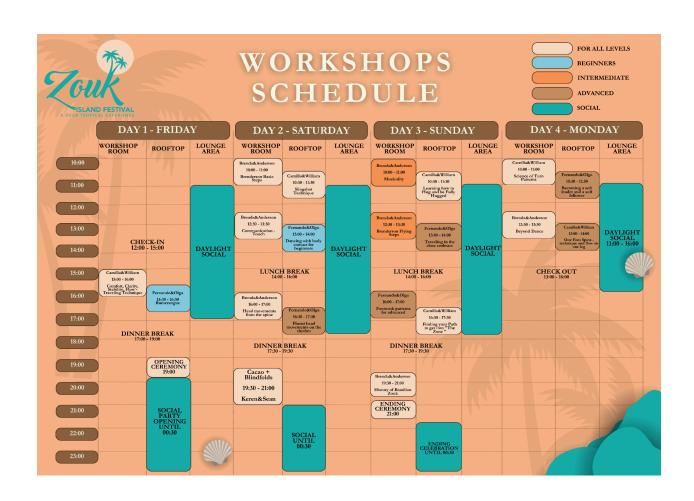


# **Workshop Descriptions**



• Camilla & William

Workshop Room 15:00 - 16:00 All Levels

Name: "Comfort, Clarity, Stability, Flow - Traveling Technique"

**Description:** The foundation of making traveling feel good in your body.

• Olga & Fernando

Rooftop 15:30 - 16:30 Beginners

Name: "Bumerangue"

Description: Bumerangue or bonus it's probably the most complicated footwork for beginners and

we will show you, how to make it easy.

 $\textbf{Requirements:} \ \ \text{Feel comfortable with the basic and the lateral step.}$ 

#### • Anderson & Brenda

Workshop Room 10:00 - 11:00 All Levels

Name: "Brenderson Basic Steps"

**Description:** Basic sequence of Brenderson inspired on zouk movements focusing more on your inner space (famous Zouk Planta).

### • Camilla & William

Rooftop 10:30 - 11:30 All Levels

Name: "Slingshot Technique"

**Description:** Exploring a technique that creates relaxation in the body.

#### • Anderson & Brenda

Workshop Room 12:30 - 13:30 All Levels

Name: "Communication - Touch"

**Description:** The capacity of be more aware of the touch, here we goona put attention and care about the most important channel of communication in partner dance.

## Olga & Fernando

Rooftop 13:00 - 14:00 Beginners

Name: "Dancing with body contact for beginners"

**Description:** Easy tips for beginners to start feeling comfortable dancing with body contact.

Requirements: Basic step, Viradinha

#### • Anderson & Brenda

Workshop Room 16:00 - 17:00 All Levels

Name: "Head movement from the spine"

**Description:** Here we gonna explore the spine being the leader of your head movement and understand this integration from your sacro to your head.

## • Olga & Fernando

Rooftop 16:30 - 17:30 Advanced

Name: "Fluent head movements on the rhythm"

**Description:** Learn to coordinate the footwork and the headwork creating fluent combinations without stopping the feet.

**Requirements:** At least 6 months of head movements.

#### Anderson & Brenda

Workshop Room 10:00 - 11:00 Intermediate

Name: "Musicality"

**Description:** In this workshop we gonna practice all the basic steps in the times we use when we dance (structure). And also exploring how the vibe of the music affect your movement.

**Requirements:** For who already flow in Brazilian zouk steps. Ex. Basic, lateral, soltinho, bonus etc.

• Camilla & William

Rooftop 10:30 - 11:30 All Levels

Name: "Learning how to Hug and be Fully Hugged"

**Description:** Creating a safe space to allow trust and surrender to happen.

#### Anderson & Brenda

Workshop Room 12:30 - 13:30 Intermediate

Name: "Brenderson Flying Steps"

**Description:** In this workshop we gonna share our technique on steps where we use more the space. (not zouk planta) The elasticity of your body and how you explore zouk movements on space. **Requirements:** For who already flow in Brazilian zouk steps. Ex. Basic, lateral, soltinho, bonus etc.

## • Olga & Fernando

Rooftop 13:00 - 14:00 Advanced

**Name:** "Traveling in the close embrace"

**Description:** Give your dancing the opportunity of becoming a big hug while you are flying through the dance floor.

Requirements: One year of regular classes.

## • Olga & Fernando

Workshop Room 16:00 - 17:00 Advanced

Name: "Footwork patterns for advanced"

**Description:** Dear advanced dancers: the life is not only made of head movements. There is still a lot

to discover on the footwork!

**Requirements:** One year of regular classes.

#### • Camilla & William

Rooftop 16:30 - 17:30 All Levels

Name: Finding your Path to get into "The Zone"

**Description:** Presence technique to unlock your highest potential on the dance floor.

### • Anderson & Brenda

Workshop Room 19:30 - 21:00 All Levels - Education. Bring notebooks

Name: History of Brazilian Zouk

**Description:** In this class we gonna share from our perspective how brazilian zouk become what is right now through our culture and education.

#### • Camilla & William

Workshop Room 10:00 - 11:00 Advanced

Name: "Science of Turn Patterns"

**Description:** 90% of all turn patterns in one class.

### • Olga & Fernando

Rooftop 10:30 - 11:30 Advanced

Name: "Becoming a soft leader and a soft follower"

**Description:** A universal dancer is able to adapt his/her dance to the situation and in this workshop we will show you how to be a soft leader or a soft follower.

Requirements: One year of regular classes

#### • Anderson & Brenda

Workshop Room 12:30 - 13:30 All Levels

Name: "Beyond Dance"

**Description:** Here the invitation is to practice what is behind the technique, what make you excited to dance? Remembering why you are dancing!

### • Camilla & William

Rooftop 13:00 - 14:00 Advanced

**Name:** "One Foot Spins - technique and flow on one leg" **Description:** Bringing one foot spins to your social dancing.