



Aerial Silks Retreat with Acro.Mel & Akro.Monkey

When: 15. – 22. May 2027 (Saturday-Saturday)

What: Aerial Silks Retreat

Where: House of Honey, Portugal (Quinta de Verao, 8600-310 Lagos)

29 Workshops led by Acro.Mel & Akro.Monkey

One retreat. Your choice. Think of it like a menu: choose the workshops that feel right for your body, your energy and your mood that day. Go for a Workshop — or simply take a break, relax by the pool or head off on your own adventure. No fixed schedule. No pressure. Just listen to what you need.

Seven days in the air, on the coast of Portugal

A week-long aerial retreat at the House of Honey — a hexagonal studio with 10 aerial points, two villas above the sea, every meal cooked from Algarve ingredients, and nothing for you to arrange once you land.

Included:

- 7 nights luxurious villa accommodation for all students
- All meals for students - breakfast, snacks, lunch & dinner
- Water / sparkling water & juices that are fresh squeezed
- 10 Aerial Silks on Pulley System, shared silk, max 2 per silk
- Daily aerial studio access & all equipment
- Jacuzzi with sea views, around the clock
- Welcome gift bag Concierge support – Meredith (House of Honey)
- Maximum 22 participants, individual feedback



Not included:

Flight & Travel Costs, pick up from Airport (can be organized by House of Honey)

Excursions & Extras

Who is this Retreat for?

This Aerial Silks Retreat is designed for **intermediate to advanced and higher-level aerialists**. We offer a variety of workshops, so there will be plenty of challenges and opportunities to grow, no matter your level.

We ask that you feel comfortable and confident in the air on the fabric. You should be able to **climb, perform foot knots/locks, and invert in the air**. It's absolutely fine if you occasionally need to use your feet for support. You should also be comfortable with **hip keys** and being in the air for a few minutes at a time.

If you're unsure whether your level is right, feel free to reach out to us, we're happy to help!

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AERIAL RETREAT – TENTATIVE TIMETABLE

SATURDAY, 15 MAY 2027

- 15:00–17:00 Arrival & Check-in
20:00–21:30 Workshop 1: Stunning Shapes (Acro.Mel & Akro.Monkey)

SUNDAY, 16 MAY 2027

- 09:15–10:45 Workshop 2: Drop into a Belay (Akro.Monkey)
11:00–12:30 Workshop 3: Handstand's (Air&Ground) (Akro.Monkey)
14:00–16:00 Workshop 4: Splits and Splits (Acro.Mel)
16:15–17:45 Workshop 5: Intro to Dynamic Drops (Acro.Mel)
20:00–21:30 Workshop 6: Ground, Handstand (Akro.Monkey)

MONDAY, 17 MAY 2027

- 09:15–10:45 Workshop 7: Split Balances and Drops (Acro.Mel)
11:00–12:30 Workshop 8: Slack Drops (Acro.Mel)
14:00–16:00 Workshop 9: Flips, Rolls & Wheels (Akro.Monkey)
16:15–17:45 Workshop 10: Fancy Tricks (Akro.Monkey)
20:00–21:30 Workshop 11: Aerial Yoga (Acro.Mel)

TUESDAY, 18 MAY 2027

- 09:15–10:45 Workshop 12: Backdives (Akro.Monkey)
11:00–12:30 Workshop 13: You Spin me Round (Akro.Monkey)
14:00–16:00 Workshop 14: Open Drops (Acro.Mel)
16:15–17:45 Workshop 15: 10/20/30/40 Ways to Belay (Acro.Mel)
20:00–21:30 Workshop 16: Ground, Middle Split Stretching (Akro.Monkey)

WEDNESDAY, 19 MAY 2027 EXCURSION / RECOVERY DAY

- 14:45–16:15 Workshop 17: Aerial Silks Dance Combos (Acro.Mel)
16:30–18:00 Workshop 18: Belay Fun (Akro.Monkey)
20:00–21:30 Workshop 19: Double Trouble (Acro.Mel & Akro.Monkey)

