

ATRIA
STUDIOS

Flexibility Intensive
DUBAI

23-25th
Feb 2024

3 day
weekend
event

 BENDY
LIFE



FRIDAY

19:00 - 21:00 Meet and Greet

SATURDAY

12:00 - 14:00 Intro to Contortion

14:30 - 16:30 Splits Masterclass

+After Class Activities

SUNDAY

14:00 - 15:30 Needlescale Masterclass

16:00 - 17:00 Hand Balancing

+Sunset Rooftop Event





Sofia has been into fitness for more than 20 years between Italy (her home country) Miami and California as a personal trainer and fitness competitor, has learned pole dance and performed in world renowned nightclubs in Las Vegas for more than 6 years and practiced Mongolian Contortion for 11 years, which started as an adult with no gymnastic background. Her unique coaching style combines strength and flexibility alongside a deep understanding of what the adult body needs in order to learn safely and effectively, feeling empowered in the process, overcoming fear and limiting beliefs. Today Sofia is a Contortionist, Contortion and Flexibility Coach residing in Miami.

WORKSHOPS

Intro to Contortion

(Basic introduction of contortion elements, mostly backbending, all levels) 2h

This popular workshop gives a great insight on the basics of Mongolian Contortion and back flexibility, with the added benefits of Sofia's extensive knowledge in anatomy, strength training, specific conditioning and the role of conscious regulation of the nervous system's response in training. The primary focus of this workshop is learning correct and progressive warm up techniques and an introduction to backbending poses and tricks. This is an in depth experience for anyone just starting their journey or wanting to advance their current practice.

Splits Masterclass

(Intensive for splits, all levels) 2h

This is another of Sofia's signature workshops. The emphasis during this 2 hrs Masterclass is gaining the tools to develop not only beautiful, open the necessary leg flexibility and hip mobility for 3 ways front and middle Splits, but also a foundation for Over Splits and for Over and Standing Splits, making sure strength is addressed to support deeper ranges and prevent injuries (a very common mistake is lack of strength and weak, unsupported flexibility). This is an in depth experience for anyone just starting their journey or wanting to advance their current practice.



WORKSHOPS

Needle scale Masterclass

(backbend and front splits, all levels) 1.5h

This popular Masterclass is focused on combining Splits with Backbends, a very needed skill for yogis, aerialists and performers, in order to do poses like Eagle, Needles, Diamond King Pigeon and everything that requires grabbing your leg overhead. Sofia is a master at unilateral backbends and combining them with splits. This workshop leaves you with a beautiful solid foundation to build upon and create perfect lines on the floor and in the air.

Hand Balancing

(all levels) 1h

This workshop offers a great combination of strength, balance and flexibility drills to learn Forearmstand, Handstand and Crocodile pose. These tricks are taught following Mongolian Contortion style (with backbending).



INVESTMENT

PRICE PER SINGLE CLASS

Intro to contortion	550 AED
Splits Masterclass	550 AED
Needlescale	400 AED
Hand Balancing	275 AED

- Students will also have access to 15% off all classes at Atria from the 19th - 25th of February.

PACKAGE 1 - WORKSHOPS ONLY

- All Workshops (6.5 hours)
- **30% saving on all workshops**
- 15% off all single classes at Atria from the 19th - 25th February
- 15% off all packages taken in the month of February including the 5 day Unlimited class pass intro offer.

Package 1 - Workshops Only	1,250 AED
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PACKAGE 2 - WORKSHOPS & EVENTS

- All the above listed in Package 1
- Sunday Rooftop Bar entry and Food & Beverage
- Saturday Secret Activity (to be announced)
- Friday Meet and Greet Drinks and Lite bites
- transport too outings from the studio

Package 2 - Workshops & Events	2,100 AED
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**Please note that if you opt for Package 1 or the Single classes and are interested in joining us for one of the activities you are more than welcome! Please get in touch with the event you would like to attend.*

Payments should be paid in full to the Bank Account below:

Company name: ATRIA LLC
Bank Name: MASHREQ BANK PSC
Account number: 019101082072
Iban : AE470330000019101082072

It is the responsibility of the payee to accept all incurred bank charges. If you are transferring funds from overseas please check with your bank provider for any international bank charges.

Alternatively if you prefer a Stripe payment link then let us know.

Once the payment is made, please kindly screenshot your transaction or send us a proof of payment and email it to info@atriastudios.me alongside your full name.

TERMS & CONDITIONS

- All payments are non-refundable but can be transferred if we find someone to take your space.
- Payments must be made in full to secure your spot.
- Atria Studios will bear no liability for any injuries or losses during the workshops on the 24th and 25th of February 2024 at Atria Studios.
- Participants understand that the organisers may photograph or video record the workshops for promotional purposes and participants consent to such video recording unless stated otherwise.
- It is the responsibility of the student to inform Sofia if they have any injuries or concerns that should be addressed.
- Participants acknowledge that the workshops are physically demanding and confirm they are in an appropriate physical condition to participate.
- By making the payment you have agreed to the terms and conditions.

ADDITIONAL INFORMATION

- Workshops will be limited to 10 students only.
 - Please ensure to arrive 10 minutes before your workshop start time.
 - Mats and equipment will be provided however please feel free to bring your own if it would make you feel more comfortable.
 - Please be respectful of the students around you in the class and be mindful when/if you are filming yourself.
 - If you are travelling from overseas and would like to join any of our classes at Atria during your stay in Dubai and require more information or need any help booking onto our classes please get in touch.
 - Please get in touch to redeem your Discount code for the classes at Atria Studios.
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- Once you have made the payment please add yourself to our workshop WhatsApp group.
<https://chat.whatsapp.com/DCgga8L1bXJYYVnuuYUe4>

Contact information:

Whats app +971 50 172 2513

Email: info@atriastudios.me

LOCATION

Address: 106 Al Asmawi office building - Sheikh Zayed Rd - Umm Al Sheif - Dubai

(located in the same building as Breville)

RTA Parking located at the front and back of the building.

[Google Map Link](#)

Getting here by Metro: If you are planning to come by metro, please get off at the FGB metro stop and walk across to the other side of Sheikh Zayed Road highway, then we are then a 20s walk away.

Below is an image of the front of the building.
We are located on the first floor, 106.



ATRIA

STUDIOS