

DO SOMETHING
AMAZING
IT'S YOUR
MOVE



SCHOOL OF LARKS

A CONTEMPORARY CIRCUS SCHOOL

Brought to you by an experienced team with extensive knowledge of all aspects of Circus.

Circus Skills is a fulfilling form of physical activity with a wide range of health benefits suitable for every body type. The variety of skills in Circus allows each individual the opportunity to find their interests and passions.

Educational, creative and mindful. Through Circus, people learn to express and see themselves differently. We promise each session will surprise and transform our participants.

We use the WOW of Circus to build people's sense of WOW in themselves.

THE LARKS WE OFFER

Classes always involve stimulating physical warm ups, safety briefings and cool down stretching.

UP WITH THE LARKS: AERIAL

Trapeze
Silks
Rope
Hoop

LARKIN' IT UP: CIRCUS SKILLS

Juggling (scarves, balls, clubs, rings etc)
Diabolo
Devilsticks
Balancing (tightrope, unicycling, rolla balla)
Hula hooping
Acrobatics (floor, partner and group)



For more information visit www.schooloflarks.com or contact schooloflarks@gmail.com



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