



S Factor New York Essential S Immersion

Frequently Asked Questions

What is Essential S?

Essential S is designed to teach women who are passionate about S Factor movement and wish to gain a deeper understanding of the overall S Factor experience.

Participants in Essential S will leave with a solid foundation and understanding of the heart and soul of the S Factor journey.

This 100-hour intensive program focuses on learning the theory and philosophy behind the six elements of the S Factor Erotic Creature Path (EC Body Voice, EC Music, EC Clothing/Accessories, EC Foot/Leg Wear, EC Emotional Core, EC Story). The concentration of Essential S will be on learning, exploring and discovering the Erotic Creature through heightened feminine movement.

While Essential S is a Teacher Training sponsored program, it is not required that all participants have an interest in teaching S Factor. In fact, this immersion is simply meant to deepen a student's S Factor practice.

Note: If you have already completed the Essential S program at another studio, you do not have to repeat it in New York.

Who may participate in the program?

It is recommended that all participants have completed Level 1 or higher by the beginning of Essential S. It is required that all participants have excellent knowledge of the basic movements in the S Workout, and the ability to execute all Level 1 pole tricks (Firefly, Ballerina & Half-Pint).

What is the program fee? Is it payable in installments?

The program fee for Essential S Immersion is \$1600.

A deposit of \$200 is due upon acceptance into the Essential S Immersion. *This deposit is non-refundable.* Full payment of the remaining balance is due before the first day of training.

When will the next Essential S Program be held?

The Essential S program is scheduled over the course of 2 weeks and requires 7 days per week, Mondays - Fridays 9am - 6pm, and 6 hours on Saturday and Sunday.

The upcoming Fall 2011 New York Essential S program is scheduled as follows:

Fall 2011: October 18 - October 28 Application Deadline = September 17



What specific topics will be covered during Essential S?

- S Factor History, Philosophy & Theory (i.e.: the why behind the essential elements of S Factor)
- Feminine Movement & Sensuality
- Erotic Creature Journey (advancement of personal Erotic Creature Journey)
- Pole Exercises related to the Erotic Creature Journey (no technical pole tricks are taught)
- Understanding the Levels of S Factor
- The Conversation of S & The Chair
- Music Exploration
- Assignment Exploration

Are there any additional costs?

Yes.

There is one required text and one recommended text. These should be purchased separately in advance:

REQUIRED: *The S Factor: Strip Workouts for Every Woman* is available at all S Factor studios in paperback for \$15.95, or through our website: SFactor.com/shop

RECOMMENDED: *The Female Brain* by Louann Brizendine is available on Amazon.com or in most major bookstores. (Amazon Price: \$8.80 at press time).

**Additionally, all out-of-town participants will be responsible for their own travel, housing & expenses.

Does this program guarantee me acceptance into Basic Teacher Training?

No. Participation in Essential S is not a guarantee of acceptance into the Basic Teacher Training Program and a desire to teach is not required. This program is designed to deepen the student journey of S Factor.

Rather than seeing Essential S as "the first part of Teacher Training," think of Essential S as a great way for students to gain insight into the overall S Factor journey and to advance their personal practice.

How do I apply for Essential S?

An application may be obtained on our website or requested via email at: nyteachertraining@sfactor.com. Applications for Essential S are reviewed on a first come, first served basis, so early applications are recommended as only 12 - 22 spots are available in each program. Preference will be given to those who are interested in Teacher Training, but others may still apply.

How many women are in each immersion?

In larger Essential S groups, the group is split into two smaller groups during afternoon movement focused classes. Due to the high demand for limited space, it is best to submit your application early to ensure your spot!

Who conducts the Essential S Immersion Program?

Essential S will be conducted by the Program Director, currently Ali Kozoll, or other qualified S Factor Teacher Trainers. All Teacher Trainers are well versed in all aspects of S Factor movement and have worked closely with Sheila Kelley and the Program Director to ensure the integrity and quality expected of



the S Factor brand. S Factor Teachers are also invited to audit/observe any of the classes in the Essential S Program.