

Full Info

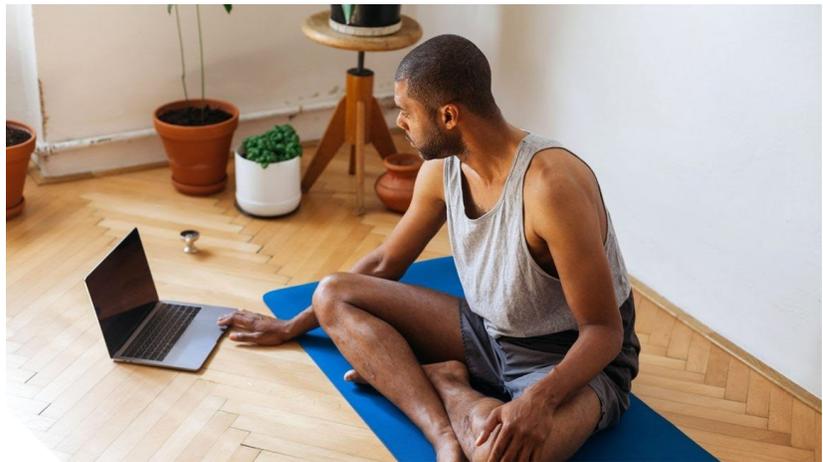
Acrobatics, Floorwork & Movement: Online Coaching



BODY ROOTS

Everyday I work online and in person with people who want to expand their movement practice with elements of floorwork, acrobatics and dance - to become more versatile, fluid and expressive movers.

Online Coaching is designed to quickly and enjoyably help you to improve your movement practice - by sharing with you the most valuable, relevant aspects of my own training and experience. We always meet at your level and work from here.



In Online Coaching you participate in either a single drop-in session, or a **block of online one-to-one sessions** over a number of weeks, offering you realtime sessions and structured feedback. You can expect to improve your movement vocabulary, qualities and sequences quickly and sustainably with this format.

People sign-up for online coaching for all kinds of reasons: to improve technique, to gain new movement vocabulary or qualities, to help structure their practice. Maybe you want to achieve some particular moves, maybe you want to become more fluid within a movement vocabulary, maybe there's simply no opportunity for one-to-one in person coaching in your area. People across the world sign-up for all kinds of reasons, and I work with all kinds of people.

Online Coaching Overview: What's Involved?

- The best way to think of online floor & acrobatic coaching is to some extent like an in-person one-to-one session. We have a window of shared time together working on your current goals and intentions.
- The session takes place live in your studio or space. You set up your phone, ipad or laptop so that we can work live together in the space, allowing me to talk you through and offer feedback.
- For each class I also send some videos of myself performing the skill, sequence or movements we are working on that day. I'll share these videos with you so that we can refer to them directly in class in place of me being there to demonstrate for you. It's good to have your computer to watch the videos on and your camera for the live feed if possible.
- Depending on your specific goals in acrobatics, floorwork or both - in each session I walk you through some drills and movement pathways in real-time and offer technique pointers and corrections. I demo and correct form and posture verbally, while offering the specific technical principles, requirements and progressions for the moves, pathways and qualities you're learning.

- We talk over the specifics. This information can be varied depending on your level: alignment, hand and foot position, movement dynamics, floor technique and movement quality. Progressions are in line with your goals and experience.
- I also offer some useful conditioning and stretching tasks to support the movements and pathways you're learning.
- Often, I offer this technical information alongside some set tasks to support movement quality (This varies a little student to student depending on your specific objectives)
- As you progress we also work together on short sequences to consolidate what you're learning, offering you a takehome reminder to practice and revise.
- I'm continuously open to receiving videos of your progress while we work together, so we maintain some communication as an open conversation between our sessions. During and at the end of each class I will give you homework and things to be working on in between our private class time. In between classes you can send me short videos of skills that we've been looking at and I'll send you some written feedback. I'm not always available and sometimes can't reply right away but will reply as soon as I can.
- Between sessions you are encouraged to record video of your training, ask questions to clarify any ambiguity in what you are working on - allowing me to send specific feedback for you. We maintain a dialogue throughout the process to ensure you feel clear, supported and technically guided during our time together.

