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11:00:00 14:30:00

SPECIAL TANGO & BODY AWARENESS WORKSHOP: SMALL MOVEMENTS, BIG CONNECTION with Marcela Trapé

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Intensiv Leben (Fügergasse 7, 1060 Wien)

Special Workshop with Marcela Trapé & Alberto Catalá from Buenos Aires in Vienna

TANGO & BODY AWARENESS: SMALL MOVEMENTS, BIG CONNECTION

Marcela & Alberto With 40 years of dance experience, Marcela Trapé's artistic and educational career encompasses a combination of tango, ballet, contemporary dance and her self-developed Body Awareness Method, which focuses on improving body organization, dance and general attitude towards life. Alberto Gabriel Catalá brings in 25 years of experience teaching tango in Salon Canning (one of the most emblematic milonga sites of Buenos Aires), bridging traditional tango argentino with the Body Awareness Method's approach.

The workshop Most of the difficulties that appear in learning any dance, and particularly in tango (e.g. with posture and balance, assembling and maintaining a good abrazo, in the communication with dance partners, interpreting the music and developing skills for improvisation and expression), have little to do with the technique of the dance itself. If clueless about your body, disconnected from your senses and focused only on memorizing and repeating steps, it's quite likely to spend years and years attending classes, prácticas and milongas without finding that smooth type of walking, embracing and moving together that characterizes tango argentino. Dancing exactly the same all the orchestras regardless of whether it is a Di Sarli or a D'Arienzo and completely clueless during a Pugliese (just to name a few big names), and intimidated by new songs or orchestras. If you're starting your tango path, the sooner you address these topics the better. If advanced, you already know the importance of continuous training and deepening the explorations to unlock further levels of expressiveness and quality of movement. Marcela and Alberto have a special gift for conveying these fundamental and decisive factors for deep connection and joyful dance, with a grounded know-how and good dosis of humor. Join us in this 2-days* intensive workshop in Vienna and immerse yourself in the subtleties that empower deeper and better connection in tango dance. *The workshop consists of 4 classes. It's possible to register for the full workshop or to the classes of your interest.

PROGRAM: "Tango & Body Awareness Workshop: Small movements, big connection"

DAY 1 (Saturday, July 1) Class 1 (11:00-12:30): Joints work. Spine. Spiral tango movements. Class 2 (13:00-14:30): Upper body relaxation. Unlocking joints and improving posture. The tango couple as a whole.

DAY 2 (Sunday, July 2) Class 3 (11:00-12:30): Lower body work. Free knees. Keys for proposing/leading and interpreting/following. Tango teamwork. Class 4 (13:00-14:30): Milonguero sequences. Balance. Levels. Sensitive communication.

You're welcome to register with or without a dance partner. Bring comfortable clothes. We will work with and without shoes (bring socks and the shoes you normally use for dancing. No worries if you don't have dance shoes, it's ok to wear socks for all the classes). Intensiv Leben (Fügergasse 7, Wien 1060)

<https://www.jessicagerdel.com/marcela-alberto-vienna/#register>: