GENERAL INFORMATION

Fluid Foundations

12–14 March 2027 · Delía Studio, Rosenheim

This pole camp was created out of a desire to share what “basics” truly mean to me. I often see beginners training beyond their level, with unclean lines, simply to feel like they are progressing quickly. However, their entries into tricks are often messy and unpolished, while the exits are more often than not a jump out of the trick. In my opinion, you only truly “own” a trick when you can perform it beautifully and in a controlled manner within a combo. I believe one of the main reasons so many beginners skip the basics is that teachers often repeat the same tricks over and over, which can eventually become boring. I love to experiment with different transitions, creating fresh and engaging combos using the same basic tricks. By presenting them in a new and exciting light, I inspire my students to master them. I place a strong emphasis on clean lines, pointed toes, and controlled movement on spinning pole.

At this camp, you will learn:

- Basic and creative climbing and spinning techniques
- Tips for mastering basic inverts
- Spin control and flow choreography on spinning and static pole
- Beautiful combinations without the need to invert
- Beginner-friendly dynamic static spins
- Fluid choreographies and seamless transitions

Poles are shared: two participants per pole.

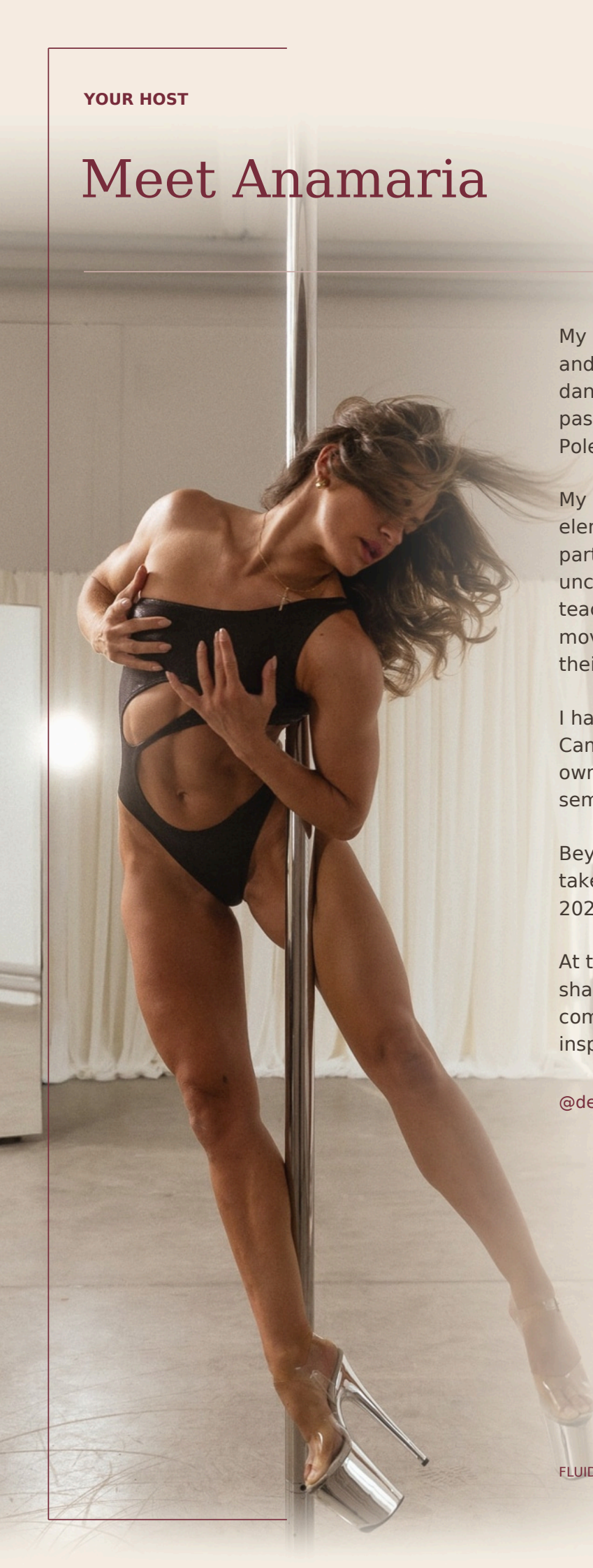
Level & experience

For beginner to intermediate dancers with some pole experience. You should be familiar with basic pole spins, a basic climb and a pole sit. Inverts are not required; variations will be offered to suit different levels.

