

A photograph of a woman in a vibrant, multi-colored dress dancing salsa with a man in a white shirt. The background consists of horizontal wooden slats. The text 'Awareness through Salsa!' is overlaid in a large, white, stylized font with a red outline. The word 'Salsa!' is significantly larger than 'Awareness through'.

Awareness through Salsa!

A beginners Salsa workshop utilising the Alexander Technique
and Feldenkrais Method led by David Hall and Wendy Twibill

Sunday 10th May 2009

Prana House Level 1 885 High St Thornbury

9486 5900

A one-day Salsa workshop with David Hall and Wendy Twibill

Sunday 10th May 2009
10am — 5pm / \$150
Prana House Level 1
885 High St Thornbury

Salsa is a style of music and a partner dance that originally hails from Cuba. The music is absolutely infectious and the dance is exciting, infinitely flexible and a great deal of fun. To dance Salsa well, is to move simply, synchronously and most importantly, to move in time.

In Salsa you move with the pulse. It's a good metaphor for life.

Every time you take a step you change your weight completely. The more relaxed you are the easier that is and the more closely you are able to listen. Herein lies a secret. Where is the centre of the beat? Where is your centre? And if you maintain the stillness between yourself and your partner what are you able to feel?

This beginners workshop will explore Salsa's basic steps and the art of dancing together. We will utilise the Alexander Technique and Feldenkrais Method to facilitate the learning process and generate soulful, rhythmic and spirited Salsa dancing.

**For more information and bookings call 9486 5900
or go to info@alexanderschool.edu.au
Private lessons by appointment.**

David Hall and Wendy Twibill first encountered Salsa ten years ago on a honeymoon in Cuba. They have been fascinated ever since. They run Bang Bang Salsa on Sydney's Northern Beaches. David has been a practitioner of the Alexander Technique and Feldenkrais Method for over twenty years. He is the author of the CD series 'The Heavenly Gait and Other Earthly Pleasures'. www.bodylogic.net.au

