

Flamenco is a phenomenon of Andalucía that invites us to deeper life at every encounter ...

Flamenco dance offers a wide range of expression which brings us profit both on physical and emotional level. Flamenco can support our personal development and influence our daily life and self-confidence even if we are not professional dancers.

You will learn the basic rhythms and steps of the most common fiesta forms. You will release your expressive and communication potential in a playful way.

... in the 3rd year we prepared two two-day self-development workshops with Carlos Sepúlveda:

Flamenco experience

Thursday 7th October (9:30 - 17:00) and Friday 8th October (9:30 – 19:00)

The workshop is similar to successful courses from previous years but as you know every year and group is different. We will work mainly with four-beat flamenco styles (tangos). No dance experience required.

Magic of flamenco

Saturday 9th October (9:30 - 20:00) and Sunday 10th October (9:30 – 16:00)

The workshop is a continuation of “Flamenco experience”. It will help you extend your abilities – we will work with twelve-beat rhythms (bulerías). It is recommended to those who passed one of the workshops with Carlos Sepúlveda or those who already have some experience with flamenco.

We are looking forward to men, women, singles or couples. Take comfortable clothes and shoes – special flamenco shoes not needed, just firm shoes that cover your toes and heel.

Place: Czech Republic, Prague 2, Korunní street no. 35 – studio Fontanela

Price: per one workshop (14 hours)

120 Euro/person	for registered till 15th Sept 2010	We will accept your payment in cash at the workshop at amount based on registration date.
130 Euro/person	for registered after 15th Sept 2010	
140 Euro/person	for incomer at the workshop	(if there are free places)

The price does not include accommodation but we can help you to find some.

Contact: make a reservation soon via email to: hyněk.valenta@gmail.com or call mobile no. +420 603 434 486. We will let you know if there are free places.

Lector: **Carlos Sepúlveda** – a psychologist and a psychotherapist from Sevilla (Spain) trained in Bioenergetics. He has been using flamenco and its developmental potential in Spain and abroad too (Italy, Czech Republic, France). www.autoestimaflamenca.es

The course will be in Spanish and English languages with partial translation to Czech or English according to participants' needs.