Practicalities

- You just need to have access to **an internet connection** for videocalling with your phone or laptop and a small **space where you can move**. Videocalls take place on Facetime, Messenger or WhatsApp.
- Video exchange and any relevant feedback between sessions takes place via WhatsApp.
- Sessions are scheduled between us at a convenient time for your timezone. I recommend scheduling 1 class every week or every 2 weeks to maintain consistency as we work together.
- I offer sessions as blocks of 6 hours (6 sessions x 60 mins, or 4 sessions x 90 mins) OR as drop-in single sessions (60 mins only). All sessions are either 60 mins or 90 mins.
- Most people sign-up for a 6-hour block to use freely over a set period.
- I propose a structure for our sessions in line with what you're working on.
- You're advised to take notes for our sessions together.

Cost

- Drop-in Single Session: 45.00 GBP (60 mins)
- 6 Hour Block: 240.00 GBP (360 mins) **MOST POPULAR**
- 12 Hour Block: 575.00 GBP (720 mins)

Book Now

Book all sessions online at www.bodyroots.org/book

Example Case Study

Here's an example of a typical recent online client.

Alex made contact by social media. Alex lives in Australia, is a relatively experienced mover, and was looking to achieve some set acrobatic moves (walkover and macaco) while also looking to access a greater sense of softness, length and stability in his transitions between the floor and standing-level movement.

He booked a block of 6 hours, and we scheduled a weekly videocall of 60 minutes at a mutually convenient moment for his timezone. I proposed the structure of our sessions together in line with his aims.

I offered him some videos to support the specific movements he wanted to learn. In class we worked on a combination of progressions, movement pathways, and quality tasks over several weeks, with a little supplementary conditioning, until he felt more familiar with the new movements and new qualities. Between sessions he worked independently on some of the drills and tasks we had worked on, sending me some videos on whatsapp, allowing me to offer some written feedback on his videos.

After six weeks Alex felt a lot more comfortable with his new vocabulary and the movement qualities we had worked on, and was able to incorporate all of these into an audition piece he was working on.

Testimonials: What People Say

Here's a few words past clients say about my online coaching -

"Practicing dance and movement more regularly and efficiently, thanks to the work I did with the fabulous Matt Mulligan. His one-to-one online coaching sessions are definitely worth it"

▲ **Gilles, Professional Dance Teacher Switzerland**

"Matt has been really friendly - I am experiencing genuine, fun, high-quality movement practice. I'm looking forward to coming back for more."

▲ **Bobak Walker, Professional Breakdancer**

"Loved it. Matt is very knowledgeable about movement and combines his background in many practices very well into the coaching sessions"

▲ **Jake, Capoeirista and Engineer**

"Intelligently planned and beautifully delivered. Allowed me to reach deeply into reserves of movement choices I thought I had lost or never even had. Matt's ability to engage, empathise and think beyond the walls using an extensive tool kit of movement training is a rare gift."

▲ **Fiona, Pilates Instructor, UK**

"For a long time I've been looking for a physical practice that I could enjoy and one that didn't hurt my body, and a teacher with the sensitivity, kindness, patience and knowledge who could guide me in finding my own form of self-expression. Working with Matt online I was allowed the space, permission and freedom to explore what movement meant to me, while being guided with clear

7

instruction, purpose and intention; I learnt not to be afraid to dance, and to move in ways that were truthful to myself."

▲ **Kai, Artist, Singapore**

"Having spent some time training with Matt, I can highly recommend him. A very chilled guy with an impressive movement background and extremely passionate about getting people enjoying movement."

▲ **Luke Davies, Movement Coach and Chiropractor**

"After working with Matt recently I realized I don't necessarily have to focus on aesthetically pleasing 'moves' to be able to experience a good movement practice. It makes much more sense to me now to focus on awareness. Thanks Matt."

▲ **Adrian, Coach & Movement Studio Manager, Slovakia**



BODY ROOTS

Matt Mulligan

info@bodyroots.org

+44 (0) 7955 011 598

@mattmulligan