

2023-03-23

18:35:00 19:45:00

Professional Tangotraining for everyone with Rafael & Nastasja | drop in!

Nastasja Sas & Rafael Ramirez sas_nastasja@yahoo.de

IGRA, Ungargasse 3, Wien Mitte

PROFESSIONAL TANGOTRAINING Get a training like a professional tangodancer! Dive into a training that combines elements of ballet, gyrokinesis and tango-technique. Not much talking BUT a lot of moving! WITH a range of exercises to prevent and fight the DAMAGE of one-sided posture. Rafael will instruct you on the details of tango-technique with his experience of 40 years in tango argentino. Nastasja will transform your body as she is not only a dancer but also a certified gyrokinesis trainer. EVERYBODY is very welcome! Let's gain strength, flexibility and work on the details of tango-technique. You will feel the result dancing in the next milonga! Every Thursday, 18.35 - 19.45, Studio IGRA, Ungargasse 3, Wien Mitte sas_nastasja@yahoo.de | +43 681 84 33 75 17 www.nastasja.net

20€, 15€ ermäßigt: