

SUSPENDED FLUIDITY PRESENTS

NOVEMBER 1-4, 2024

# Mile High Flip & Tease

An Aerial + Burlesque Retreat in Prescott, AZ

Join a unique retreat experience, featuring accommodations in a contemporary cabin amidst pines and hiking trails. Participate in burlesque and aerial workshops, meet with instructors for personalized choreography sessions, savor a chef-prepared dinner, enjoy an evening on the historic Whiskey Row, capture memories with a professional sunset photo shoot, and create lifelong bonds with fellow enthusiasts throughout the weekend.

Mile High Flip & Tease retreats, where you have an opportunity to take off some layers and add some new twists!

November 1-4, 2024  
Prescott, AZ (USA)



# Accommodation

Prescott is a truly unique location for infusing your creative self with energy, knowledge and beauty. The home rented for this occasion is perfectly situated near downtown and hiking trails, and is an easy car ride to shopping, workshop facilities and outdoor adventures.

Please share accommodation preferences on the application and when submitting your deposit. If you are interested in sharing a King Bed with a friend, please note that for potential discounts.



## King Bed

Private King Bedroom in Main House

Retreat Pricing: \$2200

## King/ Shared Guest House

King Bed in a lovely guest house environment with its own deck and kitchenette.

Retreat Pricing: \$1950



## Queen Bunk / Shared Guest House

Queen Bunk Bed in a lovely guest house environment with its own deck and kitchenette.

Retreat Pricing: \$1800



## Loft Queen Pull Out

Shared Loft with 2 Queen Pull Out beds in the main house.

Retreat Pricing: \$1650



**Like a Local** Participate in all retreat activities + access to house common areas; find own housing

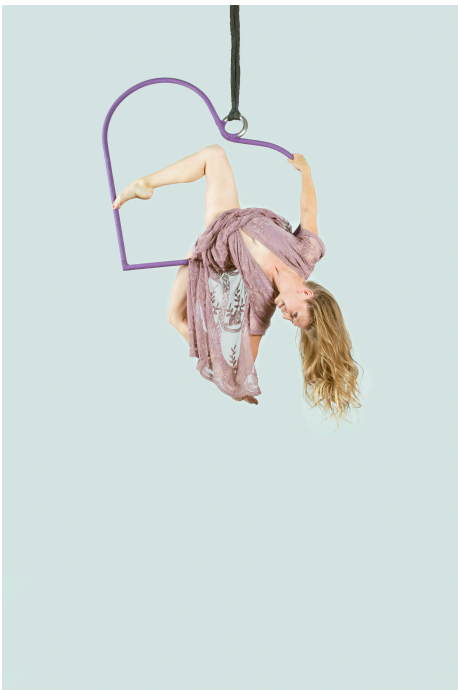
Retreat pricing \$1250

# Meet your Flip & Tease instructors!



## Monica Alexandra

Monica started her career in Phoenix, AZ, performing and co-choreographing for the WNBA's PHX Mercury hip hop squad. After her season with the hip hop squad, Monica was selected to model and perform in a state sponsored anti-tobacco campaign and commercial, and was hired as a performer for the Legends show held at Casino Arizona. She then moved to Los Angeles to continue pursuing her modeling and dance career. While there, she performed on a promotional commercial for Nip Tuck, modeled and performed for Paul Mitchell Paris and New York fashion shows, and performed numerous shows for Spanish-American actress, comedian, and flamenco guitarist, Charo. After a couple of years in Los Angeles, Monica moved to Las Vegas and performed at Planet Hollywood in a show produced by Emmy Award winning Broadway director, Jerry Mitchell. She continued to develop her career working with artists like Pitbull and Marc Anthony. She has been able to grace the stage of the world renowned burlesque show, Ivan Kane's Forty Deuce, and has continued to excel her burlesque career here



## Jen Martin

As a performing arts professional, Jen has spent most of her career in New York City. Her choreography and performance credits span all areas of the entertainment world including stage, film, television, music videos, web-based productions, and industrials. Jen's credits are numerous, and include work for ABC's Good Morning America, Pepsi, Johnnie Walker, Armani, and Broadway Cares.

