

2022-10-07

19:30:00 21:00:00

Tension & Release | Workshop with Lya Elcagu & Tate di Chiazza @Galeria Ideal
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Galeria Ideal Geibelgasse 14, 1150 Wien
Workshops with Lya Elcagu & Tate di Chiazza

Program:

Wednesday, 5 October, 19:30-21:00, @Lillis Ballroom

All About Axis

A deep understanding of what "axis" means and how we can play with dependent and independent axes to master a better posture and connection. You will find more stability and possibilities for a playful dance. We will apply the technique to Crosses and Enganches (backward crosses)!

Thursday, 6 October, 19:30-21:00, @Atelier SOL

Organic Embrace

We will seek a comfortable and flexible embrace and how through it we can express different states and manifest the music that inspires us. We will work on the understanding of how important and communicative the embrace is. We will not do magic tricks, we will create magical sensations.

Friday, 7 October, 19:30-21:00, @Galeria Ideal

Tension and Release

Use your whole body as a dancing tool! When and how do we use tension and release in our dance? You will learn and discover this beautiful game of tension and release, and we will apply it to fun and elastic movements. Did you ever hear about ochos colgados? Don't miss it!

Saturday, 8 October, @Atelier SOL

16:00-17:30, Playful Sacadas

We will understand and play with concepts of Sacadas to color up your dance and let you fall in love with them as we did!

18:00-19:30, Let's hook it up | Ganchos!

It's not only so easy to get hooked on but also to get tangled up in ganchos! Let's discover together a fun and comfortable way to play with them!

To register, [click here](#). If you have any questions, write us.

Prices:

1 Workshop 30 Euro (early bird 25 Euro)

2 Workshops 55 Euro (early bird 48 Euro)

3 Workshops 80 Euro (early bird 66 Euro)

4 Workshops 100 Euro (early bird 85 Euro)

5 Workshops 120 Euro (early bird 100 Euro)

ab 25 Euro: