

Hola Tanguer@s,

Wir freuen uns, Euch bei den nächsten Klassen, Workshops und Trainings in unserem neuen Studio **ONE TANGO** willkommen zu heißen!

ALLE KLASSEN AUF EINEN BLICK

Wöchentlich bieten wir Euch folgendes Programm:

1. NEUEINSTEIGER KURS

mit Rosa oder Martin

Mittwochs 18-19h

& Freitags 19-21h

3 KLASSEN für unterschiedliche Niveaus, regulär

mit Rosa & Martin

Montags 19-20h20, All Levels

Mittwochs 19h10-20h30, Level 1

Mittwochs 20h40-22h, Level 2

5 TRAININGS, regulär, ohne Partner und für alle Niveaus

mit Rosa oder Martin

Montags 12h-13h15 **Tango STRETCH**

Mittwochs & Freitags 12h-13h **Tango STRONG**

Donnerstags 19-21h **LADIES TRAINING**

Sonntags 11h-12h15 **Tango OSCILLATION**

1 Workshop mit **SPEZIALTHEMA**, Samstags 19h-20h30

1 **PRACTICA**, geführt zum Fragen & Üben

1 **MILONGA**

& **PRIVATSTUNDEN**

Ausserdem gibt es

> wöchentlich 1 freie Tango **KIDS** Klasse

> monatlich einmal Freitags einen **SCHNUPPERWORKSHOP** für komplette Anfänger

>> **25. März findet der nächste Schnupperworkshop statt**

Anbei findet Ihr das Programm: www.ONETANGO.at

Für Fragen stehen wir Euch gerne zur Verfügung: contact@ONETANGO.at

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TANGO STRETCH 12.00-13.15 Rosa	TANGO STRONG 12.00-13.00 Martin			TANGO STRONG 12.00-13.00 Martin		TANGO OSCILLATION SCHWINGUNGSTRaining 11.00-12.15 Rosa
	TANGO KIDS 16-17.15 Rosa & Martin	NEWCOMERS COURSE 18.00-19.00 Rosa & Martin				
INTEGRATE. BRUSH UP TRAINING ALL LEVELS 19.00-20.20 Rosa & Martin		FOUNDATIONS L1 19.10-20.30 Rosa & Martin	TANGUERAS Training INSIGHTS & DANCE-CHOREO 19.00-21.00 Rosa	NEWCOMERS COURSE 19.00-21.00 Rosa & Martin	THEMATIC WORKSHOP 19.00-20.30 Rosa & Martin	
GUIDED PRACTICA All Levels 20.30-22.30 Rosa & Martin		PRECISION & RAFINESSE L2 20.40-22.00 Rosa & Martin				ONE MILONGA! 20.45-24.00...

CLASSES

NEWCOMERS COURSE Wednesday & Friday

Starting Wednesday 23th March 2022

4 weeks course

Wednesdays, 18.00-19.00

Fridays, 19.00-21.00

This is where you start your journey into Tango !

We look forward to meeting you!

Price: 96€/ pP for 4 weeks/ 12hs

FOUNDATIONS Level 1

Wednesdays 19.10-20.30

This is where we build your Tango step by step.

You get to integrate all the important tools to dance with stability, variety and musicality.

PRECISION & RAFINESSE Level 2

Wednesdays 20.40-22.00

This is where you brush up and refine your techniques, your musicality, improve your vocabulary and get insights on mixing advanced elements into the flow of your dance. Get inspired !

INTEGRATE & BRUSH UP

ALL Levels

Mondays 19.00-20.30

Technique. No Partner needed. This is where you brush up your Tango and refine your understanding of special techniques you need throughout the dance, focus on details and dynamics.

TANGUERAS INSIGHTS & DANCE-CHOREO TRAINING

Starting Thursday 10th March 2022

Thursdays 19.00-21.00

Come to this class with an open mind!

In the first hour we work on important techniques, stability, lengthening your movement and finding lost spaces in your body, the secrets of connection within your body and to your partner.

In the second hour we will dance a small choreography (or we build a longer one) with the elements of movement we need for our great Tango. No partner needed. Please bring socks, Tango-shoes, comfortable cloths.

TANGO OSCILLATION TRAINING SCHWINGUNGSTRAINING

EVERY SUNDAY, starting 20th March 2022

Sundays 11.00-12.15

This special training addresses dancers and non-dancers alike and was created to connect and open up your body. Through special movements we bypass the mental state to get connected more and more with the wisdom our body inherits naturally. This training opens up your body and mind through repetitive rhythmic movements.

OUR LUNCH-BREAK TRAININGS

This classes are specifically set at lunch break in order to get you back to work or study taller, freer, stronger and with a fresh spirit.

TANGOSTRETCH

Starting Monday 14th March 2022

Mondays 12.00-13.15

Tango Stretch is a discipline of movement addressed to everybody as well specifically to tango dancers to give flexibility and stretch to your body. Understand how to create space between your joints, lengthen your muscles and open up to a whole new feeling of posture and alignment. Get insights on a new concept of body connection within.

This Training serves you as a dancer but is also excellent for non-dancers for everyday life.

*We will be training with comfortable training cloths, socks or barefoot and slow music in the background.

It is an individual work based training (no partner needed) for everyone, and especially Tango dancers who want to improve their physical condition.

Please bring socks, Tango-shoes, comfortable cloths.

No partner needed.

TANGOSTRONG

Starting Tuesday 15th March 2022

Tuesdays 12.00-13.00

Fridays 12.00-13.00

Tango Strong is a discipline of movement, on one hand focused to maintain a healthy body and on the other to develop, strengthen and give flexibility to the body through typical movements of tango dance.

*It is an individual work based training (no partner needed) for everyone, and especially Tango dancers who want to improve their physical condition.

Level 1: Basic steps, Dissociation and Pivot

Level 2: Voleos and Castigadas

Level 3: Jumps and Rolls

No partner needed.

TANGOKIDS

Starting Tuesday 15th March 2022

Tuesdays 16.00-17.15

TANGOKIDS is one of our most beloved projects.

Come with your kids and join!

The class is free.

Kids from age 5 can join our class with their parents, older kids can come alone to join.

SPECIAL THEMATIC WORKSHOPS

EVERY SATURDAY

This workshops take place on a regular pace every Saturday, normally at **TILGNERSTRASSE 3, 1040 Vienna** and **NOT** in ONE TANGO Studio. For each weeks special theme please inquire at our page [SPECIAL WORKSHOPS](#)

ONE PRACTICA - Guided Practica

EVERY MONDAY, starting 7th March 2022

Mondays 20.40-22.30

A Guided Practica is where you can try what you have learned and new things in a safe environment, you can stop and ask questions, discuss or simply dance, in comparison to a Milonga, where you shouldn't stop in the middle of the dance, tell your partner what to do or start a discussion on what feels right or wrong.

Besucht unsere Homepage, um unser neues Programm kennenzulernen:

www.ONETANGO.at

Wir freuen uns auf Euer Kommen!

Rosa & Martin

Alle sind herzlich willkommen, wir freuen uns ganz besonders aufs Tanzen, Feiern und ein Wiedersehen mit Euch!





Für alle Termine gelten die aktuellen Corona Regeln

Wir freuen uns auf Euch!



Rosa & Martin
www.ONETANGO.at