

Embrace, Connection, & Musicality: 2nd & 4th Fridays of the month at HMC with Laura
845 Napa Avenue, Morro Bay, 93442; <http://www.holisticmovementcenter.com/>
Class is from 7 to 8:20pm (\$10 admission, practica is complimentary)
Practica is from 8:30 to 10:30pm (\$5 admission)

Welcome dancers! Before taking your first class with me at HMC, I would like to share some of my thoughts regarding my style of instruction, the content and structure of my classes, and how to prepare yourself for our first meeting.

I strongly believe that the classes I offer at HMC should be thought of as *supplementing* your existing tango instruction, not *replacing* it. Without question, different instructors have special and distinctive strengths as well as unique philosophies of teaching. As a result, each tango teacher is likely to concentrate on diverse components of the dance and present material in differing, sometimes captivating ways. This variety of instruction should produce an ideal learning environment for the student in which contrasting teaching methodologies are seen as complimentary and not conflicting or competing.

My classes will be focusing upon foundational elements of Argentine Tango that apply to dancers of *all levels*. Major topics of interest are: 1) facilitating intimacy and connection within the embrace, 2) developing sensitivity within the partnership that will strengthen our connection, and 3) deepening our connection by actively uniting the dance with the music to which we are listening. **True beginners will benefit tremendously by taking a beginner's or "level one" series or scheduling privates before dropping in for a class.** Visit www.slotango.org for more information.

I operate under the assumption that **Argentine Tango is ultimately an art form**; in essence, I believe that the most enjoyable, dynamic, and seemingly effortless dances are created by two individual *performance artists* who are engaged in and united by their commitment to *improvisational play*. Figures will rarely be the focus in these classes; when sequences or memorized patterns are emphasized, their introduction will routinely assist dancers in improving upon a more central skill required for dancing elegantly, for instance, connection to one's partner or to the music.

Because I would like to have an easy view of a dancer's posture from head to toe, I prefer that those who attend my HMC classes wear comfortable yet snugly fitting clothes; an example would be how one might dress for a yoga class. Skirts and dresses often hide much of the lower body from sight and are therefore not recommended. **The first 10-15 minutes of class will be devoted to practicing exercises that both build core strength and promote flexibility in the torso.** From time to time, such activities may take place on mats, so formal wear is also not recommended. HMC has a sizable bathroom for those who need or would like to change clothes. Those students who wish to skip abdominal work and flexibility exercises are encouraged to sit and watch or are welcome to show up and sign in around 7:10.

I ask that dancers who attend my classes keep an open mind about experimenting with both roles of the partnership. Be assured that I will make such requests only if I believe that this versatility will benefit the student in a more *holistic (movement :)* way. What I am suggesting is that a dancer be willing to *experiment with*, as opposed to master, the contrary role in the dance. If switching roles or working with same-gender partners makes you feel uncomfortable, please do not hesitate in letting me know; I will do my best to accommodate such individuals. Rotation will be strongly encouraged.

Dancers from both roles are welcome and indeed *encouraged* to attend both Friday classes at HMC. Having said this, it is worth noting that the 2nd Friday of the month is likely to focus on exercises and suggestions that will address effectively & elegantly *leading* the dance, while the 4th Friday of the month is likely to focus on training and recommendations regarding successfully & gracefully *following* the dance. As any seasoned tango dancer knows, **both roles require sensitivity and connecting to one's partner.** Thus, *all classes* will concentrate on exercises aimed to enhance and develop these crucial elements of the dance.

I am grateful for the opportunity to work with, teach, and learn from you. I sincerely hope that you will enjoy my classes, benefit from my particular style of instruction, and share in my enthusiasm for this spectacular and magical gift called tango.

See you on the dance floor!
Laura Andes