

MILENA PRUDTSKIKH

HAIR HANG SPECIALIST — AERIAL GYMNAST

7

YEARS PERFORMING
INTERNATIONALLY

3

AERIAL DISCIPLINES —
HAIR HANG, HOOP, STRAPS

2

STATE & TOURING
COMPANIES

AVAILABILITY

Free from 1 November 2026

Currently: Joyful Circus, Xi'an, China

Available for UK engagements

(Creative Worker Visa sponsorship required)

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Suspended entirely by her hair. *No harness. No hands.*

Hair hang is one of circus's rarest and most physically demanding aerial disciplines — Milena's signature act, performed up to 15 metres above the arena floor with no safety line. An Uzbekistani aerial gymnast with seven years' international experience, she performs solo and duo, also works aerial hoop and straps, and designs and executes all of her own show makeup.

DISCIPLINES

Hair Hang (signature) · Aerial Hoop · Aerial Straps
Solo & duo performer · Ballet & Dance · Stage & Character
Makeup

TRAINING

Karim Zaripov Republican Variety Circus College (2016–2019)
Uzbek State University of Physical Culture and Sports (2020–2025)
Central Asian School of Bodybuilding & Fitness, Master Training
(2021)

ENGAGEMENTS

2023 — now Joyful Circus, Qinling Wildlife Park — Xi'an, China
2019 — 2023 State Circus of Uzbekistan

COMPETITIVE PHYSIQUE MODEL TITLES

2021 Champion of Uzbekistan — *Republican*
2021 WBPF World Champion — *International*
2022 IFBB Asian Champion — *Regional*
Multiple national podium finishes, 2020–2022

TECHNICAL REQUIREMENTS

Performs up to 15m high with no safety line
Min. 3m ground clearance; min. 5m arena diameter
Straps rig to winch in under 2 minutes
Requires one assistant to operate the winch

AVAILABLE FOR

Circus · Theatre · Corporate Events · Festivals · Bespoke
Productions



HAIR HANG

5 MIN



AERIAL STRAPS

4 MIN



VIDEO REEL

[SCAN TO WATCH](#)

**MILENA
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@neymork



[YouTube reel link —
update QR when ready]

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AERIAL HOOP

6 MIN



CHARACTER & MAKEUP

SELF-TAUGHT

