

WINTER TANGO NAPOLI 2024

LESSON SCHEDULE

FRIDAY 18 OCTOBER

7:00-8:15 p.m. | @ La Milonga Porteña

LUCILA JOE > Tango – Milonga – Vals: Exercises to flow without tension in improvisation.

7:00-8:15 p.m. | @ La Milonga Porteña

SABRINA RUBEN > Vals: Concatenated displacements

8:30-9:45 p.m. | @ La Milonga Porteña

AGUSTINA CARLOS > Milonga tricks

SATURDAY 19 OCTOBER

10:30 a.m.-1:00 p.m. | @ La Milonga Porteña

AGUSTINA CARLOS > **Seminar** – Musical interpretation

10:30 a.m.-11:45 a.m. | @ La Milonga Porteña

LUCILA JOE > Milonga: rhythmic, dynamic and fun sequences developed in the couple's space.

12:00-13:15 p.m. | @ La Milonga Porteña

LUCILA JOE > Tango – Milonga – Vals: Update the sequences you already know: cleanliness, precision and edits.

2:30-3:45 p.m. | @ La Milonga Porteña

AGUSTINA CARLOS > Structures for small spaces

1:30-4:00 p.m. | @ La Milonga Porteña

SABRINA RUBEN > **Seminar** – "Giros" – Axle functionality and centrifugal energy during the lap, individual technique for men and women. Application of different variations for tango, milonga and waltz in the context of social dance. Complex embellishments for men and variations of the female role during the ride.

SUNDAY 20 OCTOBER

11:15 a.m.-1:45 p.m. | @ La Milonga Porteña

LUCILA JOE > **Seminar** – Connection in hug and music: the management of energy and musicality through the communication of the embrace. How to change the dynamics and how to receive them.

11:15 a.m.-12:30 p.m. | @ La Milonga Porteña

SABRINA RUBEN > Conscious Tango. Functionality of the body axis. Postural organization, control of muscle tension, decompression and joint elasticity, to achieve comfort and stability in the dance.

12:45-2:00 p.m. | @ La Milonga Porteña

SABRINA RUBEN > Dissociation and pivot: technique and individual application in simple and complex movements

2:30-3:45 p.m. | @ La Milonga Porteña

AGUSTINA CARLOS > Different ways to hug

2:30-3:45 p.m. | @ La Milonga Porteña

SABRINA RUBEN > Milonga: Sequences with cruces and traspié

@ La Milonga Porteña – Via Diocleziano, 109 – 80125 – Napoli (NA)

INFO

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