GENERAL INFORMATION

Shape Your Flow

23–25 April 2027 · Delía Studio, Rosenheim

I created this mini pole camp out of a genuine desire to share my personal understanding of what flow truly means and to guide you in finding it for yourself. The focus of the weekend is on creating beautiful, seamless transitions between simple pole tricks and learning how to move with intention, control, and continuity.

The camp is suitable for intermediate to advanced dancers. There are no strict camp-wide requirements; however, it is recommended that you feel comfortable with:

- Inside and outside leg hangs
- Basic inverts
- Sitting on the pole
- Climbing on spinning pole

The classes offer easier and more challenging variations so you can work at your own level while still being challenged. Dynamic Pole Impact requires comfortable inverts and leg hangs.

Throughout the weekend, you will explore flow on spinning pole, while also diving into a variety of styles such as static movement, heels technique, flow-based choreographies, and spinning techniques. Creative classes will guide you in discovering your own movement language and refining a style that feels authentic to you.

Classes are taught in English, with explanations in German if needed.
Poles are shared: two participants per pole.

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

Spinning & transitions

Elegant Spirals

This spinning pole workshop focuses on creating a continuous, elegant flow while keeping the pole in motion throughout a longer combination. You will learn a carefully crafted combo that emphasizes smooth transitions, controlled momentum, and refined lines. Special attention will be given to spin management, helping you understand how to maintain rotation without losing speed or control.

Transitions Lab

From technical understanding to personal expression. In this workshop, we will break down pole tricks by exploring multiple entries and exits, allowing you to understand how movement can evolve far beyond a single shape. You will learn different pathways into and out of familiar tricks such as sits, inverts, and hangs, focusing on control, efficiency, and fluidity. The goal is to help you see tricks not as fixed positions, but as open structures that can be approached in many ways. Once the technical foundation is set, you will be given a selection of tricks and guided to create your own unique combinations. This process encourages creativity and a deeper connection to your personal movement style.

Dance & dynamics

Flow Choreography / Heels Choreography

For those who prefer dancing, these workshops are suitable for all levels and emphasize floorwork. Participants should, however, have a basic understanding of pole spins. Join me for a class where you will learn one of my flowing routines and enjoy the dance! Flow Choreography takes place on Friday, and Heels Choreography on Sunday.

Dynamic Pole Impact

In this workshop, we will learn beautiful dynamic tricks and accessible flips, which we will then transform into powerful combinations. Depending on your level, I will demonstrate both easier and more challenging variations. Requirements: comfortable inverts and leg hangs.

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.

MATEVA’S WORKSHOPS

Heels technique & flow

Easy Lover

Easy Lover is a choreography-based workshop that explores dynamic switches between soft and intense movement, blending fluid sequences with sharp accents. It‘s a playground for those who want to explore their sensual side a little more and move in a way that feels authentic to themselves. The choreo is structured as an outline that you can use to play with, offering space to explore new pathways or revisit familiar movements for refinement.

Bring: Heels and kneepads.

Heatwave

One of Mateva’s favorites, Heatwave is a high-energy choreography class that’s all about attitude, musicality, and controlled aggression. Expect a fast-paced routine packed with heel clacks, jumps, and powerful movement that pushes you to let go and dance it out. The challenge comes from the tempo and intensity of the choreo, but don’t worry—it’s always adaptable to different levels. Whether you’re here to refine your technique or just release some energy, this class will have you moving with confidence and fire and leaving the room energized.

Bring: Kneepads, heels and a comfortable outfit.