THURSDAY, 20 MAY 2027

- 09:15–10:45 Workshop 20: Playing with Star Drops (Acro.Mel)
11:00–12:30 Workshop 21: Ankle Hang Wraps & Drops (Acro.Mel)
14:00–16:00 Workshop 22: Unexpected Transitions (Akro.Monkey)
16:15–17:45 Workshop 23: Open-ish Drops (Akro.Monkey)
18:00 Optional, Dinner out, in Town

FRIDAY, 21 MAY 2027

- 09:15–10:45 Workshop 24: Monkey Drop's (Akro.Monkey)
11:00–12:30 Workshop 25: Beyond the Wheel (Akro.Monkey)
14:00–16:00 Workshop 26: Surprise Workshop (Acro.Mel)
16:15–17:45 Workshop 27: Handstands & Handstand Drops (Acro.Mel)
20:00–21:30 Workshop 28: Ground, Partner Acro (Acro.Mel)

SATURDAY, 22 MAY 2027

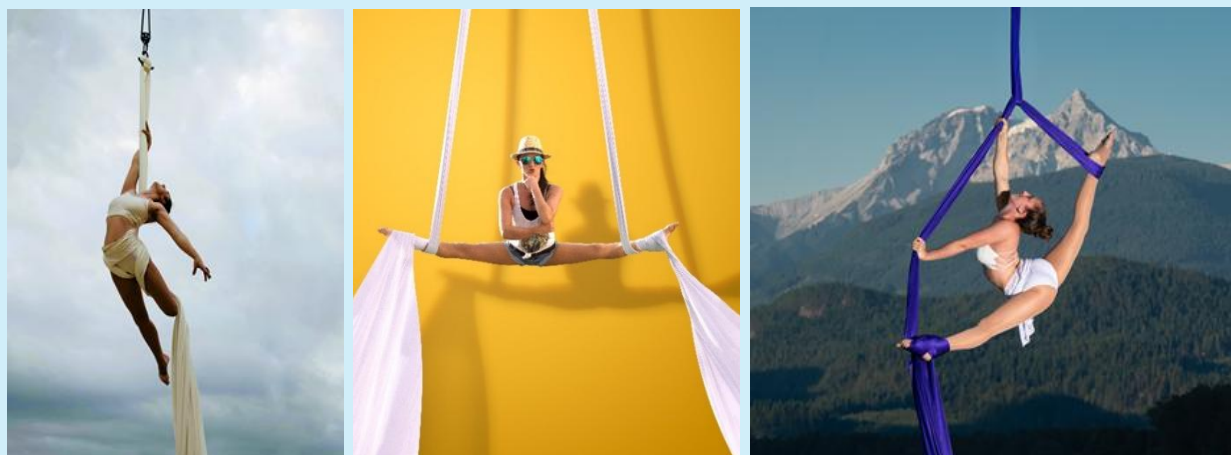
- 08:00–09:00 Workshop 29: Fun & Easy Last Shapes (Acro.Mel & Akro.Monkey)
09:00–10:00 Goodbye & Departure





About us

Acro.Mel (Instagram: @acro.mel)



Mel was born and raised in Whistler, BC, Canada, where she began gymnastics and dance at a young age. Her background in gymnastics, dance, cheerleading, contortion and flying trapeze sparked her passion for movement and performance early on. She later studied Performing Arts and Psychology at university while continuing to teach and perform dance, acrobatics and aerial disciplines.

In 2010, Mel discovered aerial yoga and pole fitness, eventually expanding into aerial acrobatics and partner acrobatics. She became a certified aerial yoga and yoga teacher and spent several years building and teaching within acrobatic and movement communities in Qatar and internationally. Her passion for aerial and acrobatics led her to complete professional aerial training in London, studying silks, hoop, trapeze and corde lisse, as well as further training in hand balancing and contortion in China.

