

Virginia and David - Weekend Workshop - April 4 - 6 2025

Schedule

Location: Akasha Brewing Company

909 E Market ST #700, Louisville, KY 40206

Friday, April 4th

7 – 8pm	WS-1	Workshop #1: Body Awareness and Movement Exploration
8 - Midnight		Milonga w/ DJ Vladimir Timoshevskiy

Saturday, April 5th

10 - 11am		Block Class (Limited spots available. Separate registration required.)
11:30 - 1pm		Brunch (block class participates only)
2:00 - 3:15pm	WS-2	Workshop #2: Dynamic Movement and Structural Modification
3:30 - 4:45	WS-3	Workshop #3: Rhythmic Mastery in 4/4 Time
8pm - 1am		Milonga w/ DJ Marcela Duran

Location: Bourbon Tango

3900 Shelbyville Rd Suite 14, Louisville, KY 40207

Sunday, April 6th

1:00 - 2:15pm	WS-4	Workshop #4: Building Sequences and Improvisation Lab
2:30 - 3:45	WS-5	Workshop #5: Milonga Magic: Rhythmic Possibilities and Playful Figures
3:45 - 5pm		Practica

Full Descriptions

Workshop #1: Body Awareness and Movement Exploration

- Explore the nuances of body consciousness.
- Discover how varied alignments lead to distinct movements.
- Embrace the organic and stylistic facets of Tango.

Workshop #2: Dynamic Movement and Structural Modification

- Uncover the potential within each step and movement.
- Learn to reformulate and modify base structures with dynamic movements.
- Achieve desired effects through creative adjustments.

Workshop #3: Rhythmic Mastery in 4/4 Time

- Dive into the rhythmic patterns of the 4/4 time signature.
- Understand marking styles and rhythmic possibilities within this structure.
- Develop a keen sense of timing through exercises in audiation, coordination, and combination.

Workshop #4: Building Sequences and Improvisation Lab

- Deconstruct the basic elements of Tango to construct sequential structures.
- Engage in an improvisation laboratory to enhance creativity.
- Ignite your artistic spark with exercises designed to awaken creativity.

Workshop #5: Milonga Magic: Rhythmic Possibilities and Playful Figures

- Explore the most utilized movements in the aesthetic composition of the milonga.
- Work on the rhythmic possibilities offered by this genre.
- Discover playful figures that add joy and excitement to your dance on the dance floor.

Block Class (Optional Add-On - Not Included in Packages)

Enhance your tango through a biomechanics-based workshop that incorporates the use of yoga blocks to strengthen, align, and balance the legs and feet. This method focuses on developing a deep awareness of your body's natural intelligence, enabling you to dance with greater fluidity, ease, and comfort—free from pain or stress.

Through physically engaging exercises, you'll use yoga blocks to refine body alignment and control, building a strong foundation for organic, effortless movement on the dance floor.

Note: Previous tango experience is recommended, as some exercises may be challenging.