Classes are taught in English, with explanations in German if needed.

YOUR HOST

Meet Anamaria



My name is Anamaria. Originally from Romania and now based in Germany, I discovered pole dance in Italy in 2013. In 2016, I turned my passion into my profession by founding Delía Pole Dance Studio in Rosenheim.

My style combines fluid movement, dynamic elements and creative transitions, with a particular love for musical accents and unconventional climbing techniques. Through teaching, I help students understand movement, refine their technique and discover their own expression.

I have been teaching at the International Pole Camp in Bibione since 2019 and became its owner in 2026. In 2020, I reached the semi-finals of Romania’s Got Talent.

Beyond the studio, my love of challenges has taken me to the summits of Mount Everest in 2023 and Ama Dablam in 2025.

At the heart of everything I do is the joy of sharing movement and creating a welcoming community where students feel supported, inspired and free to grow.

@deliastudiorosenheim

Spin, dance & flow

Spin Technique

Learn how to make the spinning pole work with you. We’ll explore momentum, timing, and body positioning to help you manage speed and move with confidence. Through beginner-friendly combinations, you’ll discover how small technical adjustments create smoother transitions and more controlled movement.

Flowy Fundamentals

Turn your climbs into part of the dance. In this spinning pole workshop, we’ll explore different ways to climb and connect familiar tricks through fluid transitions. We’ll bring everything together in a short aerial sequence, focusing on graceful lines and making each movement flow naturally into the next.

Flow Choreography

A workshop for everyone who loves to dance. You’ll learn a flowing choreography that combines basic pole spins, floorwork, and seamless transitions. We’ll explore musicality and movement quality, giving you space to add your own expression and enjoy the routine.

Power Spins & Dynamic Tricks

In this workshop, we will focus on dynamic spins that look impressive yet remain beginner-friendly, along with other dynamic tricks on the static pole. You’ll learn how to turn these movements into smooth and eye-catching combos. The class is tailored to your level, with both easier and slightly more challenging variations demonstrated to help you progress at your own pace.

YOUR INSTRUCTOR

Meet Mateva



Mateva is of Italian and German heritage. Her journey into the world of pole dancing began in 2017 in Bavaria, where she first discovered her love for pole dancing, a passion that has since shaped her life. In 2019, Mateva relocated to Vienna, where she began teaching, dancing in various clubs and performing. However, the world took an unexpected turn during the lockdown, pushing her to make the move to Berlin where she continued to teach and explore her passion for pole dancing. For her, dancing has always been a powerful means to express and release her emotions, offering solace and freedom. She got into the competitive side of pole dancing but soon discovered that the pressure and competitive mindset did not align with her vision for pole dancing. She is committed to creating a deeper appreciation for pole and its place in the world. Mateva is a multi-disciplinary artist, constantly seeking ways to blend various elements in her artistry.

Heels technique & flow

Heels Foundations: The Art of the Arch

Never tried pole dance in heels but really want to? Perfect for those new to dancing in heels, this workshop focuses on the essentials of technique, movement and style. We will break down posture, balance and weight transfer before exploring basic pole moves and classic heels sequences. Expect an inviting, empowering environment where your self-expression and questions are the priority. Whether you want to explore your sensual side or build confidence in heels, Mateva will guide you with love, patience and understanding.

Bring: Heels (ideally Pleaser or platform heels; optional), kneepads and an outfit that makes you feel sexy and confident.

Heels Cunt-Ditioning

We know being sexy and smooth is hard. This CUNT-ditioning class works on the foundation of it all: the feet and legs. We will build strength, stability and endurance in your ankles, legs and core, key areas for heels flow. Targeted exercises with and without heels will improve balance, mobility, alignment and control. This class blends functional strength with sensuality, giving you tools to feel strong, sexy and safe.

