



Mabel Elena Rivero

Ladies Technique Weekend at Bramshaw Saturday 9 & Sunday 10 October

Steve has **raved** about the beautifully expressive dancing and teaching of Mabel ever since he taught a workshop with her at the Tango Mango in 2009. So much so, I thought the best thing to do was to invite his 'Porteña' along to Bramshaw so she can show *ALL* of us ladies the secret of her movement and communication in the embrace in a two day workshop.

Ladies Technique

The role of fine perception, active waiting and serenity reaction.

Development and Contents - Day 1

Interplay with the partner:
following and leading
The construction of the Axis
El Abrazo
The standing leg
Ornaments on the ground:
musicality and application

Development and Contents - Day 2

Changing Levels of Expression
in our dance:
Open Position (Projections)
Turns Technique:
spiral from the torso
and from the hips
The Freedom of the flying leg
Flying Ornaments:
musicality and application

Movement without tension

Using Release Technique, Mabel will inspire and encourage ladies how to dance beautifully with economy of movement using breath, alignment and momentum.

Development and Contents

The musculature follows the skeletal structure. So when you direct the mind toward the skeletal structure, you free the body in preparation for movement.

Day 1 - Floor and standing work in combination with small choreographic sequences.

Day 2 - Increased range and fluidity of movement, better posture and balance, healing and reduction of injuries.

This is a rare opportunity to watch and learn technique from a beautiful dancer who has learned her craft in the Milongas of Buenos Aires, and honed her technique in the United States.

Places are limited to 20 ladies as the workshops include floor work. The price for the whole weekend is £65 which includes a Milonga on Saturday evening so we can try out our 'new' dancing! To reserve your place with a deposit, please go to www.TangoUK.co.uk/Mabel or call Debbie on 023 8073 8061

