



Danny Brunton: Connection through Embodied Tango Principles



Danny has been practicing partner dancing and mindfulness meditation for over 25 years. With the embodiment movement acting as a catalyst, he has combined both disciplines and now invites us to enjoy the principles of tango as an embodied practice of awareness. Explore how we can use these concepts to foster a deeper connection with ourselves, our dance partners and the wider environment in a socially distanced world.

TOP EMBODIMENT TIP: Dance when you are mourning, dance when you are happy, just dance!

Origins of Tango: Diverse origins

- Tango originated in Argentina, its roots going back to the 19th century slave trade from Africa, as well as to the European immigration.
- The influences are diverse; they include the **Candombe** style of music and dance from the descendants of liberated African slaves in Uruguay, as well as the **Habanera**, an Afro-Cuban rhythm and dance.
- **Milonga** has several meanings, including '*the place to go*' and '*dance tango*'.

Partner Dancing: Non-verbal Communication

- Partner dancing involves non-verbal communication; historically, tango was danced in multilingual social settings in Argentina.
- **How does one arrive in the room?** A quiet entrance, taking time to assimilate the space, or a grand entrance, "*Everyone is going to want to dance with me!*"?
- Asking someone to dance, nonverbally, using facial/body expressions, **eye contact**.
- **Leading/Following = Initiate/Interpret**, a feedback loop of communication with bodies, chest to chest.
- There is a flow and this is where the **level of attention** brings quality, presence, depth and connection to the dance.

Three Levels of Awareness: Myself, My Partner, The Environment

- How do I give myself the best attention? Self embrace, feeling our own bodies, clothes/air against the skin.
- The space just around my body, about 10 cm all around me; my partner.
- Being aware of others in the room, paying attention to the periphery, to the corners of the room, windows, ceiling, asking myself what is behind me - all of these contribute to the embodiment of the practice.

Resources

- ❖ **Presentation:** [Access Danny's PowerPoint Here](#)
- ❖ **Courses:** [Embodiment Circle Online - Connection through Embodied Tango: Fridays 1300 UK time](#)
- ❖ **Facebook Page:** [Mindful Milonga](#)
- ❖ **Personal Facebook:** [Danny Brunton](#)



Danny Bunton





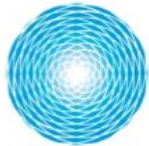
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Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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