Bring: Heels, kneepads and a comfortable, warm outfit.

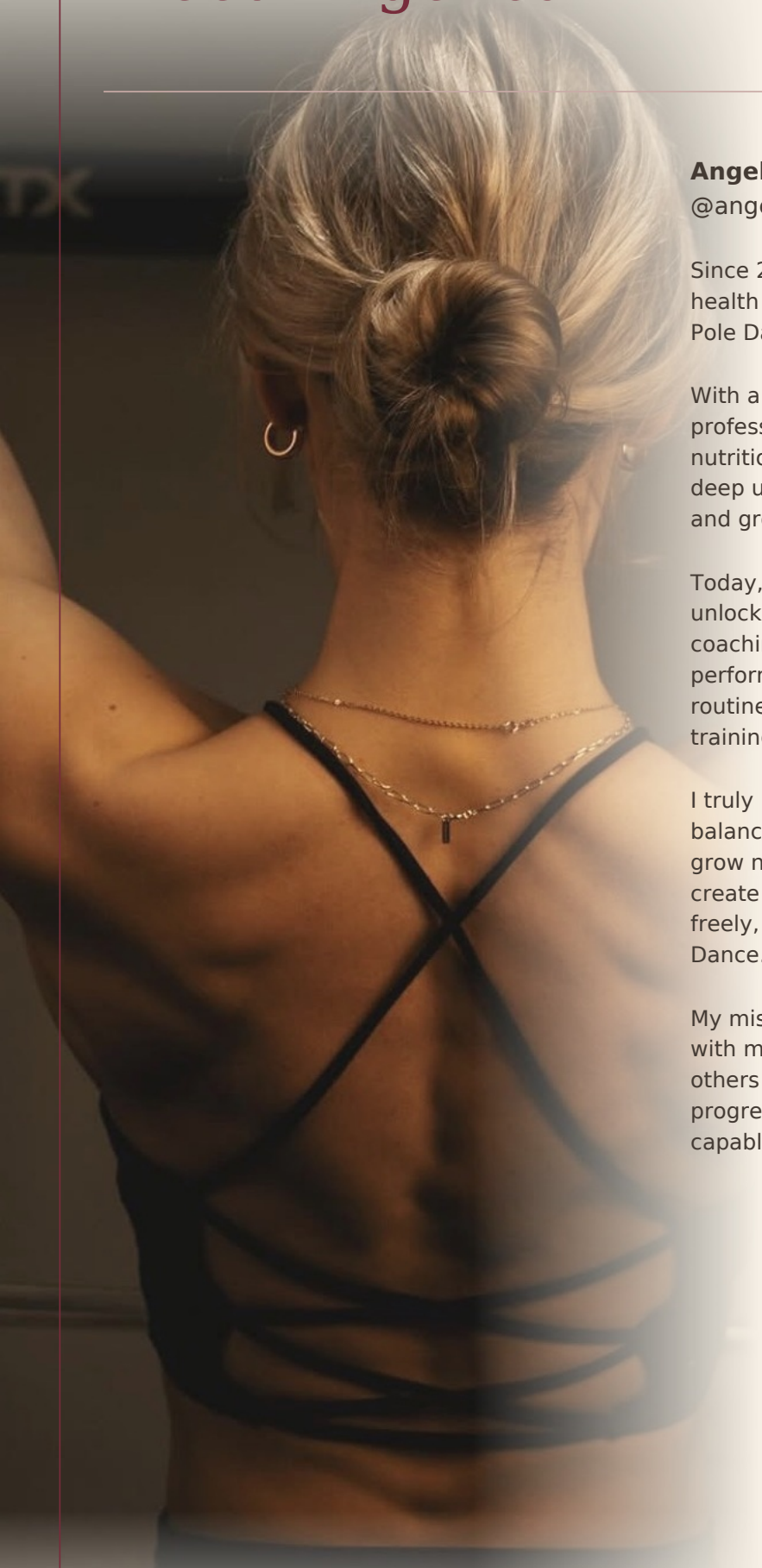
Heels Virgins

To round off our heels experience, Mateva will guide you through a flow choreography where simplicity meets sensuality. Learn a sultry routine using simple, elegant moves and fluid transitions, with a focus on body awareness and expressing your unique style. We will revisit key techniques and drills to bring strength, balance and grace to your movement. Expect a beautiful, beginner-friendly combo that showcases your growing confidence and flair in heels.

