

An Invitation to Explore ...

Argentine Tango

as Path and Practice

A Kinesthetic-Somatic Introduction to the Dance with **Debbie Edwards & Stephen Bauer**



When:

Tuesday, October 18th, 2011

In the Evening, 8:00 – 10:00 pm

Where:

Leonard Pavilion (Dance Dome)

Open to Everyone

in the Esalen Community – including
guests, students, staff & friends ...

***A Special Offering of Esalen's Free
Movement & Activity Program***

Born along the banks of Río de la Plata more than a century ago, ARGENTINE TANGO in its social form is completely improvised – two bodies, intimately connected, co-creating a unique and spontaneous expression in time and space. Often described as a dance with "four legs, two heads, and one heart," the inner experience of TANGO has much in common with the practice of yoga, meditation, and similar forms of body work & movement. And because of its unique relational aspect, TANGO can offer us a powerful life metaphor – not only as an exceptional invitation to blend mind/body/spirit with breath/gravity/time, but as a telling example of how we can deepen trust, communication and communion with our partners and with our neighbors, both on and off the dance floor.

No partner required – and no prior dance-movement experience is necessary to enjoy Tuesday night's workshop – just a willingness to open yourself to this potent "kinetic language" and the distinctive music that drives it, and the curiosity to begin exploring some of the many possibilities that TANGO has to share ... subtle, complex, elegant and profound.

For more information about Argentine Tango & this Workshop at Esalen, visit:

www.QuantumTango.net

* Please bring secure shoes with hard soles that slide easily ... or a pair of older socks. Women may wear flat shoes, heels or socks.