
Mauricio Castro

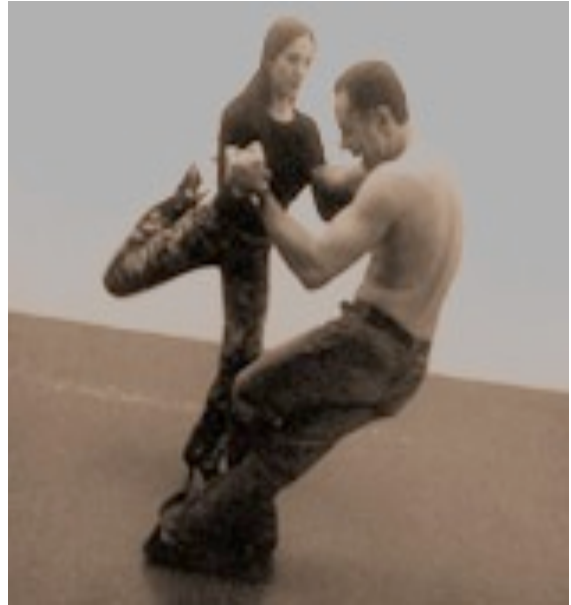
From Buenos Aires

Tango Discovery Workshops

Sunday Sept 18

At Shotwell Studios, 3252 19th St (at Shotwell St),
San Francisco

Hosted by Guillermo Garcia



1:30–3pm * \$25

ORGANIC STRUCTURE: Biomechanical Aspects of Movement, Tension and Release, Muscle Tension and Articulation Availability, The Laws of Learning, Application to Elements Technique: how to study the tango elements (sacadas, ganchos, boleos, colgadas, etc).

When to tense and when to release? When to accelerate and decelerate? Should my partner and I change weight at the same time? Can I use my axis to move more easily? How can I learn faster? Followers and leaders will learn how to bring the quality of their movement to a new level. Class is for all levels; exercises will be individually adapted.

3:15-4:45pm * \$25

100% IMPROVISATION: Learning to Improvise Combinations of Elements in Sequence. Tango Awareness, Smart Proactive Following and Leading, Dynamics Flow Continuum (learn to move very slowly and very fast with ease), Multilevel Sequencing (practice 8, 10 or more different sequences simultaneously).

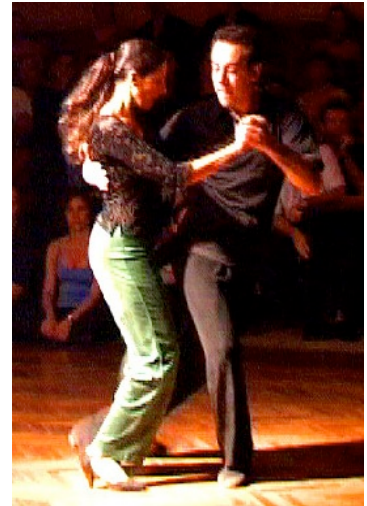
While we usually succeed at practicing and learning one element (such as a gancho, a colgada, etc), combining many of these elements in sequence proves more complex, as tension often builds up. This workshop will teach how to train on challenging sequences of elements while maintaining connection, relaxation and movement flow. Adapted to all levels, advanced dancers won't be slowed down.

Contact Guillermo at guillegotan@yahoo.com or (408) 718-0501 for workshop information.

For private lessons please call Mayumi's Studio at (415) 333-8258. Mauricio Castro will be available from Sept 13 to Sept 22. Rates are \$100/hr for couples and \$140/hr for singles.

Books and CD-ROMs on the Tango Discovery method will be available at the workshops. Mauricio Castro's performance video clips, books and CD-ROMs are also available at www.tangodiscovery.com

More info at www.geocities.com/guillegotan



Born in Buenos Aires, Argentina, Mauricio Castro is a dancer and teacher of Argentine Tango and the founder of Tango Discovery. He created and developed a personal style of dancing and teaching tango in Buenos Aires and then, through Tango Discovery, he brought it to the rest of the world. To his solid musical education at the prestigious Berklee College of Music (Boston, USA), he added contemporary dance and movement technique studies (Laban Analysis, Bartenieff Fundamentals and The Skinner Releasing Technique, among others). In addition, he also studied Human Sciences in Neuro Linguistic Programming, Design Human Engineering and Human Ecology. The joining of these disciplines and influences allowed him to create his particular and unmistakable style, systematizing it into an innovative method to accelerate the process of learning to dance. Breaking out from rigid sequences, his focus is to develop improvisation skills through a simple and dynamic technique where students discover not only a relaxed and released style, but also a new way of expressing and communicating with their bodies. The synthesis of his method, recognized worldwide by hundred of dancers, is available not only by attending his classes but also in his books and cutting-edge multimedia CD-ROMs, available in several languages.

Pre-Registration Form

Mauricio Castro, Sept 18, 2005, San Francisco

Name: _____

Email: _____

Phone: _____

Do you Lead? Follow? Both?

Classes you will attend:

- 1:30-3PM Organic Structure \$25
- 3:15-4:45PM 100% Improvisation \$25

TOTAL ENCLOSED _____

Please make checks payable to **Guillermo Garcia**
Mail this form with payment to Guillermo Garcia, 13 Payran St, Petaluma, CA 94952