Bring: Heels, kneepads and an outfit that makes you feel sexy.

YOUR INSTRUCTOR

Meet Angelica



Angelica Badlo
@angelica.bdl

Since 2017, I've been working in the fitness and health industry. In 2022 I found my greatest passion: Pole Dance.

With a degree in Health Management and years of professional and personal experience in training, nutrition, and overall well-being, I've developed a deep understanding of how our bodies work, adapt, and grow.

Today, my passion and purpose lie in helping others unlock their full potential through personalized 1:1 coaching. I support pole dancers in improving their performance, building strength, creating sustainable routines, and finding a healthy balance between training, lifestyle, and personal goals.

I truly believe that strength training, nutrition, and a balanced lifestyle are powerful tools that allow us to grow not only physically, but also mentally. They create the foundation for expressing ourselves freely, confidently, and powerfully through Pole Dance.

My mission is to combine my professional knowledge with my personal passion for Pole Dance, helping others build a strong foundation, achieve lasting progress, and discover what their bodies are truly capable of.

Strong Grace

How to Build Your Body for Pole

Build strength and create a body that supports your pole journey. Pole Dance requires more than just practicing tricks and combinations. Building a strong, resilient, and capable body means understanding how to train effectively, fuel your performance, and create routines that support your long-term progress. In this workshop, we'll explore how to structure your training both on and off the pole, establish sustainable strength training routines, and set clear priorities based on different goals. You'll learn how to choose the right exercises and incorporate pole-specific conditioning in your training. We'll also dive into the principles of body recomposition, exploring how to build muscle, manage body composition, and support your training through practical, realistic nutrition advice. The goal? To help you train with intention rather than simply doing more, build habits that fit your lifestyle, and develop the strength and physical foundation you need to progress in Pole Dance.

YOUR WEEKEND

The timetable

Friday / 12 March

14:30–16:00 — **Spin Technique**
Anamaria · Spinning pole

16:15–17:45 — **Flow Choreography**
Anamaria · Static pole

18:00–19:30 — **Heels Foundations: The Art of the Arch**
Mateva · Static pole / heels

Saturday / 13 March

11:00–12:30 — **Flowy Fundamentals**
Anamaria · Spinning pole

12:45–14:15 — **Power Spins & Dynamic Tricks**
Anamaria · Static pole

14:30–16:00 — **Heels Cunt-Ditioning**
Mateva · Static pole / heels

16:15–17:45 — **Strong Grace: How to Build Your Body for Pole**
Angelica Badlo · Authentic Coaching

Sunday / 14 March

10:00–11:30 — **Heels Virgins**
Mateva · Static pole / heels

11:45–13:15 — **Flow Choreography**
Anamaria · Static pole choreography

All sessions last 90 minutes, with 15-minute breaks between workshops.

Your place at the camp

€449

Nine workshops across spinning pole, choreography, heels, static dynamics and effective training. For beginner to intermediate dancers, with two beautiful pole rooms and 15 poles.

Poles are shared: two participants per pole.

Included

Access to all nine workshops, a unique welcome gift, healthy snacks and alcohol-free drinks.

Not included

Travel, accommodation and meals.

Payment & cancellation

When reserving a camp, the workshop fee is to be paid no later than 10 days after receipt of the booking confirmation, unless a later deadline is agreed. After payment of the fee, a refund, regardless of the reasons, is not possible. In individual cases, if possible and there is a waiting list, the spot can be passed on to a substitute participant. If we have knowledge of interested participants, we will inform you immediately. However, please take care of finding a replacement for your reserved spot directly.