

Finding Flow Mentorship

Introduction + Information



Welcome.

I am very happy about your interest in my work, especially my Body of Work of Finding Flow and all the ideas connected to it - from Acrobatics, Floorwork, Freeform, Improvisation etc..

However you found your way here (either through own research or through a sneaky message from me personally.. ;) I am happy you did. Let me tell you why..

Over the last one and a half years I have been creating videos, concepts and little programs for students who had the wish and desire to dive deeper into my own practice and study the arts and crafts of acrobatics, floor, integration of both etc.. Students who had either done my Open Finding Flow Online Programs before and where not already saturated with what they learned or already had some prior experience in acrobatic and wanted to dive deeper.

So what I have created now in the end is a journey through different aspects of my practice, a multilayered program in which I want to guide eager practitioners towards a rich, holistic practice consisting of:

Advanced Acrobatics

Floor Studies and Techniques

Advanced Rolling Work

Pivoting Techniques and Studies

Sequencing and Freeform practice

Additional Conditioning

The goal and intention for this Mentorship is an in depth technical and conceptual study of the listed topics which should result in a deep understanding of the practice. While I propose what to study, you will be able to integrate the material in your own practice to create a unique and individual process. Apart from the program itself, the Mentorship also consists of individual research topics that will be proposed through the process of communication.

What do the programs consist of?

The first three programs consist of intermediate to more advanced acrobatics, floor studies, rolling practice, pivoting work and other. On top of that I present Conditioning routines which are more specific to my personal practice.

Program 1 - Supporting Acro Basics/Floor Entry Studies: Macaco, Standing Coin, Forwards Arching Cartwheel, Cartwheel Variations, Pivoting Floor Entries

Program 2 - Supporting Acro 2/Floor Entries 2/Jumping Acrobatics: Butterfly Kick, Tornado Kick (360 Kick), Gumbi (Mexican Cartwheel), Coindrop, Pivoting Studies, Floor Studies 2

Program 3 - Supporting Acro 3/Jumping Acrobatics 2/Advanced Rolling/Impro Studies: Advanced Rolling, Helicoptero, Advanced Bridging (Cat Leap Roll, Diagonal Bridge), Raiz, Impro Studies

Program 4 - Concept studies/Floor Transitions/Long Sequence study (Integrations): Advanced Pivoting, Floor Transitions, Leading Body Parts study, Impro Studies for calmness

Program 5 - Supporting Acro 4/Jumping Acrobatics 3/Advanced Rolling 2: One Arm Spin acrobatics, Twistroll, Gumbi Variations, Touch Down Raiz, Kipping Explorations

Program 1-3: Minimum Commitment

Program 4-5 (and more to come), can be purchased one by one after the initial three

What progress to expect:

This obviously is very individual and depends on prior experience, level of commitment, practice days and much more. One thing is for sure: you will gain better understanding of acrobatics, sequencing and freeform practice. But let me simply direct you to students who have been part of the programme:

Satya Almasian (click)

Enrico Lugato (click)

Details:

The Mentorship consists of a **minimum of three programs**, with an **option to elongate for another two**, which will be even more advanced. **Each program contains in depth breakdown videos and technical analysis videos**, inspirations and research videos and a **practice structure** which is splitted into two separate practice days of each 90-120 minutes. I propose to practice according to the program for about 3-5 sessions per week. Every program should be practiced for a **minimum of 4 and a maximum of 6 weeks**.

The **real value in the Mentorship lies in the Feedback and Coaching**: for each program you can send in two longer practice videos of you (edited and uploaded on YouTube as private) - one after 2 weeks of practice and one just at the end of the 4-6 week cycle. You will receive in depth Feedback which should be integrated before continuing to another program.

When you have questions while practicing you can definitely contact me (Telegram) and we will sort things out. The communication is a key point in the Mentorship.

Discord Server:

Additionally to the program, videos and personal feedback I have created a **server on Discord** where I hope to create a **community and platform** which should act as a means to share bits and pieces of your own practice as inspiration for others, connect with fellow practitioners and where I will share **analysis videos** of students. Access to the server given for the time of the mentorship!

Pricing:

The **minimum commitment is 3 programs** (each including 2 sets of detailed feedback) of **275€ each, so 825€**. The sum is to be paid before we begin the process.

If you wish to continue the study afterwards, every other program can be enrolled for 275€.

If you simply wish to purchase the programs without the coaching, the whole set of programs (1-5) cost 500€ together.

Contact me via info@nilteisner.de and we can have a talk about the specifics.

Best

Nil

