



" Since November 2013, I have the amazing opportunity to be coached by Frederick Van Laak for my contortion training in Berlin. His specific technique helps me to improve my abilities and my flexibility. Every session, I discover more about the body. Frederick's knowledge and experience makes this workout very efficient, profitable surrounded by a total secure environment. I highly recommend his classes." **Avec Passion Marion Crampe**

### **The Coaches:**

#### **Frederick van Laak:**



He comes from the professional artistry. As a former contortionist and coach with over 20 years of experience he exactly knows the risks and consequences of a wrong or ineffective training. His wide knowledge about anatomy and daily practice are a huge enrichment and assistance comparably for beginners and professionals to reach their goals at its best.

Besides aerial acrobats and contortionists Frederick coaches since two years successful the European pole scene in the sector of flexibility. He has already taught in all European well-known pole studios. His personal students are among others Doris Arnold, Julia Wahl and pole superstar Marion Crampe, who takes contortion classes during the summer in Berlin. Van Laak's training concepts ensure a well-founded basic education for beginners, they enable to learn the splits and backbends in a healthy and even more effective way. His „flexyplates“ trainingtools allow more safety and considerably measurable achievement. Workshops are structured in levels of proficiency and cover the areas contortion, flexibility, acrobatics, handstands and floorwork.

#### **La Jana:**



She is a contortionist and one of the leading aerial hoop artists in Germany. In innumerable international shows which took her amongst others to Singapore and Las Vegas she could demonstrate her proficiency level. She combines similarly elegance, strength and flexibility in her showacts. Her passion for acrobatics arises from dance. She found her way to artistry after being a ballet dancer. Frederick discovered her talent and has been coaching her for about 5 years now. Besides her own solo act she performs a corporate show program with Frederick van Laak. Since 2012 she gives workshops for aerial hoop and contortion.

Meanwhile Frederick and La Jana not only work together on stage but also develop training programs for artistry, aerial acrobatics and pole dance. Moreover they offer individual consultancy in matters of nutrition, sports and an artists lifestyle.

The new workshop offering starts in 2015.

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