Welcome to Shape Your Flow

Thank you for booking the Shape Your Flow pole camp and for planning a visit to my studio. In this document, you will find information about the program and workshops, a list of items to bring, details on reaching the studio, the nearest airport, train stations and connections, and information about hotels and apartments.

Friday, 23 April 2027

Starting from 13:00, you may arrive at the studio at any time, and I will be there. **Please do not arrive earlier than 13:00.**

Between 13:00 and 14:30, we will have a short meet & greet, where I would like to get to know each one of you. Feel free to introduce yourself and share a few words about your pole journey. We can have a drink together, alcoholic or not, and then begin training.

The studio has two rooms: one large room with 10 poles and a smaller one with 5 poles. Workshops will be held in the large room, with all participants together. **Poles are shared: two participants per pole.** All workshops will be conducted in English. However, if needed, I can repeat the explanations in German.

Friday's workshops

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

In the evening, after a full day of workshops, we will gather for dinner and drinks in the city. Attendance is optional, but I would appreciate the opportunity to get to know each other better. **Please keep in mind that dinner and drinks in the city are at your own expense.**

Saturday & Sunday

Saturday, 24 April 2027

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

Saturday’s workshops finish at 17:45. After an action-packed day, you will have some well-deserved downtime, and maybe even explore the city a little. Giving your body time to rest and recover is an important part of training and will help you feel ready for the next day.

I will be around to chat, answer questions or give you tips on tricks if you need any help. As for the evening, feel free to discover the city at your own pace or join some of the other camp participants. There is no shortage of great restaurants and bars to check out! Just make sure to get a good night’s sleep so you are ready for the next day’s workshops.

Sunday, 25 April 2027

10:00–11:30	**Heatwave** Mateva · Static pole / heels
11:45–13:15	**Heels Choreography** Anamaria · Static pole / heels

Please allow a little flexibility when planning your journey home. Workshops may occasionally run slightly longer than scheduled as we take time for questions, photos and a final chat together. If possible, leave some extra time before your train or flight so you can enjoy the end of the camp without feeling rushed.

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

Prepare for your weekend

What to bring

- Grip aid and a small towel for cleaning the pole
- Pole dance heels
- Kneepads for heels and flow choreography classes
- A camera or phone to record videos for later practice
- Money for purchases, meals and drinks

Silicone-protected kneepads are available to purchase at the studio in dark nude, sizes XS, S and M, for **€40**.

We provide

Snacks, fruit and non-alcoholic drinks throughout the camp, plus yoga mats and blocks. Various grips and silicone-protected kneepads are available to purchase.

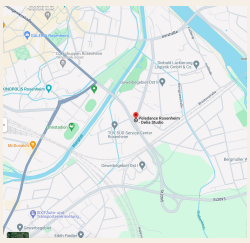
Please keep in mind that dinner, drinks and lunches in the city are at your own expense.

Travelling to Rosenheim

If arriving by plane, fly to Munich Airport. A usual route is the S8 S-Bahn to München Ost (Ostbahnhof), followed by a regional train to Rosenheim. Please check your connection in DB Navigator before travelling.

Studio location

Gießenbachstraße 2 · 83022 Rosenheim
The studio is close to the city centre, approximately 1.6 km from the train station. You can walk or take a taxi or Uber.



Plan your stay

Parking at the studio

The studio is in the same building as the NORMA supermarket. Parking time is limited. To register for free parking, please provide your **licence plate number, country of registration and full name** before arrival.

I will create a WhatsApp group shortly before the camp, usually 1–2 days beforehand, and ask for these details there. **Please wait for the group and do not send separate emails with your parking information.**

We will also use the WhatsApp group for last-minute information, updates, and the photos and videos taken during the workshops.

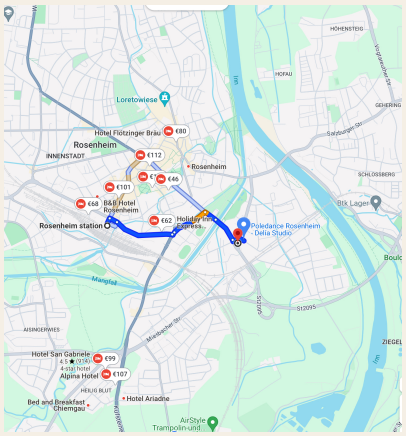
Hotels, Airbnb & apartments

There are plenty of accommodation options in Rosenheim. Choose according to your budget and how you plan to reach the studio.

Options listed within walking distance:

- TRYP by Wyndham Rosenheim
- Holiday Inn Express
- B&B Hotel Rosenheim · approximately 20 minutes on foot
- Limehome · approximately 10 minutes on foot

San Gabriele is another beautiful nearby hotel. It may be too far to walk comfortably, but could be a lovely option if you have a car.



If you have any further questions, please get in touch. I look forward to welcoming you to my studio!