

FINDING THE EDGE

with Emily Laura

A SIX WEEK COURSE IN
EDGEWORK FOUNDATIONS.



FINDING THE EDGE

Take a deep dive into edgework foundations.

Over the course of six weeks, you'll be exploring key edgework movements, learning technique, movement initiation, and stylisation. Each class will include conditioning relevant to the class focus: ankle and foot; hips; glutes; core control; upper body - edgework really is a whole body movement.

By focusing on technique and concepts as well as moves, you'll gain a solid understanding of how to find and use the edge, allowing you the freedom to create beautiful edgework.

This course is perfect if you want to understand this technique in more details, or are looking to add to your existing heel repertoire.

Emily Laura 

THE CLASSES

EXPLORING THE EDGES


In this first class, we'll be exploring initiation points and how to create movement on the edges. We'll start with barefoot exploration to gain understanding of how our body position impacts the movement of our feet and ankles. We'll then move into heels work, building our understanding of how to transition over the edge of our shoes and from one edge to the other, with control.

WALKS, WAVES AND ANKLE ARTICULATIONS

Here we'll start to build some stylisation and articulations into our movement. We'll explore leg waves with ankle articulations, walking around the pole whilst tracing over the edges, and fundamental weight transfers that we'll build upon in the rest of the course. This class will enable you to add little edgework nuances and details to your heels play.

PIROUETTES: REVOLUTIONS AND REVELATIONS

Pirouettes - a fundamental pole move, but let's make it edgy! Starting with key pirouette technique, we'll recap this beautiful move ensuring we're using our core and leg muscles to the best of their ability, so that you feel strong and stable. We'll then work through different pirouettes grips, adding edgework to each type. We'll also begin to explore grounded and tracing edgework, allowing you to feel the physical and textural difference between the two.

Emily Laura 

THE CLASSES

SPINNING OVER THE EDGE


Introducing spins! Spins are a bit different when we're keeping our feet on the floor, so an understanding of how to find power and momentum is key. We'll explore different grips, build on our knowledge of initiation points and use this to create momentum, all whilst learning how to create different intentions and textures in our movement. And, of course, we'll be spinning over different edges of the heels!

GOING OVER THE EDGE

The edgework classics - box breaks and over the edge turns! Building on our foundations, we'll look at breaks using both legs, one leg, turns, drags and transitioning from one edge to the other. By the end of this class, you'll understand the technique needed to make these gorgeous moves look smooth and controlled.

LINKING THE EDGES

Taking everything we've learnt over the past 5 weeks, we'll work on a sequence, incorporating moves and techniques we now know. This class will give you a chance to exploring linking moves together, playing with grounded and tracing movement, spins, leg work and all the delicious edges. This sequence won't be set to music, but instead will allow you to find your own style within the edgework movement.

Emily Laura 

THE CLASSES

Live classes will be hosted on zoom.

Each class will be 75-90 minutes long.

Classes will be hosted with two cameras, to allow you a close up view of the footwork as appropriate.

Every class will include conditioning appropriate to the class focus, such as upper body, core, ankles etc.

All recordings will be uploaded to the video library at www.emilylaura.com

LIVE CLASS DATES

Each class will be 7.30 - 8.45/9.00 pm UK time.

Dates:

Wednesday 19th April

Thursday 27th April


Wednesday 3rd May

Wednesday 10th May

Wednesday 17th May

Wednesday 24th May

All classes will be on Wednesdays, except the second class which is Thursday

Emily Laura 

A NOTE TO INSTRUCTORS

I am more than happy for instructors to attend the course, and to use any of the material I teach in your own classes.

WHAT HEELS TO WEAR?

8 inch sandals are best, as they give more more options for ankle movement and pointe work due to the build and design of the shoe.

If you strongly prefer boots, please ensure they are very soft and laced loosely.

If you have any questions, or want further advice on heels, please contact Emily Laura:
emilylaurayoung@hotmail.com or on Instagram:
@emily.laura_

LEVEL

You will need to be comfortable in basic spins, such as chair spin, attitude and backhook. Edgework requires a lot of lifting, so understanding of grips such a split grip, and the ability to lift feet off the floor in a basic invert grip are a benefit.

Classes will include conditioning in these areas too.

Emily Laura

PRICING OPTIONS

STREAM

Weekly live classes of 75-90 minutes

Small group classes

Dual aspect filming

Access to class recordings, with unlimited playback, for 30 days

£165

DOWNLOAD

Weekly live classes of 75-90 minutes

Small group classes

Dual aspect filming

Downloadable recordings

Additional pre-recorded foot and ankle conditioning class

£195

Emily Laura

PRICING OPTIONS

ACADEMY

Weekly live classes of 75-90 minutes

Small group classes

Dual aspect filming

Downloadable recordings

Additional pre-recorded foot and ankle conditioning class


Weekly personalised feedback and goal setting from Emily Laura, delivered via telegram during the 6 week course

Maximum of 5 students per intake

£350

Please note:

In order to obtain personal feedback, you would need to submit videos to Emily Laura via telegram. Videos must be submitted within a week of each class. Videos submitted after that time may not be reviewed. Videos can be of any element in the class, particularly those that you found harder or want extra input on! Emily Laura will provide you with feedback and goals either via written message, voice notes or videos.

Emily Laura 

BOOKING

To book your space, please visit:

www.emilylaura.com/edgework

Academy spaces are limited to 5

If you have any questions, please contact Emily Laura:

emilylaurayoung@hotmail.com

Instagram:

[@emily.laura_](https://www.instagram.com/emily.laura_)

Emily Laura

A BIT ABOUT EMILY

Emily Laura has been pole dancing since 2010, and teaching since 2013. The first studio that Emily taught at was Polevocate, a studio that fully embraced the sexy, heels based style of pole. Here, Emily taught weekly heels flow and floorwork classes.

Over the years, Emily has had the opportunity to train with some amazing dancers, all of whom have greatly influenced her style. Some favourites include: Bendy Kate, Sarah Scott, Eva Bembo, Marlo Fiskien, Carmine Black, Michelle Shimmy, Anne Marie Davies. In 2020, Emily started to explore edgework under the tuition of Rachel Riberia in her Aesthetics Series.

Since starting to teach, Emily gained numerous qualifications, including: Level 3 Diploma in Teaching Yoga; L4 Anatomy and Physiology; Functional Range Conditioning Mobility Specialist; Biomechanic Corrective Exercise Specialist; and Pregnancy and Post Natal Corrective Exercise Specialist.

Finding the Edge has been project of Emily's for some time now. Combining her extensive anatomical and movement knowledge with her experience and passion for heels and edges, Emily has created a course that will help you understand how to explore the edges and how to create your own beautiful edgework practice.

Emily Laura

Coming soon

OVER THE EDGE

with Emily Laura

A FOLLOW ON TO "FINDING THE EDGE",
EXPLORING MORE COMPLEX EDGEWORK
MOVES AND SEQUENCES

Emily Laura

