



Valerie Kattenfeld: Deepen your Connection with Biotango



Valerie is originally from Austria, now living in Buenos Aires. She has 20 years experience as a dance workshop facilitator & dancer. She developed the method "Biotango" which explores Tango Argentino with the tools of Biodanza. Find out how to connect with yourself and one another in an authentic non-judgmental way expressing your emotions and embracing life.

TOP EMBODIMENT TIP: Embrace what is.

Matthew Mole: You & Your Crown: Dance #1: Walk

- Walk with Confidence and Presence, open your chest and send out your love to the world while walking

Juan Carlos Caceres: Tango Negro: Dance #2: Synchronisation with a Partner

- Tuning in with another person: what does the other person's energy do to you?

Astor Piazzolla: Libertango: Dance #3: Express Yourself with a Witness

- Revealing what you have inside and giving the space to the other person who is observing

Oswaldo Pugliese & Jorge Maciel: El Adios: Dance #4: Connect with the Other through Shifting Ways

- Fluid dance - taking care that the other can follow, keeping connection

Leon Gieco: Alas de Tango: Dance #5: Position Zero

- Close the eyes and feel the support of the ground, your daily anchor

Enya: Watermark: Dance #6: Caressing

- Tenderly caressing yourself or your partners back

John Lennon: Imagine: Dance #7: Embrace

- Hugging yourself or your partner in a very deep surrendering way
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Oswaldo Pugliese: Esta noche de Luna: Dance #8: Tango in Two

- Bringing all the basic elements dance together in one dance

Resources

- ❖ [Access Full Playlist Here!](#)
- ❖ **Website:** www.valeriekattenfeld.com **Email:** valerie.worldwide@gmail.com
- ❖ **YouTube Channel and Facebook Gustavo:** Gustavo Alvarez Tango
- ❖ **Facebook:** Valerie Worldwide



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