



## Day 1

- **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.

**Requirements:** Feel comfortable with the basic and the lateral step.

## Day 2

- **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.

## Day 3

- **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.

## Day 4

- **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.