

TANGO CONNECTS CONFERENCE PROGRAM

6-8 SEPT 2024

Nou Tango

Chausseestrasse 102, 2. Obergeschoß, Seitenflügel, 10115 Berlin, Germany
(*Saal* - Main Room at Nou Tango, *Spiegelraum* - smaller room)

Friday 6th of Sept '24

12:00 – 13:00 Registration Desk Open & Coffee Time

Saal

13:00 – 13:05 OPENING TALK

Saal

13:05 – 13:50 Session 1 - KEY NOTE

Dr. Julia F. Christensen

IS DANCING THE BEST MEDICINE?

Regular dance practice has been associated with high levels of mental and physical health and wellbeing. However, newest evidence associates some aspects of dance practices with ill-health outcomes. Dancing isn't good for us regardless. How is that possible and what can we do to obtain those much-lauded positive effects? In Julia's new book *The Pathway To Flow* she strolls through the science that shows that it is all about how we use a behaviour like dancing that determines whether it's good for us or not. In this talk she will share an overview of her findings.

Saal

13:50 – 14:05 BREAK

14:05 – 14:50 Session 2A - WORKSHOP

Dr. Kacey Link

MUSIC AND HEALING

In this session, we will delve into the profound relationship between music and healing. Drawing on her work with tango, music education, and music outreach, Kacey will explore how music can serve as a powerful therapeutic tool, enhancing emotional, mental, and physical well-being.

Saal

14:05 – 14:50 Session 2B - WORKSHOP

Matthias Renzel

CRANIO SACRAL THERAPY AND ARGENTINE TANGO

The transformative nature of mindful touch

In this session Matthias will talk about using mindful touch to allow a somatic emotional release. You will learn about the basics of Cranio Sacral Therapy technique and how it can be applied to Argentine tango.

Spiegelraum

14:50 – 15:15 BREAK

15:15 – 16:00 Session 3 - KEY NOTE

PD Dr. Med. Friedemann Schad

DANCE & PHYSICAL HEALTH

Everyone knows that to move is to be healthy, and this includes dancing. But what can science tell us about it? Exercise and dance can be beneficial for dealing with many illnesses. In this talk we will look at various studies and practical cases, trying to answer the question: what makes dancing so special?

Saal

16:00 – 16:15 BREAK

16:15 – 17:00 Session 4 - PART I - WORKSHOP

Sayaka Higuchi & Joscha Engel

IMPORTANCE OF TRUST IN ARGENTINE TANGO CONNECTION

In the first part of the double-session Sayaka and Joscha will present their understanding of the meaning and the importance of trust in tango. If we fully propose ourselves to a mutual exchange of energies, tango has the potential to be a subtle and deeply touching communication process, in which both partners are mutually contributing.

Saal

17:00 – 17:05 BREAK

17:05 – 17:50 Session 4 - PART II - WORKSHOP

Sayaka Higuchi & Joscha Engel

IMPORTANCE OF TRUST IN ARGENTINE TANGO CONNECTION

In the second part of the double-session Sayaka and Joscha invite us to experience tango first-hand. We will feel into the role of the proposer and the interpreter. With a trusting connection we can enjoy shared emotions, get inspiration and learn to express and communicate through the embrace and the dance we share. We move in connection and let the connection move us. Our encounter becomes an improvisation, fueled by emotions.

Saal

18:00 – 19:15 Open Tango Beginners Class

Saal

19:30 – 20:45 Open Tango Practica

Saal

21:00 – 03:00 Nou Tango Friday Milonga
Tango performance by Sayaka & Joscha
Saal

Saturday 7th of Sept '24

09:30 – 10:00 Morning Coffee Time

10:00 – 10:45 Session 5A - BODYWORK

Andrew Wass

CONTACT IMPROVISATION: A BEGINNING

In this workshop, we will look at two fundamental principles of Contact Improvisation and the reciprocal generative relationships between dance partners they generate. One principle, Core/Floor/Contact deals with spatial relationship of an individual's physical core, the contact with the floor, and the partner. The second principle, Self/Other/Nothing deals with movement initiation and an individual's intention.

Saal

10:00 – 10:45 Session 5B - BODYWORK

Almut Knauß

YOGA PRACTICE

Nourishing body, mind and spirit

Yoga has proven to be an effective way to improve physical and mental health. Yoga involves linking breath and movement to become more present in body and mind. In this session we will dive deep into the breath and body to increase awareness and start the day awake and relaxed. If you participate in this yoga practice, please make sure you have comfortable clothes with you and can practice barefoot.

Spiegelraum

10:45 – 11:00 BREAK

11:00 – 11:45 Session 6 - KEY NOTE

Dr. Ayşe Bombacı

MENTAL HEALTH & TRAUMA

Trauma has a profound effect on our physical and mental health. Trauma is not just a past event, but a lived experience that affects our present reality and goes beyond single catastrophic events that disrupt our innate sense of safety, connectedness, and belonging. Adverse childhood experiences such as abuse, neglect, and abandonment are relational traumas that affect our mental health and influence how we respond to the world. Dr. Bombacı emphasizes the mind-body connection and how unresolved trauma can manifest in physical illness, chronic pain and mental illness. The body as a repository of emotional memories is key to the healing process.

