



What is the Ladies Tango Weekend?

- The Ladies Tango Weekend was founded in 2024 by Karin Solana and Maude Andrey. Both are trained ballet dancers—they have danced with the Hamburg Ballet under John Neumeier, among others—and professional tango dancers. More about them: www.karinsolana.de | www.maudeandre.yom
- The Ladies Tango Weekend is a tango event where you can register independently of a regular dance partner:
 - No dependency
 - No long search for a partner
 - Just come, learn, dance, and have a great time!
- The focus is on the following role.

Content in the foreground

- **Intensive technical work**
 - Precise body placement
 - Refined footwork and legwork
 - Fundamentals of Pilates, fascia training, and ballet
 - Balance, stability, and elegance
 - From practicing the basics of tango to learning refined embellishments
 - → There is something for all levels!

- **Tango Barre – Technical training at the Barre**
 - Inspired by ballet training
 - Strengthens body awareness, alignment, and control
 - Learn and practice short choreographies with music

- **Leading for followers – a change of perspective**
 - A special LTW workshop is: Leading for followers
 - Followers consciously learn about the leading role
 - Opportunity to experience the other side:
 - different body awareness
 - different responsibilities
 - new understanding of communication within the couple
 - Practical advantage:
If there is an imbalance at milongas (e.g., more women than men), you can still dance!

Milonga

- On Saturday evening, there is a milonga (traditional tango dance evening)
- The milonga is also open to non-participants
- Opportunity to dance with one another
- An evening to enjoy, try out, and celebrate the shared experience

Openness & Atmosphere

- Men are also welcome!
- It's not about exclusion, but about focus and empowerment
- An appreciative, safe, and inspiring atmosphere
- Beyond dance technique:
 - Joy of dancing
 - Community
 - Mutual support
 - An empowering weekend among dance enthusiasts

The Ladies Tango Weekend stands for:

Independence

Competence

Community

Joy

