

Entre Minas Fest

Classes Schedule

Brought to you by:



Noelia's classes:

*Tools to adapt to different embraces and styles from the awareness and use of our body.

*Musical interpretation. How to highlight the rhythm and the melody. Different techniques.

Milena's classes:

*Independence and authority in the response. Work in a sensitive and refined reaction. Dynamics and subtleties.

*We do the dance together: dance beyond the brand respecting it. Presence and forcefulness in the movements. The instant connection.

Sabrina's classes:

*Free Body: Conscious body rearrangement to find the support points that allow us more freedom when dancing.

*Dissociation and pivot. Concept, technical work and application to simple and complex movements.

Paula Rubin's "Body Conditioning" classes:

*Working the center and the axis in depth! Benefits in life and dance.

*Relax, breath and stretch. To end the day with the renewed body and mind.

"Theoretical" class by DJ Vivi La Falce

*Fundamental orchestras: How to recognize them, styles and particularities.

"Special" class at Viva La Pepa Milonga with Milena, Sabrina and Noelia

*In this class each participant can invite a companion (couple, dance partner, friend ...) since this class will be oriented to THEM. Yes, to "him depending on what she needs!"

It is giving us the possibility that THEY know our needs and pleasures when it comes to dancing from the experience and the tools that the teachers will give us.