

Ana & Arno



CONSCIOUS MOVEMENT + TANGO FALL-SESSIONS

9. SEPTEMBER 2026	19:30 - 21:00
14. OKTOBER 2026	19:30 - 21:00
11. NOVEMBER 2026	19:30 - 21:00
21. NOVEMBER 2026 - INTENSIVO	14:00 - 18:00
9. DEZEMBER 2026	19:30 - 21:00

Ana & Arno

A man and a woman are standing in front of a large, vibrant blue mural. The mural features abstract, flowing shapes that resemble eyes or stylized faces. The man, on the left, is wearing a black t-shirt and light blue jeans. The woman, on the right, is wearing a black jacket over a black top and olive green pants. They are both smiling and looking towards each other.

It was a coincidence, it hasn't been a plan. We were put together to teach a class and we realized how much we enjoy teaching together. The joy is of course located in our personal connection but above all, because we complement each other and overlap in our interest in conscious movement. After all, refining our perceptive abilities and the way we use our bodies makes tango dancing easier, complex movement structures are easier to appropriate and with this, dancing becomes more enjoyable.

In our evening workshops and intensivos, we concentrate on deepening body awareness, building connections in one's body, thereby expanding to a more three-dimensional perception of oneself while moving. We connect exercises of conscious movement to tango.

EVENING WORKSHOPS

The goal is finding a new access to one's body - a new connection between body parts; a helpful change of body organization ... -, so one can go out to the milongas with a new focus for one's own dance.

€ 28,-

INTENSIVO

We take the time to deconstruct unfavourable movement habits on a deeper level.

€ 80,-

TANGO MANGO STUDIO
1190, WÄHRINGER GÜRTEL 81
U6 VOLKSTHEATER

REGISTRATION: arno.plass@icloud.com