

Ana & Arno

A man and a woman are standing in front of a large mural of a face. The man is on the left, wearing a black t-shirt and light blue pants. The woman is on the right, wearing a black jacket, a black top, and olive green pants. They are both smiling and looking at each other. The mural is painted in shades of blue and green, with large, expressive brushstrokes.

It was a coincidence, it hasn't been a plan. We were put together to teach a class and we realized how much we enjoy teaching together. The joy is of course located in our personal connection but above all, because we complement each other and overlap in our interest in conscious movement. After all, refining our perceptive abilities and the way we use our bodies makes tango dancing easier, complex movement structures are easier to appropriate and with this, dancing becomes more enjoyable.

CONSCIOUS MOVEMENT + TANGO

Ana & Arno

8/7/2026

19:00-21:30

AXIS +
CIRCULARITY

29/7/2026

19:00-21:30

TENSION +
DYNAMICS

5/8/2026

19:00-21:30

POSSIBILITIES +
PLAY

19/8/2026

19:00-21:30

CONNECTION +
EXPECTATION

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AXIS + CIRCULARITY

Establishing one's own axis provides stability in your movement. At the same time, it communicates and secures the circular transmission of information necessary for both dancers in order to get into a flow. In this workshop, we will deepen our axial and circular strength for more flow in our tango.

TENSION + DYNAMICS

Body tension is an adaptable feature depending on the intended movement and musical choice and how the two dancers build the couple. In this workshop, we explore the modulation of these tensions in different body parts - in communication with our partner - in order to create a variety of dynamics and subtle changes that make tango each time a new experience.

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POSSIBILITIES + PLAY

We tend to dance with and repeat the sequences, we have learned. In fact, we can invent the tango with every step. In this workshop, we will playfully explore which possibilities offer themselves with each step and when slightly changing the relational positions in the couple.

CONNECTION + EXPECTATION

Connection is based both on our physical contact and our state of mind. As individuals, we are different, so why expect something specific? In this workshop, we build connection through the enjoyment and the expressive abilities of each one of us.

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PRICES

- 1 Workshop € 45,-
- 2 Workshops € 85,-
- 3 Workshops € 125,-
- 4 Workshops € 160,-

VENUE

TBC

REGISTRATION

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