LEESI L'RU

Creator of FabPole™

Workshops • Studio Events • Performances • Private Instruction

INSPIRING STUDENTS WORLDWIDE THROUGH MOVEMENT, AERIAL ARTS, CREATIVITY, AND ARTISTIC EXPLORATION FOR OVER FOUR DECADES.

www.fabpole.net

ABOUT LEESI

For over four decades, Leesi L'Ru has trained, performed, and taught a diverse range of movement disciplines, including dance, pole, aerial silks, trapeze, lyra, hammock, acrobatics, hula hoop, and apparatus-based movement. Since 2004, she has shared her passion for movement, creativity, and artistic exploration with students worldwide.

PROFESSIONAL RECOGNITION

2015 USPSF Masters Division - Second Runner-Up

2014 Arnold Classic World Pole Cup - First Runner-Up

2012 Midwest & North American Pole Competition - Second Runner-Up

2012 Pacific Pole Championship - Champion

2012 Miss Pole Champ West - Second Runner-Up

2011 Pole Dance Universe - Premiere Performance of FabPole™

FABPOLE

LEARN DIRECTLY FROM THE CREATOR

FabPole™ is the beautiful combination of aerial fabric and vertical pole created by Leesi L'Ru in 2011.

Originally developed for a showcase performance at Pole Dance Universe, FabPole combines the fluidity and creativity of aerial fabric with the strength and dynamic movement of pole.

Since its debut, Leesi has performed and taught FabPole workshops throughout the United States and internationally, helping students discover the creativity, flow, and unique movement possibilities of FabPole™.

2026
NEW MOVES

BEGINNER+ | 90 MINUTES

$350 MINIMUM (UP TO 6 STUDENTS)
$55 PER ADDITIONAL STUDENT

This year's workshop is packed with fresh shapes, creative transitions, and expressive combinations that students have loved in previous workshops.

Designed with beginners in mind, the choreography includes intermediate and advanced adaptations, allowing every student to explore movement at their own level while learning something new.

FABPOLE FLOW

All Levels | 60 Minutes

$300 MINIMUM (UP TO 6 STUDENTS)
$50 PER ADDITIONAL STUDENT

Experience the unique movement possibilities of FabPole™.

Students will create and explore a flow incorporating wraps, transitions, shapes, spins, and creative movement sequences while developing confidence, musicality, and personal expression.

Designed for both newcomers and experienced students eager to explore new movement possibilities and artistic expression through FabPole™.

FABPOLE FOUNDATIONS

Beginner+ | 60 Minutes

$250 MINIMUM (UP TO 6 STUDENTS)
$45 PER ADDITIONAL STUDENT

STUDENTS LEARN

Foundational wraps
Basic transitions
Fabric management
Safety concepts
FabPole-to-pole concept transfer
Movement exploration
Beginner-friendly combinations

CREATIVE FLOW WORKSHOPS

Each workshop focuses on creative movement, fluid transitions, musicality, confidence, and personal expression.

$250 minimum (up to 6 students)
$45 per additional student

All Levels | 60 Minutes

- Pole Flow
- Heels Flow
- Chair Flow
- Performance Flow
- Circus Flow

Each Creative Flow Workshop is tailored to your students' experience levels, movement goals, and creative interests, making every workshop a unique experience.

PRIVATE INSTRUCTION

Personalized coaching tailored to your goals in movement, creativity, apparatus skills, and performance development.

$90 LIVE | $80 VIRTUAL

60 MINUTES

CONTACT

Leesi L'Ru, Creator of FabPole™

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www.fabpole.net

@leesilru @fabpole

> Leesi is absolutely amazing and one of the best instructors I have ever had.
> Tracy B

READY TO BRING A WORKSHOP TO YOUR STUDIO?