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TANGONAUTAS

dosier de tango



TANGONAUTAS PROJECT (TANGO QUEER)

T@ngonauts

Years ago we got to know tango and fell in love with the connection of the embrace, the language of the body, the reciprocal listening and all the characteristics of this passionate dance. Our intention is to share this tango seed with all the people who have not yet delved into this dance that allows two people embracing, for a moment, to become a single movement.

Julia Campello and Rodrigo Aragón.



Inspiration from the "Queer Tango Movement".



The "Tango Queer" movement is a tango space open to everyone. It is a place of encounter, socialisation, playful learning and practice in which the aim is to explore different forms of communication between dancers. Queer tango questions the traditional norms and codes of tango such as hierarchies and roles defined through gender, no longer speaking of "woman's role" or "man's role", but of "leaders" and "followers", considering both proposals as active and interchangeable roles, played by any person regardless of their biological sex, gender or sexual identity. From this perspective, the Milonga becomes a space for collective creation based on respect and reciprocal and group listening. An open, inclusive and flexible space that invites to enjoy tango in all its imagined and possible forms.

"Queer tango, a way of dancing tango that "does not presuppose the sexual/gender identity of the dancers, nor their taste for occupying one role or another when dancing it".

"A space for communication and integration to share a relaxed and egalitarian way of dancing".

"There is not just one tango but many, as many as there are people and ways of feeling".



Dancing Tango

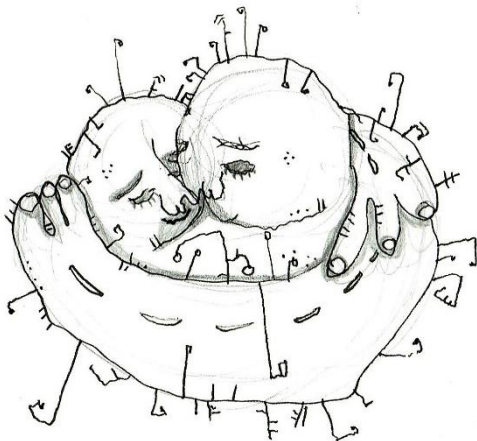
Tango moves your body, heart and soul in perfect harmony.
 Improves coordination, memory and balance.
 It helps to maintain good posture, thus reducing spinal problems.
 It keeps aggression, anxiety and stress at bay.
 Increases muscular endurance and improves strength.
 It improves mood, activates creativity and learning.
 It increases aerobic capacity, decreases body fat and distributes it better.
 It boosts self-esteem, improves physical appearance and fosters social relations.



The Tango Embrace and its benefits

A deep embrace between two people allows us to feel the interpenetration of bodies, mutual trust, abandonment and security. The embrace shortens distances and immerses us in "feeling" without the need for words. Communication between bodies through physical contact takes place in another dimension than communication through rational language.

It is like a more primary subtle, spiritual and energetic form of communication.



Conéctate

Tango as Personal Growth and Social Development

"Tango is one of the purest forms of physical intimacy, the dance begins as our lives begin: trusting and embracing a stranger. Its rebellious and warm embrace breaks down barriers of physical distance and living space between people".

Tango is offered as an instrument to evoke memories and emotions, to delve into self-knowledge, to rescue stored feelings. "A way of relearning communication links with myself, my body and with the other through the playfulness of dance".

As it is a dance of two, it promotes the development of empathy, the expression of emotions and corporal communication with the other through the embrace.

The practice of tango is a physical activity with a high psychosocial and sentimental component that offers the possibility of "looking and feeling better". The body, in the tango dance, can express sorrows, anguish, joys, fears... The embrace can generate a sense of protection and containment and

the social dance space, Práctica or Milonga, gives the individual "the sense of being recognised and belonging to the group" which improves self-esteem.

Tango is nowadays a complementary element in the current pharmacological treatments for different pathologies such as Parkinson's disease, Alzheimer's, depression, anxiety disorders, cardiovascular diseases, among others.



"When we dance an intense embrace dance, such as the tango, the brain produces the hormone oxytocin, also called love hormone, which lowers CRH levels and brings that feeling of calm and well-being, like the one generated by being with the loved one, combating anxiety and stress".

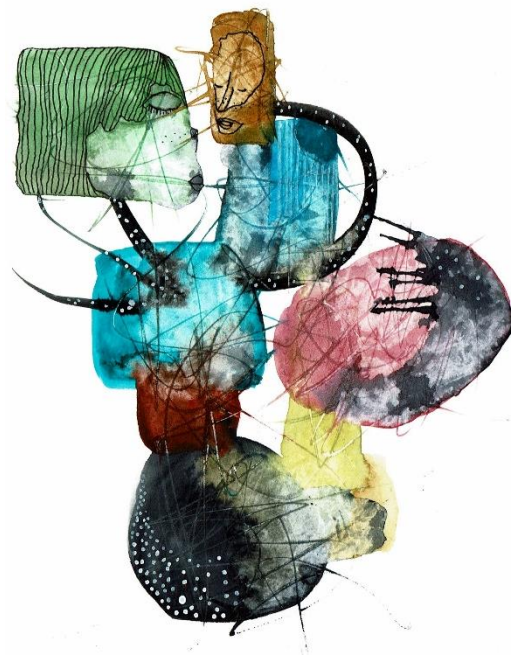
Federico Trossero.