Saal

11:45 – 12:00 BREAK

12:00 – 12:45 Session 7 - SCIENCE TALK

Dr. Ayşe Bombacı

TEACHING MOVEMENT WITH A TRAUMA-INFORMED APPROACH AND POLYVAGAL THEORY

Many people have experienced various forms of trauma that affect their engagement with traditional teaching methods. Polyvagal Theory provides a profound framework for understanding trauma and its effects on the body and mind. We can integrate this theory into our educational movement practices to help people develop a deeper awareness of their physiological responses to stress and trauma. Through the lens of Polyvagal Theory, co-regulation is described as “the biological imperative to be connected to others in order to survive.” Dr. Bombacı emphasizes the importance of a trauma-informed approach based on Polyvagal Theory in the context of working with people to create safety and connection.

Saal

12:45 – 14:00 LUNCH BREAK

14:00 – 14:45 Session 8A - WORKSHOP

Rudolf Giglberger

GYROKINESIS: MOVEMENTS FOR A FREE-FLOWING AND HEALTHY SPINE

GYROKINESIS® is a movement system that releases blockages, especially in the spine, to achieve comprehensive freedom of movement. The natural movements of the spine are smoothly and fluidly connected, and the body is moved in circular and spiral motions. All movements are accompanied by rhythmic breathing patterns, renewing the oxygen content in the blood.

Saal

14:00 – 14:45 Session 8B - WORKSHOP

Carlo Carcano

THE TRANSFORMATIVE POWER OF CIRCLE GATHERINGS

An inspiration for the tango community

In this participatory workshop Carlo shares his experience with men’s circles and mixed genders circles. Circles are powerful non-hierarchical spaces where a deep sense of unity is accessed, through processes of building shared agreements, self responsibility, vulnerable authenticity and deep listening. We will explore the ways in which these ancient and “sacred” practices can translate into tango culture.

Spiegelraum

14:45 – 15:00 BREAK

15:00 – 15:45 Session 9A - WORKSHOP

Audrey Cremoux

EMPOWERING TANGO STUDENTS

Trust, Responsibility, Growth

In this workshop we will focus on empowering tango students through trust, responsibility, and growth. Learn how to trust your students as a teacher and guide them towards taking ownership of their learning process. Discover coaching strategies that encourage trust, responsibility, and growth in the tango learning journey.

Saal

15:00 – 15:45 Session 9B - WORKSHOP

Kristina McFadden

THE RELATIONAL ARC OF TANGO

Embodied polarity for deeper leadership and surrender

Tango always has a constant interplay of listening and responding between partners. Yet in its charged form, there are distinctions of leadership and surrender, regardless of gender or sexuality. In this interactive class, we explore our range of connection, our shadow and our light, towards integrated ideas of how we truly want to “be” in tango, and perhaps, in life.

This session will be touch based. We expect maturity and sensitivity towards the physical and emotional capacities of yourself and others, and we will also work with consent and communication throughout. Not recommended if you are dealing with distressing mental health issues.

Spiegelraum

15:45 – 16:15 BREAK

16:15 – 17:00 Session 10 - KEY NOTE

Peter Bostelmann

SUPPORTING A HEALTHY EMPLOYEE CULTURE

Lessons learned in 10+ years of SAP Global Mindfulness Practice

Peter will share key insights from his journey in integrating mindfulness at SAP, from grassroots to a global corporate program. He'll address strategies for convincing skeptics and building a community of mindfulness teachers within the organization. Drawing from over 10 years of experience, Peter will emphasize the measurable impact of mindfulness on fostering a culture of resilience and well-being among employees.

Saal

17:00 – 17:15 BREAK

17:15 – 18:00 Session 11A - WORKSHOP

Peter Bostelmann

DEMYSTIFYING MINDFULNESS

Cultivating a healthier relationship with yourself and others

Explore key mindfulness concepts and engage in experiential activities, including reflection micro practices, to deepen self-awareness and enhance your relationships. Leave with practical tools to navigate life with greater clarity, compassion, and resilience.

Saal

17:15 – 18:00 Session 11B - WORKSHOP

Audrey Cremoux

ELEVATING SELF-ESTEEM

Discover the transformative blend of tango and theater. Explore how acting exercises can boost self-confidence and body comfort while enhancing listening and partner awareness, focusing on building confidence and connection with your dance partner.

Spiegelraum

18:00 – 19:00 APERO TALK

A presentation of the upcoming “Tango in the Humanities Conference & Emory TangoFest” taking place on November 21-23/2024 in Atlanta, USA, introduced by one of its organisers Kacey Link, a pianist, author and educator, who is a special guest of Tango Connects Conference. This will be an opportunity to discuss a new type of transdisciplinary conferences, as well as research in and around tango, and to engage in conversation with the key note speakers and Kacey. The APERO TALK is an open and informal discussion to promote exchange and expand the participants’ tango network.

Saal

Sunday 8th of Sept '24

09:30 – 10:00 Morning Coffee Time

10:00 – 10:45 Session 12 - DISCUSSION

CONFERENCE SUMMARY & PODIUM DISCUSSION

Moderated by Stefan Knauß

What does it mean to approach tango holistically? What does “holistic” mean in the various health, movement and dance disciplines? What does science have to say about holistic approaches? Several of our speakers and organisers will be involved in this discussion.

Saal

10:45 – 11:00 BREAK

11:00 – 11:45 Session 13 - WORKSHOP

Kristina McFadden & Carlo Carcano

BETWEEN TWO AND ONE

Embracing the paradox of tango

A closing collective ritual around duality and unity in tango, reconciling individual desires and shared responsibilities.

Saal

11:45 – 12:15 LUNCH BREAK

12:15 – 13:00 Session 14 - EXCHANGE
EXCHANGE & CONFERENCE CLOSING

Moderated by Thomas Rieser

Saal

15:00 – 21:00 Café Dominguez Milonga