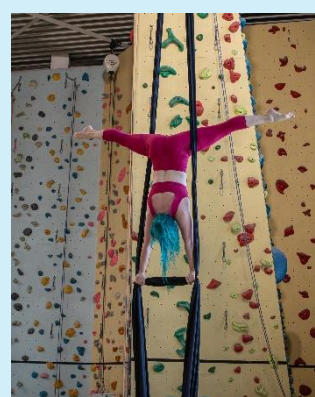
Mel has since continued to teach and perform internationally across Europe, Asia, North America and the Middle East. She has founded and developed acrobatic communities and studios, trained and mentored instructors, taught workshops and teacher trainings, and performed and judged at various events and competitions. She is passionate about sharing her knowledge, supporting other artists and helping people discover their own strength, creativity and confidence through movement.

As an instructor Mel aims to create a comfortable and engaging environment that allows students to learn about movement and their bodies in a healthy and happy way.

Teaching Language

English

Serah Fuchs (Instagram: @akro.monkey)



«The combination between strength, acrobatic and flexibility on the fabric is just fascinating, it is my passion which I would like to pass on to you. »

Serah was born and raised in Rorschach, Switzerland, and has always been passionate about movement and acrobatics. Her background began with gymnastics and rock climbing, which taught her an early appreciation for strength, body control and the joy of challenging herself. She later discovered pole acrobatics and became a certified pole instructor.

In 2016, Serah discovered aerial silks and quickly realized that she had found her true passion. Since then, aerial has become a central part of her life. She loves exploring new figures, drops, transitions and combinations while continuously developing her skills and movement vocabulary.

Alongside her own training, teaching has become an important part of her journey. After completing her apprenticeship as an automation technician, Serah decided in 2019 to focus more fully on building her own business, Akro Monkey. What started as a passion project has since grown into an important part of her professional life. She now teaches regular classes and workshops, with around 50 students attending each week.

As a teacher, Serah enjoys creating a supportive and positive environment where students can challenge themselves, learn at their own pace and build confidence. She adapts her teaching to different levels and learning styles and loves helping students understand and improve their movements.

What she enjoys most about teaching is seeing her students grow and achieve things they once thought were out of reach. Her goal is to support and inspire each student on their own aerial journey while sharing the passion and joy that movement brings her.

Teaching Language

English

The Studio



With 10 points (14 pulley system) and 8.5 meter (27 feet) and 7 meter (21 feet) high structure a stunning mature garden, the House of Honey studio prioritizes safety. From the structural engineer to the certified rigging, standard crash mat sizes and the highest quality equipment from reputable companies, our philosophy is that an aerial studio should put safety first, second and third.

Aside from that, we also believe in aesthetics. We've considered every detail – from the flora and fauna surrounding you to the design of the structure and even the building materials we've chosen. The whole studio emphasizes beauty. When you choose to fly with us, we want you to feel safe and stunning in the air!

The Spa



Above the studio there is a heated saltwater pool and a 15-person salt jacuzzi on a beautiful terrace overlooking the sea. We might serve lunch there and take advantage of the facilities during the day.

Accommodation



Set in the Funchal Hills, just 1 km from Lagos and a few kilometres from some of the region's most stunning beaches, the House of Honey studio offers accommodation options. 3 Luxurious villas await you with possibilities of shared and private rooms.

All of the villas are fully equipped with everything you need, including fine linens, towels, kitchen appliances and hair dryers. They all have swimming pools. Bathrooms are shared with 2 people and most of the private rooms have unsuited bathrooms. The group stays in two-three villas a short walk from the studio. Rooms are shared as standard, with a limited number of private rooms available.





Food

Every meal is freshly prepared with locally sourced Algarve ingredients and served family-style at a long table — breakfast, lunch, dinner and snacks in between.

