

Do you yearn for a deeper, more profound, more connected tango?

Tango Zen: Walking Dance Meditation

A workshop with Chan Park

July 18 and 19, 2009

Vista Grande Community Center
15 La Madera Road
Sandia Park, NM 87047
(Between Santa Fe and Albuquerque just off
Hwy. 14 North)

Tango Zen is about learning to appreciate traditional tango through disciplines of Zen, which is synonymous with simplicity and clarity of body and mind. For decades, dancers have discovered that learning to enjoy dancing requires not only physical but also mental disciplines. Tango Zen promotes traditional tango with aid of the Zen, which teaches us to devote 100 percent of our physical and mental attention to what we are doing Here Now.

For more information on Tango Zen, visit www.TangoZen.com.



"It is the royal road to tango bliss!"

Mary Jaksch, Zen Master and tango dancer on Chan's book *Tango Zen: Walking Dance Meditation*

"This helps us to feel how tango deepens our experience of ourselves as individuals and as partners." Daniel Trenner, on the book *Tango Zen: Walking Dance Meditation*

Chan Park, dancer for two decades, acclaimed tango instructor worldwide, and author of the book *Tango Zen: Walking Dance Meditation* uses principles of Zen, martial arts, and yoga to dramatically expand connection, awareness, and silent communication in tango dancers. For the last decade Chan has instructed tango throughout Europe, Asia, the U.S., and at his school in Buenos Aires. If you yearn to experience a deeper, more profound sense of connection and awareness in your tango, be sure to attend this extraordinary workshop.



Schedule

During the group classes and private lessons, focus will be placed on the milonguero style, which is Chan's specialty.

Friday, July 17, 7:00 p.m. to 8:00 p.m.

Chan will guest instruct the Tango Fundamentals class at Double Time Dance Studio, 112 Morningside Dr. SE. Following the class, Chan will DJ the Double Time milonga, from 8:00 p.m. until 11:00 p.m. The price for the class and milonga is \$15, \$5 for the milonga only. No punch cards.

Saturday, July 18, 10:00 a.m. to 4:00 p.m.

We will begin at 10:00 and break for lunch at about noon (a box lunch will be provided). Class will resume at 1:00 pm and conclude at about 3:30. A short, half- hour guided practica will follow.

- **Class 1:** "How can you dance tango without tango songs?" Tuning your ears to lively songs that will challenge you mind and body.
- **Class 2:** "Two bodies, four Legs, one heart" Introducing basic concepts of posture, tango walk and embrace with exercises for establishing mindfulness and connection with one's partner and the music.
- **Class 3:** "How can you dance tango without legs?" Focusing on centering, weight-shifting, walking in various patterns, and tuning your mind/body to the different rhythms of tango, milonga, and vals.

Sunday, July 19, 1:00 p.m to 4:00 p.m.

Class will begin at 1:00. There will be a short break between the two classes and we will conclude at 4:00.

- **Class 4:** "How to improve your tango walk with aids such as your old grandfather's clock and tai chi?"
- **Class 5:** Tango Math: "How can you multiply your steps/figures exponentially?"

A relatively small number of private classes are available with Chan on July 15, 16, 17 and July 20. Please see Daniel to sign up for the remaining private classes.

Registration and Pricing

Saturday—Full day including lunch and guided practica—\$80

Sunday—Full day —\$50

Both days, paid together—\$120

Early discount—Deduct \$10 if registration and payment are received by July 1.

Individual classes are not offered.

The Venue

15 La Madera Road, Sandia Park, NM

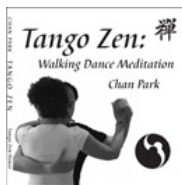
Located just off of NM 14, the Vista Grande Community Center is surrounded by unobstructed views of piñon forests and offers a serene setting. Lunch and snacks will be provided, and there are many pleasant outdoor seating and walking areas.

Directions for Albuquerque

Take I-40 east toward Santa Rosa about 15 miles. Take exit 175 to Cedar Crest/NM 14. Proceed north on NM14 about 8 miles, past Sandia Crest Rd/Frost Rd., to La Madera Rd. Turn left and the center will be on your right.

Directions from Santa Fe

Take NM 14/Turquoise Trail toward Madrid. Continue about 40 miles until you reach La Madera Rd. (If you reach Sandia Crest Rd/Frost Rd., you've gone too far). Turn right on La Madera Rd. The center will be on your right.



Chan's book *Tango Zen: Walking Dance Meditation* will be available at the workshop for \$10.

REGISTRATION FORM

Name 1		Name 2	
Phone		Email	
Mailing Address			

Class	Price	Times the number of people registering	Minus 10% if payment is received by July 1	Total amount due
Saturday, July 18	\$80			
Sunday, July 19	\$50			
Both classes	\$120			

Sponsor: Daniel Boardman CCIM
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