

Coming soon|
08.-10.05.2026

Book now

Spring Workshop Tour

by Mylène & Moritz

Instagram -

[@mylene_flyerdancer](#)

[@mister_hummingbird](#)

Moritz Wagner aka “**Mister Hummingbird**” is back, and for one weekend only, brings you a special guest → **Mylène Catroux!** Professional Aerialist & Dancer, successfully performing in shows like Disneys “The lion King; Rhythms of the pride lands”, Compagnie Pérégrins “Amelia”, Mistinguett in Casino de Paris...

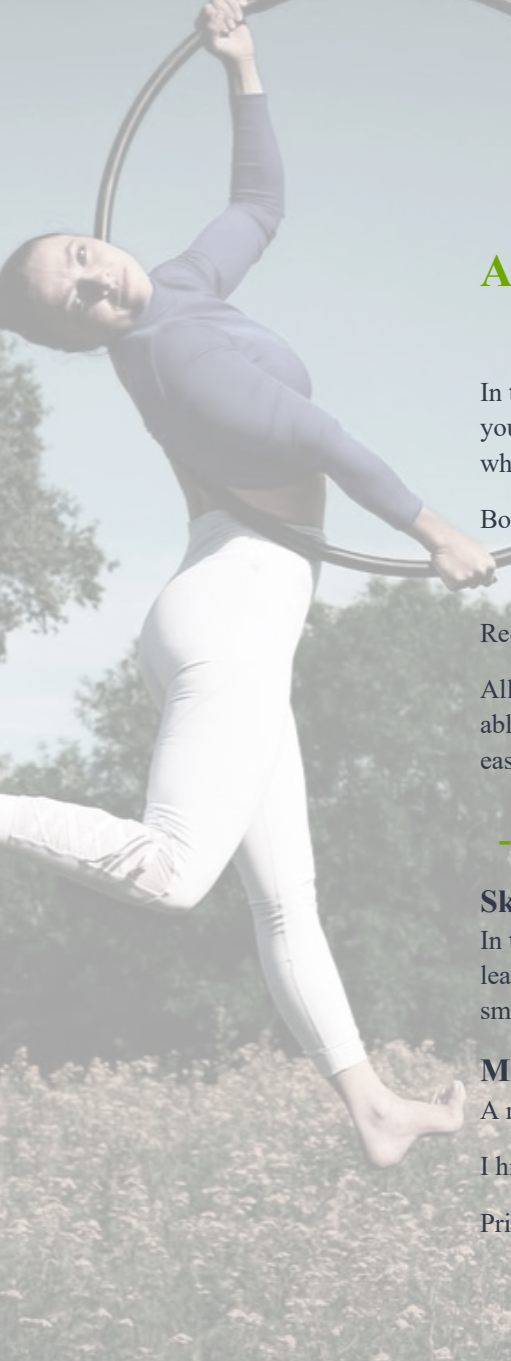
We will offer a total of **3** different Workshops –

- Fly, Dance & Flow on the Hoop by Mylène
- Double Trouble (Silk Duo) by Mylène & Moritz
- Aerial Silks Choreography by Moritz

each workshop will have a duration of **120 min** and can be booked individually.

Workshops with Mylène will be available in **English** and **French**, workshops with Moritz will be available in **English** and **German**.

Workshop details ↓



AERIAL HOOP FLY, DANCE & FLOW.

In this Workshop you will learn a lot of different transitions to help you dance throughout your hoop practice. As an aerial dancer, Mylène will guide you through different flexy shapes while adding musicality, technique and beautiful transition for a” Wow Effect”.

Bonus: You will also learn one of her favorite rolls: get ready for the “Phoenix roll”.

Requiered skills if there are any :

All participants should have the ability to invert properly without jumping off the floor. Being able to Back balance is highly recommended and will make the practise of the workshop even easier.

-Aerial Hoop Technique & Skills

Skill list

In this Workshop you will learn flexy shapes on both, bottom and upper bar. You will also learn how to get on the hoop with a flare, balance on the upper back, roll in a Phoenix Roll, smile and dance with heart and eyes open!

Max Participants and utensils required

A minimum of 3 participants is required and a maximum of 8.

I highly recommend coming with long sleeves, leggings, elbows and knees protections.

Price per student: 60€

You want us to come to your studio?

Write us at “Hummingbirdarts.contact@gmail.com”



Double trouble

In this workshop we will show you the greatest hits of our duo hoop repertoire and give you all the cues and tips you need to execute them with confidence and grace.

Students should be able to invert and feel safe spinning.

-Duo Aerial Hoop

Skill list

The workshop will include flexy shapes, symmetrical lines and spinning combos.

Max Participants and utensils required

We require a minimum of 4 and a maximum 12.

We recommend long pants and sleeves but most importantly comfortable wear.

Price per student: 50€



A piece of the pride lands

This choreo will utilize counts to match the specific skills exactly to the music. The goal of this workshop will not only be learning to execute the toughest skills but to do so in a precise and controlled way to match given counts and to achieve an impressive and professional look.

The choreo will be built of mostly basic shapes and wraps. Participants should be able to climb the silk and invert (it doesn't have to be straight arms or legs).

This workshop will be made to a song out of the official soundtrack of the Lion King (sequel "Mufasa") to bring a piece of this magical show, I got to work in for the last 7 months, back home with me. I also weaved in new material that I got to develop in this time and things that are partially inspired by the show. So get ready for a "trip to the savannah" with me. See you in Milele.

-Aerial silk choreo to Disney's soundtrack

Skill list

We will use a combination of basic skills (with a bit of a personal spin on them) mixed with original tricks created by me. The song we will perform to is called "Milele" by Disney.

Max Participants and utensils required

This will be a workshop for a maximum of 8 people.

Participants need long pants and a comfortable top that allows freedom of movement.

Price per student: 60€