Tango as a facilitator of "Performing Arts" Tools and "Group Empowerment".

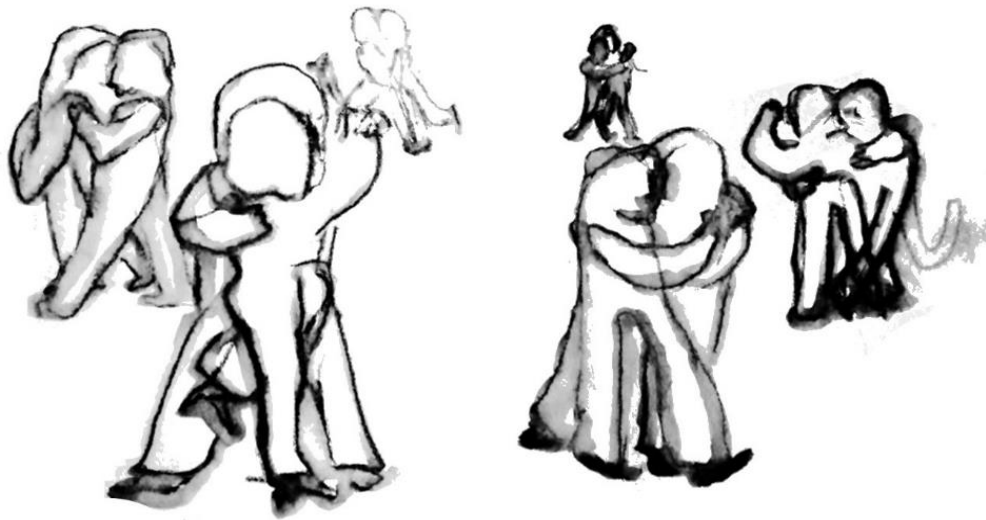
For all the above mentioned we can define that the Tango Practice leads us to a better knowledge of our body and its possibilities, of our emotions, of listening and empathy. It leads us to a co-creative development and to a better group development.

Technically we work on listening, concentration, use of space, being *here* and *now*, improvisation, attention, working memory, energy control and regulation, flexibility of resolution, as well as group skills in relational development.

Is it a group enhancer?



Yes... due to its structure, tango forces us not to be able to develop on our own, as a minimum, for tango to be produced (in dance), there has to be another person to embrace and dance with, this means that the achievements that are harvested do not depend exclusively on us. It is necessary to work as a team, to listen to each other and to listen, to add, to strengthen and to create from the conjunction of capacities and creativities. Tango developed in a context of social dance or milonga gives us the possibility to dance with anyone who inhabits it, this means that with the tools that each one of us has, we have to be able to communicate in movement, perhaps without previous knowledge, through a dance that breaks the vital space and not only connects us with the person we dance with, but we coexist with the other partners whom we must take into account and incorporate into our deployment. In short, I am me with an other: my partner and the context that surrounds us. We are.



The scheme of our lives.

To be able to dance with one or several people for the first time is to find a point of meeting and coincidence that makes us trust each other in order to empower ourselves as a system or group.

The application of Tango in the Performing Arts is like a relationship of first cousins: they do not live together, but they are totally brotherly. We work practically with the same tools mentioned above, starting from a personal development towards the collective, the understanding of space, energy, body and emotions, either for a search for improvisation or for the realisation of a scenic score (Dramaturgy) or Dance (choreography).



Creating a playful, respectful and listening atmosphere, adding skills and creativity, prepares and empowers a group for the development of any activity, whether it is a dance group, theatre group, educational or business group.



Workshops and workshops

Workshops can be held on a one-off or regular basis, as well as on an individual or group basis, depending on the approach sought by the persons or entities concerned.



- Individual or private lessons: 1.30h (one-to-one or in pairs)
- Regular workshops: Once or Twice a week in 1.30 h classes.
- Workshops: Specific weekend workshops 12 - 16 h

With the exception of private or individual sessions, all workshops involve the closing of the activity with a "Practica" or "Milonga" for the development, application and experimentation of what has been

learnt.

Facilitators:

Julia Campello Coll

Tango and contemporary dancer. Doctor specialising in Family and Community Medicine. Illustrator of the project "Julita Bichobolita".

She began her dance training in Argentina (La Plata) in 2012, drawing from other dance/body techniques such as contemporary dance and yoga.

Co-creator of the Tangonautas Granada project with group and individual classes. Collaborator in the management of social dance meetings such as the monthly Milonga Queer of the Liceo de Berta Wilhelmi in Granada.

Rodrigo Aragón:

Actor and director of Performing Arts, Psychodramatist, Teacher and Tango Dancer.

Initially trained in drama at the Asociación Argentina de Actores (Buenos Aires, Argentina). He has furthered his training in clown, theatrical improvisation, circus techniques, dance and psycho-dance, expressive unblocking work, psycho-sociodrama, Tango and active techniques for group improvement.

As a pedagogue he develops a path in self-management through the creation of working groups, with which, inspired and driven by the "Teatro Laboratorio, La Creación Colectiva y el Psico-Sociodrama", and the "Tango Queer", he gives theatre and Tango workshops for the creative improvement of the groups.

Creator and founder of the social dance meeting "Los lunes al Tango" Granada - Spain and the collective "T@ngonautas".

Defined as grupalita, it focuses its work on the development of the person and their artistic and human capacities for personal and artistic growth through reflective, forceful and group art.