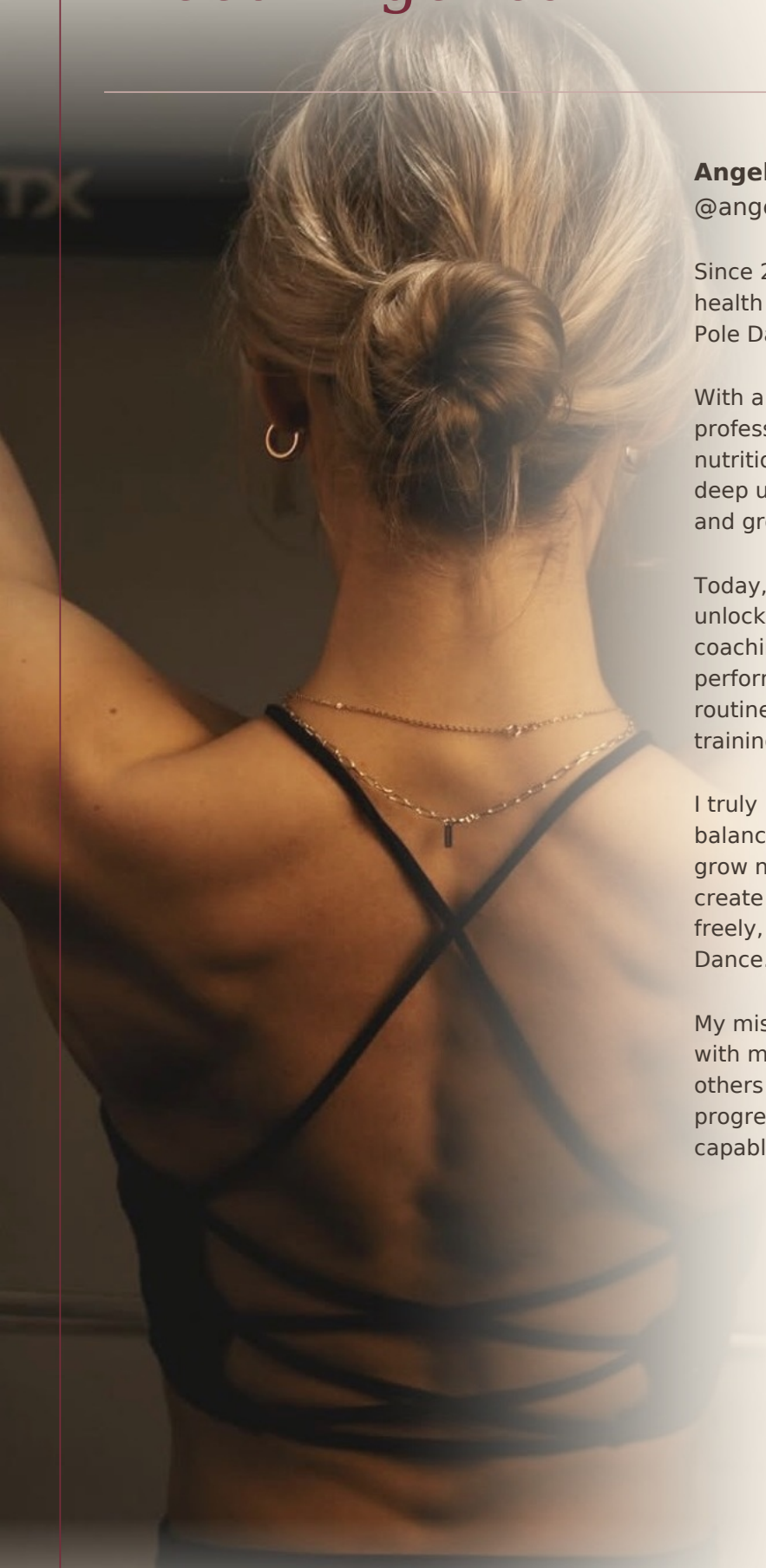
Playstay

This workshop is all about fluidity—learning how to connect movements so they feel as smooth as they look. You’ll work on single tricks, transitions, and combinations, focusing on how to make them flow effortlessly together. Mateva will guide you through techniques to soften your movement, break down transitions step by step, and help you understand how to build combos that feel natural and controlled and how to use weight shifting and all parts of your body to expand your range of movement. She’ll also offer variations based on your level, so you can refine your style in a way that suits your body.

Bring: Kneepads and heels.

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 / 23 April

14:30–16:00 — **Elegant Spirals**
Anamaria · Spinning pole

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

18:00–19:30 — **Easy Lover**
Mateva · Static pole / heels

Saturday / 24 April

11:00–12:30 — **Transitions Lab**
Anamaria · Spinning pole

12:45–14:15 — **Dynamic Pole Impact**
Anamaria · Static pole

14:30–16:00 — **Playstay**
Mateva · Static pole / heels

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

Sunday / 25 April

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

11:45–13:15 — **Heels Choreography**
Anamaria · Static pole / heels

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 intermediate to advanced 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.