After years of performing, Jen found her niche in aerial dance. She is a founder and choreographer of AERA Dance, a past Board Member of the U.S. Aerial Championships, the creator of the "Red Velvet" aerial dance class for Crunch Fitness, and the former Director of Aerial Programming for New York City's Body & Pole. Jen has authored aerial hoop and hammock instructor training programs, and has choreographed and performed with the performance duo, Lyracle. She loves working with both traditional and custom aerial apparatus, and finds that a background in dance helps to uniquely position her to combine and meld dance, aerial and acrobatics throughout the industry. Recent projects include co-creation of the Forbidden Garden Experience, a variety show that includes aerial, burlesque, live music and projection mapping, in addition to creating solo acts for a variety of shows within Arizona.

# Mile High Flip + Tease Retreat

## Tentative Schedule

<p><b>Friday November 1</b></p> <p><b>2:30- 5:00pm</b> TEASE</p> <p><b>5:30pm</b> House arrivals begin</p> <p><b>WELCOME PARTY</b> Meet/Greet</p>	<p><b>Saturday November 2</b></p> <p><b>9:30am-12:00pm</b> FLIP</p> <p><b>12:00pm-2:30pm</b> Lunch/Explore</p> <p><b>2:30-4:00pm</b> TEASE Burlesque</p> <p><b>4:30-6:30pm</b> FLIP/TEASE</p> <p><b>8:00-late</b> Evening opportunity to enjoy nightlife in downtown</p>	<p><b>Sunday November 3</b></p> <p><b>9:30am-11:30pm</b> FLIP or TEASE</p> <p><b>11:30-2:00pm</b> FLIP or FREE</p> <p><b>2:00-4:00pm</b> TEASE Burlesque</p> <p><b>4:30 - 6:30pm</b> FLIP/TEASE photo shoots</p> <p><b>7:30pm</b> CHEF DINNER and hangout</p>	<p><b>Monday November 4</b></p> <p><b>8:00-9:30am</b> ADVENTURE</p> <p><b>10:00am</b> Check out of house</p> <p><b>10:30am-12:30pm</b> FLIP</p> <p><b>*Optional*</b> SEDONA Add-on</p>	<p><b>Optional Add-on Nov 4-5</b></p> <p>SEDONA November 4</p> <p>Hikes Dinner Photo Shoot</p> <p>November 5 <b>10:00am</b> Check out</p>
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## FLIP

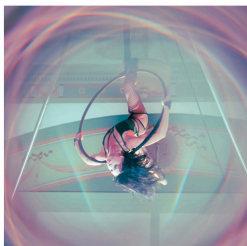


### Floor2Air Fluidity

Integrate your floor movement and suspended skills with grace and mastery.

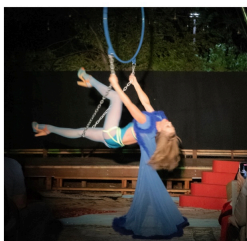
### Lyra Exploration

Technique and sequencing to explore skills and pathways with your round metal friend.



### Criss Cross Sling Sauce

Open up opportunities for shape variations and beauty on aerial sling.



### Pole Burlesque

Use a vertical apparatus to enhance the tease!

### Silky Smooth

Skills, pathways and new ways to think about your relationship with aerial silks.

## TEASE

### Feathers, Fans, and Femme Fatales

Unleash your inner showgirl as you explore the glamorous world of burlesque. From feather boa flourishes to fan-dancing finesse, this workshop is your ticket to a dazzling journey of self-expression.



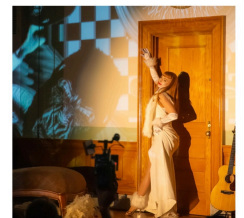
### The Tease and Please Chronicles

A sassy and spirited adventure in burlesque. Learn the fine art of the tease and the power of leaving a lasting impression – all while having a fabulous time! (stripping in this class)



### Shimmy and Strut Soirée

Let loose and strut your stuff! Shimmying, shaking, and strutting as you master the art of burlesque with a playful and empowering twist.



*Let's DO this!*  
*Flip me, Tease me*

*Retreat Pricing Includes:*

- ★ **Accommodation for evening of November 1 through morning of November 4**
- ★ **Welcome Party (food and drink)**
- ★ **Daily Burlesque and Aerial Sessions**
- ★ **Outdoor Photo Shoot**
- ★ **Chef's meal on site one evening**
- ★ **Planned adventures - hikes, hangouts, hot tub**
- ★ **Opportunities to receive feedback on burlesque and aerial acts**
- ★ **Surprise activities**

Please note that travel, transportation and most food and drink are not included in the price.



[Submit your application today!](#)

Go to [SuspendedFluidity.com](http://SuspendedFluidity.com) and click the link OR email [Jen@suspendedfluidity.com](mailto:Jen@suspendedfluidity.com) to receive the form via email.