

**SENSE THE TANGO – RESIDENTIAL TANGO RETREATS
22-26 JUNE 2008
'ENHANCE YOUR DANCE' RETREAT PROGRAM**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
0730	--	Breakfast	Breakfast	Breakfast	Breakfast
0900	--	2. Posture & embrace, leading & following, walking systems, musicality & floorcraft	4. Turns	6. The free leg – boleos, ganchos & embellishments	Revision, coaching and consolidation of skills from sessions 1, 2 & 3.
1030	--	Morning tea	Morning tea	Morning tea	Morning tea
1100	--	Whole body stretching & flexibility for Argentine Tango	Massage to improve your Tango	Strength and balance to improve your Tango	Revision, coaching and consolidation of skills from sessions 4-7.
1230	--	Lunch	Lunch	Lunch	Lunch
1400	--	3. Pivots, ochos & the cross	5. Sacadas	7. Off-axis dance - colgadas & volcadas	Depart Gunnebah
1530	--	Afternoon tea	Afternoon tea	Afternoon tea	--
1600	--	Conclude Tango skills sessions 2 and 3	Conclude Tango skills sessions 4 and 5	Conclude Tango skills sessions 6 and 7	--
1730	Arrive Gunnebah	Free	Free	Free	--
1800	Dinner	Dinner	Dinner	Dinner	--
1930	Introductions 1. Essential tango skills	Practice and coaching	Practice and coaching	Social dance evening	--
2130	End	End	End	End	--