## 2022-10-15

## 17:30:00 18:45:00

Zamba Workshop with Kseniia Krasnova @Atelier SOL | organised by Tango Inside Out Helmut HöllriegI helmut@tangoinsideout.com

Atelier SOL Maria Lassnig Straße 33, Top 1.02 Workshops with Kseniia Krasnova

Folklore Program: 15 October @Atelier SOL

16:00-17:15 Chacarera basics – Chacarera

Step. Embrace. Contact. Structure of chacarera simple. 17:30-18:45 Zamba basics – "Zamba – art of hug without touching"

What the interaction in zamba is based on. Basics of movement and communication. Zamba step and circular movement. 21:00-01:30 Milonga San Pugliese with DJ Gianpio Cappucci 16 October @Atelier SOL 15:00-16:15 How to embrace your partner through the distance, play, interact and keep the connection in chacarera. 16:30-17:45 Zamba basics – Pañuelo- language of communication in dance. Traditional movements with the pañuelo and finding your

own expression and interaction with the partner 18:00-22:00 Milonga La Noche de la Morocha Tango Program: Kseniia will be teaching tango workshops on Process of Embracing together with Helmut on Wednesday, 12 October, @Atelier Sol and Friday, 14 October, @Galeria Ideal, both days from 19:30-20:45.

Communication in a dance. How to talk and to listen through the movement. Different tensions and shades of embrace according to different music. About Kseniia Krasnova:

About Kseniia Krasnova: Kseniia's first deep dive to Argentinian folklore was 8 years ago with performance and classes of Emilio Cornejo on tango festival in Odessa and motivated her to travel to Argentina and explore it during months she lived there. Since than she never stopped developing her dance and gathered experience by such maestros as: Emilio Cornejo, Candelaria Torres, Maria Moreno, Fernando Montivero, Jesus Gorgone, Ivan Vivas, Semyon Kukormin, Flor Vikhnovich and others. Both her dance and teaching are determined by her profession of actress and theater/film director and by her direct and genuine character. Her professional acting trainings and experience helped her to form very efficient teaching method that helps to understand own body in context with emotions and results in free movement that brings joy and opens a new universe of sensations in a dance. Her sincere and charismatic personality is inseparable guide for beautiful journey she gladly shares with others

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