

PRIVATE LESSONS

SOLO, DUO, TRIO LESSONS

30TH SEPTEMBER 2026



ONE DAY ONLY, EXCLUSIVE TO KICO STUDENTS.
BOOKINGS ESSENTIAL.

GENERAL INFO.

After spending this year training full-time at Dynamite Studios in Queensland, I've learnt so much and have grown a lot as both a dancer and teacher. I'm so excited to come back home feeling inspired and ready to share some of the knowledge and experience I've gained throughout the year.

For these privates, I'll be focusing specifically on the areas I feel I've gained the most knowledge in throughout my training this year. I want to share all the little tips, tricks and things I've picked up along the way that have really helped me personally and changed the way I approach my own training.

It feels really special to be able to bring everything I've learnt back to the studio I grew up at and share it with the younger generation. I can't wait to work with you all and pass on some things that you can take into your own training!

Anelia

REFINING PIROUETTE TECHNIQUE

In this private, I'll be sharing the knowledge, corrections, exercises and little tips and tricks I've picked up throughout my training to help you understand your turns rather than just practise them over and over. We'll break down the foundations of a pirouette and look at the smaller details that may be holding your turns back, helping you build a cleaner, stronger and more consistent technique that you can take into your everyday training.

REQUIRED:

- **Jazz shoes**
- **Notebook & pen**
- **Form fitting appropriate clothing**
- **Hair off of face**



CONTEMPORARY TRICKING

Contemporary matwork and tricking combines acro-style skills with contemporary movement, including twists into handstands, inversions, floor transitions and creative tricks that flow naturally within choreography. These skills are perfect for adding something unique to your movement and helping you stand out in auditions and competitions. This private will focus on learning the correct foundations and technique behind each skill, with an emphasis on progressing safely and confidently.

REQUIRED:

- **Notebook & pen**
- **Hair off face**



ALL LEVELS ACRO

Whether you're working on the basics or pushing towards more advanced tricks, this private is tailored to your current acro level and individual goals. We will focus on building confidence, overcoming mental blocks, cleaning up existing skills or breaking down the steps needed to get you closer to achieving new ones, with a strong focus on safe technique and progressions.

REQUIRED:

- **Notebook & Pen**
- **Form fitting appropriate clothing**
- **A T-Shirt if working towards back handsprings/backflips**



CHOREOGRAPHY RETENTION

This private is all about training your brain to pick up choreography faster and with more confidence. You'll be challenged with choreography while learning the tips and tricks I've picked up throughout my training to help with retention, remembering sequences and adapting to different teaching styles, perfect for building the skills needed to keep up in classes and auditions.

REQUIRED:

- **Notebook & pen**
- **Appropriate shoes for your preferred style**



ROUTINE CLEANING

Already have a solo or routine you want to take to the next level? This private is all about cleaning and refining your existing choreography, whether it was choreographed by me or another teacher. We'll work through the finer details, focusing on things like lines, transitions, timing, dynamics, performance and movement quality to make your routine feel more polished, confident and competition ready.

REQUIRED:

- **A current finished solo**
- **Notebook and pen**
- **Appropriate shoes for your solo**
- **Solo music emailed to ameliachoreo@gmail.com**



BOOKING

Please note that all bookings are made directly through myself and not KICO Dance Studios. For any questions please email me ameliachoreo@gmail.com.

EXACT CASH IS TO BE BROUGHT TO YOUR SESSION.

30min solo – \$50

30min duo – \$70 (for the group)

30min trio – \$90 (for the group)

Please note if you would like a 1 hour session you will need to book 2 x 30min sessions.

BOOKING LINK:

<https://www.trybooking.com/DPDZE>



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