Our meals are designed with athletes in mind: high in protein, rich in carbohydrates and low in sugar, supporting muscle building, recovery and high-level training. We source as much as possible from local farms within around 20 km, keeping the food fresh, nutritious and full of flavour.

Dietary needs can easily be accommodated — just let your coach know before you travel.



Meredith

Meredith is the heart behind House of Honey in the Algarve. After discovering aerial silks at thirty-nine, she spent the following decade training, performing, completing teacher trainings and studying rigging before creating her own space.

During our retreat, Meredith takes care of everything behind the scenes — from the accommodation and meals to airport pick-ups and other logistics. She provides the beautiful House of Honey as our retreat location and is always there to support us coaches, making sure everything runs smoothly throughout the week.



Where you are

Lagos, on the Algarve coast. Lagos sits on the western Algarve, where the cliffs fold into sea caves and small coves. Mornings are warm from spring onwards, the water is bracing, and the town keeps its old streets, markets and marina within easy reach. The cliff trail from Luz to Burgau takes an hour and a half at a gentle pace and ends at a whitewashed village with a beach and a bakery.

The Algarve is a gorgeous region with stunning cliffside hikes along the white sand beaches and crystal-clear Atlantic waters. One of the best surfing regions of the world, this area is also known for its mountain biking, hiking, horseback riding, SUP adventures, kayaking tours, sailboat rides, and wine tasting. Choose from one of these activities in your down time or your day off



Organisation

The Aerial Silk Retreat is organized by

Acro.Mel
and

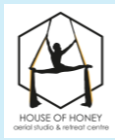
Akro Monkey / Serah

<https://www.acromel.ca/>

<https://akromonkey.ch/>

The Retreat is held at
House of Honey in Portugal

<https://www.houseofhoneyportugal.com/>



Aerial Silk Workshops to Choose from by Acro.Mel

Split Balances and Drops

Learn the wraps, technique, and progressions for front split and middle split balances, as well as drops to ankles and exits! This workshop may also include non-standard split balances and drops, including split balance drops from belay, and split balance drops to single ankle hang.

Handstands & Handstand Drops

Handstands in the air? Yes! This workshop focuses on the technique for aerial handstands and exits for safety and control. Exits include dynamic drops to hips, non-dynamic exit to neck hang, and safe exits for quick release.

Dislocks

Dislocks?! Not quite sure about this skill? Take a full workshop to breakdown all the progressions and key movement patterns that make this skill happen. When done correctly, dislocks do not strain or stretch the shoulders. A common misconception is that flexible shoulders are required - not true! Starting from the ground working on the body angle and shoulder rotation, as well as swings and shoulder strength, we progress slowly to allow students to adjust to the movement pattern in order to complete the full skill. Advanced students can progress to multiple dislocks and free dislocks (no hand locks - silks only).

Intro Dynamic Drops

For student feeling comfortable swinging around their vertical aerial apparatus! Learn how to swing and harness momentum for dynamic movement.

Students will learn how to swing, spot, and safely land for practicing dynamics and semi release skills.

Slack Drops

Love the simplicity of slack drops? Slack drops are an easy and awesome way to wow the audience and fly through the air! Learn new and fun ways to get in and out of slack drops making them short or long. Slack drops include various catchers, crochet, stag, and crucifix drops!

Splits and Splits

Everybody loves splits! Make the audience wow with so many ways to split! Learn various entrances and exits to classics! Basic splits from foot locks, thigh splits, and stellar split, to bow and arrow variations, belay, and more!

Ankle Hangs & Drops

Love hanging by your ankles? Yes! This is the workshop for you! We'll play with multiple ankle hang wraps with varying levels of support, along with static and drop entrances as well as static and drop exits!



10/20/30/40 Ways to Belay

Be the master of the belay! Learn 40+ ways to get into belay and belay variations such as single, double, or triple loop belay, as well as waist, neck, and leg hang variations and different belay poses, plus different types of exits to make your sequences performance worthy! This class includes theory on basic belay wraps and how and why belays work.

