

## **WORKSHOP#1:**

### **Tango Workshop: Mastering the Embrace, Walking, and Core Connection**

**Overview:** Join us for an immersive tango workshop focused on three of the most fundamental aspects of the dance: **the embrace, walking, and core engagement**. Whether you're a beginner or an experienced dancer, this workshop will help you elevate your tango by refining your connection, improving your movement flow, and strengthening your core to enhance your balance and precision.

**Lesson #1: Theme Embrace (2 hours):** Embrace in tango is a fundamental aspect of the dance, influencing both the connection between partners and the flow of movement. Here are key elements covered in this session.

- How do we enhance our connection through the embrace? Posture, pressure of the embrace.
- What are the functionality of different embraces? Space allows us to move freely, while still maintaining a close connection:
- How relaxation, flexibility, and fluidity in our frames allows us to better communicate?
- How can we increase intimacy (under certain boundaries) in our embrace and communicate emotionally and physically through their movements?
- How do we protect ourselves during tango? Tips of how to creating boundaries

**Lessons #2 and #3: Theme Walking (4 hours):** *Walking is a fundamental movement that requires precision, balance, and connection between partners. Here are key elements that are important in tango walking:*

- What are the components of walking (from basic to more advanced concepts)?. How we can navigate and connect with your partner.
- How does our body connect in walking? From bottom to top : How our feet, joints, hips, core, chest, arms are essential in walking.
- What does a type of walk influence our dance and interpretation of the music?
  - How do we create density in the walk?
  - How does the standing leg and free leg play a role?
  - How does level affect our walking (projection)?
  - How Does Weight Transfer Work?
- How do we enhance our intention so followers can follow freely? Useful tips to help you improve transferring intentions to followers.
- Do the steps direct the movement or the movements direct the steps?

**Lessons #4 and #5: Core (4 hours).** Core engagement is a vital aspect of tango, as it helps maintain stability, control, and fluidity in movement. Here are key elements that are important in core engagement in tango:

- The essential of the core to create Connection
- How does the core affect our dance interpretation in our dance? Walking (density, elasticity, micromovements, pivots and more etc.

## **WORKSHOP#2:**

### **Tango Workshop: Mastering Axis, Pivots, Molinetes, and Enrosques**

**Overview:** Dive into the heart of tango technique with a workshop dedicated to mastering the essential elements of **Axis, Pivots, Molinetes, and Enrosques**. These core movements are vital for both the leader and follower, allowing you to dance with fluidity, precision, and elegance. Whether you're looking to sharpen your technique or deepen your understanding of these dynamic elements, this workshop will provide the tools and exercises to elevate your tango to new heights.

#### **Lesson #6 (2 hours):** How to find axis and balance

- Defining axes and its functionality in dance
- How does the axis change connection and communications?
- How to create a comfortable axis with our partners in resting, walking position?
- Why and how axes have to be flexible on the dancing floor?

**Lesson #7 and #8 (4 hours):** Pivots (Forward and back ochos, giros) : Pivots are an essential part of tango, allowing for dynamic changes in direction and flow. Here are the key elements that are important in executing pivots effectively in tango

- How can we be balanced before pivoting?
- Describe what part of the body can help in pivots using ochos as a model (using the ground (feet: anchor), muscle tone, axis and dissociation (core) and hands

#### **Lesson #9 and #10 ( 4 hours):** Molinetes and intro Enrosques

- Type of movements when you go around a leader
- Type of movements when leaders go around follower
- Why is the supportive role of followers and leaders in enrosques and molinetes a must?
- Enrosques: why and when? Why is location essential to create giros and enrosques

## **WORKSHOP#3:**

### **Tango Workshop: Exploring Saccades, Musicality, and Creativity**

**Overview:** Step into a transformative tango workshop where we dive deep into the intricate relationship between **saccades**, **musicality**, and **creativity** in tango. This workshop is designed to open new pathways in how you express yourself through the dance, drawing connections between the precision of your movements, the music that guides you, and the endless possibilities for creativity in every step. Whether you're looking to refine your musical interpretation, unlock more spontaneous expression, or incorporate fine-tuned details into your dance, this workshop will give you the tools to elevate your tango to the next level.

#### **Lesson #11(2 hours):** Sacadas

- How to use the intention of walking to induce sacadas?
- Role of the walking in sacadas. We will use examples of sacadas
- Type of sacadas - When is it more appropriate to have sacadas in music?

#### **Lessons #12 and #13 (4 hours):** Musicality

- Basics of music in tango? From Measure to fraseos
- How can we better interpret different orquestras?
- How to interpret an instrument?
- How “pausing” (actually slowdown) allows better connection and musicality?

#### **Lessons #14 and #15(4 hours):** Let’s create: Poetry, community and review

- What walk, embrace, axis, etc, changes when interpreting different orquestras?
- How do we compose a tango on the dancing floor?
- How do we become free and respectful in tango?
- How can we create together versus alone on the dancing floor? How to “slowdown” the dance?
- Why is community important in tango? What can we do to build it?
- Review