



AERIAL SPORTS

Workshops with Angelina Usmanova

<https://www.instagram.com/usmanovaangy/>

- **Aerial Silks Skills**

Intermediate/Advanced: 10:00 – 11:30

Be able to do:

- invert/hip locks in the air
- don't be scary of drops

Program:

Climb variation, intermediate/advanced flexibility tricks, drops, spinning technique, regrip



- **Aerial Silks & Hoop Duo**

Open Level: 11:45 – 13:15

- **Aerial Hoop Spinning + Choreography**

Open Level: 14:00 – 15:30

Spinning technique and variations with the music! Let's dance!

