

# rasalila Conscious Pole Beginner Teacher Training Requirements

To enroll in the rasalila Conscious Pole Beginner Teacher Training, participants must meet the following requirements:

- This training does not require a professional sports or dance background. However, participants must have attended and gained experience in Pole Dance classes, including but not limited to static pole, spinning pole, and flying pole.
- The training primarily focuses on static pole techniques, with some attention given to spinning pole.
- **Participants must be proficient in the following pole grips:**

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**True Grip**



**Forearm**



**Stronghold**



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**Half Bracket**



**Split Grip**



**Armpit**



**Elbow**



- The student must be able to comfortably perform the following tricks on a static pole, using the grips listed above.

**Basic positions and spins:**

Pole Walk/Steps, Pirouette, Chair Spin, Forward and Back Attitude Spin, Fireman Spin, Back and Front Hook Spin, Knee Spin, Juliet Spin, Carousel Spin, and Cradle.

**Intermediate foundations:** Basic Climb, Side Climb, Basic Pole Sit and its variations (including Scissor Sit, Wrist Sit, Fairy Sit, and Lay Out), Hangover/Layback (with crossed knees or straight legs), Fan Kick, Basic Invert (Chopper/Helicopter), Outside Leg Hang, Inside Leg Hang, Jasmine, Inverted Crucifix, Apprentice, Skater, and Genie.

- Students must not be in their first trimester of pregnancy. Students who are in their second or third trimester must provide written approval from their doctor and sign a liability waiver before participating in the training. Students in their third trimester must have prior pole dance experience and be at an upper-intermediate level, with the ability to perform skills such as Aysha, Jade, and Brass Monkey.
- This training is not suitable for students with severe spinal or joint injuries, acute vertigo or inner ear disorders, severe heart conditions, or chronic illnesses that may affect their ability to participate safely.

**Questions or doubts?**

If you have any questions or are unsure whether you meet these requirements, please feel free to contact us via [info@rasa-lila.nl](mailto:info@rasa-lila.nl)