55 GB (per person)

3-2-1: 45 GB (per person)

FOR MORE INFORMATION PLEASE CONTACT....

CONTACT FELICITYBAMBIDOLL123@GMAIL.COM

