

# INTERNSHIP OPPORTUNITY AT AERIAL DANCE SCHOOL

# ZERO GRAVITY MADEIRA

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## OUR STUDIO

Zero Gravity Madeira is a stunning Aerial and Pole Dance Studio in the heart of Funchal, offering a welcoming and inspiring environment. We offer unique classes of Aerial Hoop, Aerial Silk, Pole Fitness & Flexibility, suitable for all fitness levels, taught by experienced, certified and passionate instructors.

We aim to empower women through Aerial Dance as well as create a vibrant & inclusive community in Madeira Island.

To ensure a comfortable and safe workout, we provide top-quality equipment from leading international brands in a fully air-conditioned space. Our gear is fully portable.



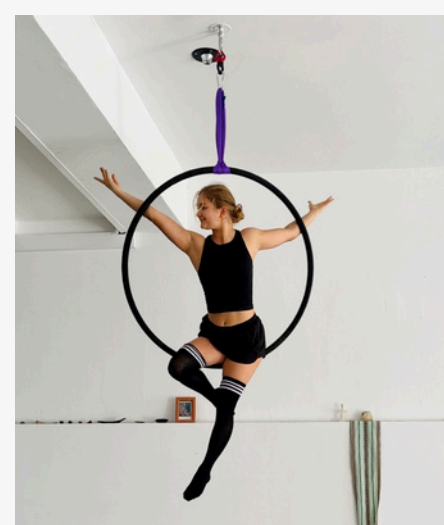
## MEET OUR TEAM

### DEENA

With a passion for movement, I bring 7 years of global training experience as an XPERT-certified pole instructor. My approach blends strength-building and body awareness in an encouraging and dynamic environment.



### MONIKA



I have been involved in gymnastic sports & classical dance since childhood and in 2017 I felt in love with aerials - started with silks then hoop, trapeze and pole. My passion led me to the will of making it a profession, so I decided to graduate bachelor & master degrees in Recreational Sports as well as Acrobatics & Aerial Sport instructor certification.

My teaching style focuses on working on the strength and body control to gracefully perform the moves while enjoying the training. My goal is to provide you a hobby that will benefit your physical endurance, flexibility and above all - give a lot of fun!

Join us and create part of our journey! Through this internship, you'll gain experience, share your passion, and help others discover the joy of **Aerial & Pole Dance**. Come fly with us, grow as an instructor, and help us inspire!

## OUR MAIN ACTIVITIES

### Pole Dance

Form of exercise that is performed on a vertical pole. It provides a great full body workout, by combining artistic dance, acrobatics and strength training. Involves exercises such as climbs, spins, inversions and transitions. Through pole fitness you will improve your strength, coordination flexibility and endurance.

### Aerial Silk

Aerial Silks are long pieces of fabric that are suspended from the ceiling. This type of training involves climbing up the silks and performing various acrobatic moves and poses while gracefully hanging in the air. During this great full-body workout you will build up your strength, flexibility and coordination.

### Aerial Hoop

Also known as Lyra, it is a ring of steel suspended from the ceiling, in which exercises such as spins, drops, tricks and shapes can be performed. It is a great form of workout that combines strength training, agility and grace.

### Splits flexibility

Focuses on improving flexibility and mobility in the hamstrings, hip flexors and lower back to achieve or enhance front splits. Through guided stretching, dynamic movements and targeted exercises, participants work on increasing range of motion and balance to safely and effectively perform full split. Suitable for all levels.

## JOIN OUR TEAM

**Duration & starting date:** flexible, to be agreed on

**Commitment hours:** flexible, to be agreed on

**Conditions:** flexible, to be agreed on

**Description:** We're excited to offer a teaching internship opportunity at Zero Gravity Madeira, ideal for students with a background in Aerials, Pole Dance, or Movement Education who are looking to gain experience in an international, creative, and empowering environment.

#### Responsibilities:

- Lead classes of Aerial Hoop / Aerial Silk / Pole Dance
- Assist in class preparation, Aerial management, event planning, and community building activities
- Optional: help with social media or marketing if interested

#### Requirements:

- Studied/Studying Physical Education / Sports / Recreation degree or has Pole/Aerial Instructor Certification
- Passion for teaching and movement, open-mindedness, reliability, and willingness to help growing the studio
- English, other language is a plus (especially Portuguese or Spanish)

#### We offer:

- Practical teaching experience in a unique location & international environment
- Mentorship & support from certified instructors and letter of reference
- Opportunity to develop class planning, teaching, and communication skills as well as learn about studio management & marketing
- A supportive, welcoming studio community and opportunity to use the studio when free
- Lots of free time to enjoy the island ;)

To apply send us your application to [zerogravitymadeira@gmail.com](mailto:zerogravitymadeira@gmail.com)



#### LOCATION

ATLANTEIA studio  
Rua das Cruzes 11E,  
Funchal, Madeira, Portugal

#### CONTACT

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