

# Mile High Flip & Tease

An Aerial + Burlesque Retreat in Prescott, AZ

We are excited to share more about the 2024 Mile High Flip & Tease retreat, an opportunity to take off some layers and add some new twists!

April 25-29, 2024  
Prescott, AZ (USA)



## Accommodation

Prescott is a truly unique location for infusing your creative self with energy, knowledge and beauty. The Victorian home rented for this occasion is perfectly situated within walking distance to downtown activities, restaurants and an easy car ride to aerial facilities and outdoor adventures.

Please share your accommodation preferences when submitting your deposit.



### King Bed

If you are attending the retreat with a friend and are interested in sharing a king bed, please advise and we can provide a small discount.

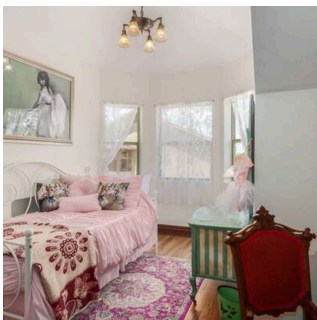
Retreat Pricing: \$1550



### Queen Bed

If you are attending the retreat with a friend or friends and are interested in sharing a queen bed or room, please advise and we can provide a small discount.

Retreat Pricing: \$1500



### Single Bed

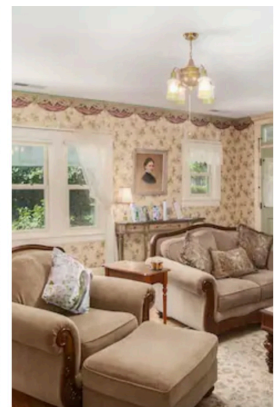
Adorable private room or in a shared room.

Retreat Pricing: \$1450

### Like a Local

Find your own housing but participate in all retreat activities and share access to house common areas

Retreat pricing \$1150



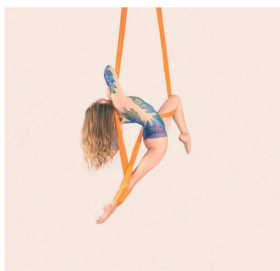
# Retreat Schedule and Workshops

We are so excited for this retreat weekend filled with fun, learning and adventure!

Here's the tentative schedule

<p>Thursday April 25</p> <p>4pm Arrival</p> <p>Welcome Party</p>	<p>Friday April 26</p> <p>8-10am Aerial 11am-1pm Sexy 1-3pm Lunch/ Explore 3-5pm Burlesque 6-8pm Sunset picnic</p>	<p>Saturday April 27</p> <p>8-10am Aerial 11am-1pm Sexy 1-3pm Lunch/Explore 3-5pm Burlesque 6pm Evening opportunity to enjoy nightlife in downtown Prescott</p>	<p>Sunday April 28</p> <p>morning hike / lake 9-11am Burlesque 11am-4pm photo shoot 5-7 aerial/creative/ performance</p>	<p>Monday April 29</p> <p>Early hike Morning aerial session</p>
----------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------

## FLIP

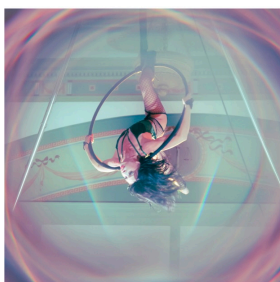


### Floor2Air Fluidity

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

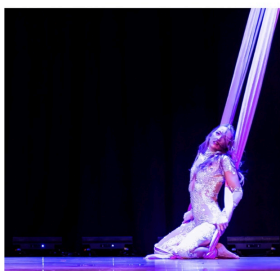
### Lyra Exploration

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!

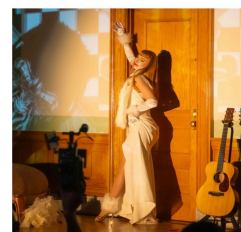
### Silky Smooth

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.



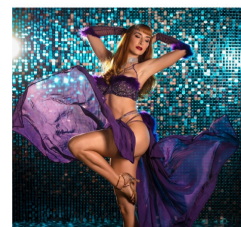
### The Tease and Please Chronicles

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.

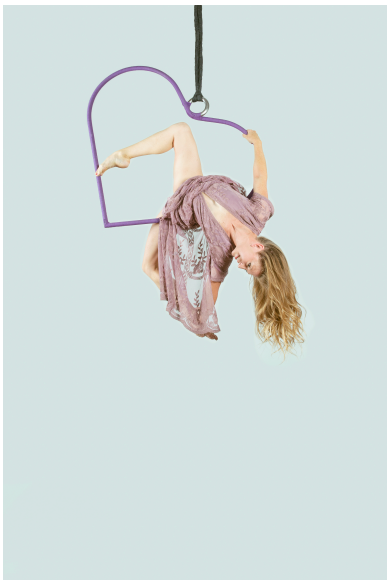


# Meet your Flip & Tease instructors!



## 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 in Arizona and around the country.



## 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, Lyraclé. 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.

# *Let's DO this!*

## *Flip me, Tease me*

### Confirm your spot!

A non-refundable Deposit of \$500 is required to secure your spot in the 2024 Mile High Flip & Tease Retreat.

Submit deposit via Zelle: [suspendedfluidity@gmail.com](mailto:suspendedfluidity@gmail.com) and we will confirm receipt within 24 hours.

The remainder of the fee will be due on April 1, 2024. This can be paid via Zelle or credit card. Invoices for final amounts will be sent via Stripe.

### Reminder of what is included in Retreat Pricing

- ☆ Accommodation for evening of April 25 through morning of April 29
- ☆ Welcome Party (food and drink)
- ☆ Daily Burlesque Workshops
- ☆ Daily Aerial Sessions
- ☆ Photo Shoot
- ☆ Planned adventures - hikes, sunset hangout
- ☆ Surprise activities and bonus sexy class options

Please note that food, drink, travel and transportation are not included in the price. We are working on some healthy food options that won't break the bank and will provide that information closer to arrival date.

Questions?

If you have questions, please email Jen ([suspendedfluidity@gmail.com](mailto:suspendedfluidity@gmail.com)) or text/call 646-456-8876.