Aerial Dance Combos

Let's dance in the air! We'll learn unique combinations from hip key, knee lock, crochet, and more, finding beautiful poses, spins, and transitions. We'll play with spin technique as well as how combinations can move between foundational positions.

Playing with Star Drops

Want to jazz up your star drop? We'll play with new unique entrances to single, double, and yes triple star, including both static and dynamic entrances, alternative ways to perform the star drop so it looks completely different and can end in a recatch, along with add ons, free hand star, and unique exits.

Surprise Workshop

Let's see what's in store! This workshop will depend on student preferences and ability, but world is our oyster!

Open Drops

Ready to take drops to the next level? Open drops are great because they don't require getting in and out of wraps, which allows for fluidity of movement. Students will start with progressions, learning how to control wrapped drops by going slow and stopping in various position. From here, students will learn entrances into unwrapped drops and add-ons, such as cartwheels, front/back salto cartwheels, moses/terry twist, porn star saltos, half inlock or front pike salto (silks), handstand drop (silks), and the difference between dynamic and static unwrapped drops. Great for students who want to take their practice to the next level!

Aerial Silk Workshops to Choose from by Akro.Monkey

Monkey Drop's

In this workshop I will teach you some of my favorite drops. Step by step I will show you the wraps and teach you how to "walk down" a drop safely at the beginning. So, you can drop the drop afterwards with a good and safe feeling. We'll not make dangerous drops, we'll go for those who are fun, safe and will "blow you audience away". The focus is on fun, impressive drops that leave an impact. Whether you're building confidence or expanding your drop repertoire, get ready to drop it like it's hot!



Flips, Rolls & Wheels

Are you ready for flips, rolls and wheels on the fabric? Get ready to get to know different fun elements on the silk. Certain of the elements I will teach you are so-called "infinity" flips, rolls or wheels, these flips etc. can basically be done infinitely often, one after the next. Other flips, rolls or wheels can only be done once in a row. Get ready to experience a fun workshop and roll with me together.

Drop into a Belay

Did you know that there are an infinite number of different entrances to a belay? And since there are so many different entrances for the Belay, there are logically also countless drops into a Belay. Drop and finish in a Belay, sounds perfect, doesn't it? It's up to you whether you want to add something in the belay afterwards or "only" do the drop into it. Come and learn a few drops with me and end in a Belay.

Fancy Tricks

Ever looked at a trick and thought: "How is that even possible?" In this workshop, we'll turn that question into understanding. We explore fancy tricks, beautiful shapes, and unexpected transitions that may look complex at first, but become clear once broken down step by step. You will learn the wraps, techniques, and key details behind each movement so you can perform them with confidence and flow.

The goal is to expand your repertoire with creative combinations, smooth transitions, and eye-catching shapes – and of course to look fancy up there in the air.

Handstand's (Air&Ground)

In this workshop we will do different variations of handstands on the ground (with the silk) as well as in the air. The handstand with the silk is nice, because you get some support from the fabric and with it, you'll be able to hold some shapes in the air you wouldn't be able to do on the ground. There are so many different handstand variations with the fabric.

You Spin me Round

Spins on the fabric, you either love them or hate them (most of the time at least). If you love spins like I do, this workshop is perfect for you. (If you are not "yet" a fan of spins, you can also work on the technique with just a little spin). I have prepared various shapes that are perfect for a spin for this workshop. We will also work on the technique for the "fast spin" and look at it step by step so that you can hopefully enjoy working on it.

Open-ish Drops

This workshop is all about Open-ish Drops on the silks. It might sound a bit "scary" at first, but don't worry – I'll guide you step by step, focusing on safety, control, and correct technique. The goal of the workshop is for you to perform your drops with control, ease, and enjoyment. The open-ish Drops I teach are more like almost open Drops, so there is something in this Workshop for everyone.



