

making *tango* easy

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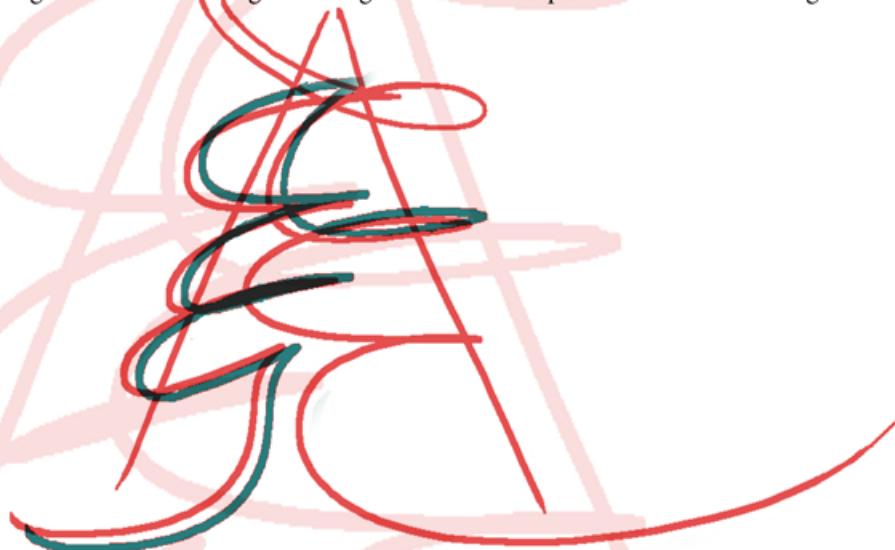
with Donna Ray & Andrea Seewald
(USA) (Austria/Uruguay)

Monday, 20 October, 2014. 20 – 23h

Tango dancing does not need words or visual contact. We communicate on a very subtle level, through touch. Tango gives us the unique possibility to experience the complexity of our relationships in a simple embrace. It is the unification of feeling and mind, knowledge and experience, instinct and intuition. It is about commitment to our partner and the common unit.

Tango dancing requires good balance, weight shifting, upright posture, a sense of the central axis for turning, and twisting. When the fundamentals of movement are established, the dancer can pay attention to musicality, a soft sensual embrace and the refined pleasurable movements of Tango.

Developing self-awareness while lying on the floor in a Feldenkrais lesson creates a simple way of understanding sensory feedback. When this skill is transferred to upright posture, dancing becomes easy and elegant. Selected easy-to-do lessons will be taught to enhance Tango dancing. This workshop is for all levels of Tango dancers.



Andrea Seewald

was trained as a contemporary dancer in Vienna. After working with different choreographers, making her own pieces and getting her degree as a Feldenkrais practitioner in Vienna, she got in touch with Tango. Here, she found a way to link all the areas she loves. Andrea is organizer of the first International Tango Festival with inclusion of people with disabilities in Uruguay and Austria. She teaches Tango for people with disabilities: together Tango is developed into a social and inclusive art form.

Donna Ray, M.A., M.F.T.,

is a highly experienced Feldenkrais Trainer and has taught internationally in numerous training programs. Donna has a Master's degree in Psychology and is director of the *Feldenkrais Institute of Southern California* and a member of Dan Siegel's *Mindsight Institute* in Los Angeles where she studies Interpersonal Neurobiology. Over the past 28 years, Donna has maintained an active private practice in California and she is the Educational Director of the upcoming Feldenkrais International Training Program 'Wien 2015' in Vienna. She says: "Tango dancing is my new passion. I fell in love with the Dance about a year and a half ago. The combination of Feldenkrais Movement and Tango is exquisite."

Please reserve your space with

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€ 60,-

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