Unexpected Transitions

In this workshop I will teach you various unexpected transitions from some already known figures. There is an incredible amount of variety on the fabric and you can sometimes move on from one figure to the next without having to unwrap. I will teach you some of my favorite “unexpected transitions” and break them apart for you. Let me surprise you, maybe you'll get to know your latest favorite combi at my workshop.

Beyond the Wheel

Did you know there's much more you can do with an S-Wrap than just the classic wheel? In this workshop, we'll explore creative ways to add elements before, after, or even during the wheel. You'll learn smooth transitions, interesting S-Wrap variations, and creative combinations to make your movement more versatile, expressive, and flow naturally beyond the wheel. Get ready to expand your possibilities beyond the wheel.

Belay Fun

There are endless ways to enter and exit a belay. Because of this, there are creative possibilities in a Belay. In this workshop, we explore different entries and exits but as well skills or shapes in the belay itself. You will learn various wraps and techniques step by step, allowing you to safely and confidently enter or exit a belay. The movement can first be practiced slowly to build comfort and understanding before adding dynamics.

Backdives

You can think of backdives a bit like a backward headfirst dive into water – just without the water, and instead on the aerial silk. It's a controlled backward fall that relies on technique and trust. What may feel a little scary at first is explained step by step, with a clear focus on safety, control, and clean execution.

For many people, backdives require a small leap of courage in the beginning, but they quickly become addictive. The thrill is simply part of it! And since we are always wrapped and secured in the fabric, I personally find backdives on silks to be even safer than jumping into water.

Aerial Silk Workshops to Choose from by Acro.Mel & Akro.Monkey

Double Trouble

In this workshop we will do different double shapes. We will systematically familiarize you with double shapes and explain and show you different doubles with different wraps. Depending on the double shape, it is extremely important to be able to trust your partner and to be able to rely on each other, so we will start with simpler, fun doubles and then gradually move on to more daring figures. You do not need to have a double partner with you to take part in this workshop.



Stunning shapes

In this workshop, we've prepared a selection of beautiful shapes, including interesting square figures, splits, and ankle hangs. We'll guide you through each move step by step, with the goal that by the end of the day you'll have some stunning shapes captured on your phone and maybe having some Shapes ready for a Photoshoot!

Fun and easy, last shapes

Mel & Serah have prepared some shapes for you to learn and to finish the retreat with a great feeling. Those shapes might be more easily but not less beautiful. We have as well some a bit silly skill ready. Let's do that last class all together and enjoy the fabric one last time at that stunning location

Non-Aerial Workshops to Choose from by Acro.Mel

Partner acro

Acro includes acro yoga, high standing acrobatics like hand to hand, adagio, acrobalance, or acro dance, banquine, cheer-style stunting and basket tossing, and partner Thai therapeutics. Classes range from beginner to advanced! Workshops range from one to four hours in length, depending on number of students and ability level.

Aerial yoga

Yoga includes classes from vinyasa, ashtanga, hatha, yin, and aerial, as well as specialty workshops focusing on inversions and back bending! Classes range from one to four hours depending on number of students and ability level. Classes range from beginner to advanced and can also be taught as mixed level.

Mel is a 500-hour Yoga Alliance certified yoga instructor (ID: 140985) and continuing education provider (RYT 500, e-RYT 200, YACEP). To view Mel's Yoga Alliance profile, including teaching and training hours, [click here](#).

Non-Aerial Workshops to Choose from by Akro.Monkey

Handstand

Keen on learning a Handstand or are you already a pro? Then this Workshop is just the one for you. Come & Handbalance with me. I have plenty of exercises with the wall but as well to work in pairs of two. Or do you dream of Lifting yourself up into a Handstand? I have some exercises ready for you to work towards you full press Handstand. We'll as well work on the puppy press (a smaller version). Let's balance on our Hands.

Middlesplit Stretching

In this workshop I will show you some of my favorite stretches and we'll do a typical Akro Monkey Middlesplit Stretching together. My stretches are packed with a lot of active exercises and they are anything but relaxing, however they're goal oriented.



Optional: Excursions & Extras

Choose from one of these activities in your down time or your day off.

Ready to spoil yourself even further? Why not combine hard aerial training with a relaxing deep-tissue oil massage? We work with incredible masseuses.

Extras we can organize with a group of interested

The wild caves photoshoot

Sailing in Lagos bay

Kayaking the coastline

Group surf lesson

Jeep tour at sunset

Horseback riding in the countryside

Massage, 60 or 90 minutes

Group dinner in town

A little note about the timetable & workshops

Please note that the timetable and workshop topics are not yet final and may change as we create the best possible week for everyone. If there's a workshop, skill, or topic you've seen in our content that you'd love to learn, let us know! Once you've signed up, feel free to share your wishes and ideas.

Our goal is to create a magical week full of inspiration, learning, connection, and happy students. We want you to leave feeling inspired, supported, and excited about everything you've learned. So please share your wishes with us. We're creating this experience for you!

Fees / Booking options

Price

Shared room, no ensuite bathroom	€2.600
Shared room, ensuite bathroom	€3.000
Private room, ensuite bathroom	€3.300

Fixed spot reservation after receiving payment (or deposit), limited spots!



Registration

The registration to the Retreat has to be sent by e-mail or via contact form and therefore binding and valid. By registering, the participant accepts the terms and conditions.

Payment deadline

Your spot at the retreat reserved after receiving the payment or part of it. The principle applies: first comes, first serves. The amount must be transferred to either of the options.

Changes

The Retreat will only happen with the minimum of participants and workshops are subject to changes.

Insurance and Liability

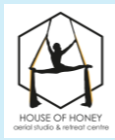
The practice of vertical acrobatics is associated with an incalculable residual risk and therefore requires a high degree of prudence and personal responsibility. The only safety measure is that there is always a crash mat under the fabrics. Participation in all courses is at your own risk. Those who do not follow the instructor's instructions or expose themselves or others to unnecessary risk can be excluded from the workshop without further ado. All trainings are at your own risk, insurance is the responsibility of the participants. There is no insurance of the participants on the part of Akro Monkey, Acro.Mel, House of Honey, this is the responsibility of the participants. We do not bear any claims. This refers in particular to all insurance benefits, accident insurance and the like.

Pictures

By registering for the Retreat, the participant agrees that photos and films made during the Retreat may be used for advertising purposes.

Data

Data of the course participants will be treated confidentially and will only be used for the purpose of fulfilling the contract and will not be passed on to third parties.



Cancellation Policy

Deposit

A non-refundable deposit (500€) is due at the time of booking to secure your spot.

Once you have booked, the full retreat amount applies. We reserve the villas, book the staff and commit the costs of your week a long way in advance, so a place that empties late stays empty.

There is one way out, and we will always help you take it:

If your place is filled by someone else -- whether we find them or you do -- we will refund everything you have paid apart from your deposit. There is no charge for this, and you are welcome to find your own replacement; in practice that is often the fastest route. If you are paying by instalments, cancelling does not end your payment plan. The remaining balance is still due unless your place is filled, on the same terms above.

We need at least 14 days' notice before the retreat start date for any of the above.

→ Where a refund is due, we issue it within 30 days of your replacement's payment clearing, in the same currency you originally paid in.

Transfers

You may transfer your spot to another person of your choosing at no charge, at any time, provided you notify us at least 14 days before the retreat start. We're happy to help coordinate this with your coach. This is usually the simplest option if you know someone who would like your place.

What's Not Covered

Refunds are not available for late arrivals, early departures, missed flights or travel delays, personal or family illness, natural disasters, epidemics, pandemics, or political situations.

If House of Honey or Your Retreat Coach Cancels

You'll receive your choice of a full credit toward any future House of Honey retreat (no expiration), or a full refund.