

Workshop schedule - Winter Festival in Ås, 13-15/2 2026

M&E = Murat Erdemsel & Eleonora Kalganova

ME = Murat Erdemsel

EK = Eleonora Kalganova

		The Old Beautiful House			Torsta School, room A		
Time		Lesson	Level	Teacher	Lesson	Level	Teacher
Friday	18:00 - 19:30	A Leading with the "hidden engine".	BI-A	M&E			
	20:00 - 21:00	<i>Practica "Crazy Horse" for tonight's milonga</i>		M&E			
Saturday	10:00 - 11:30	B Technique for follower, posture, etc...	BI-A	EK	C Technique for leaders, posture etc...	BI-A	ME
	13:00 - 14:30	<i>Day milonga 11:45 - 16:30</i>			D Waltz with musical phrasing	I / IA	M&E
	15:00 - 16:30				E Subtle Milonga	IA / A	M&E
Sunday	10:00 - 11:30	<i>Day milonga 11:45 - 17:00</i>			F Turns in very crowded rooms	I / IA	M&E
	13:00 - 14:30				G Playful musicality for leader / follower	IA / A	M&E
	15:00 - 16:30				H Expressions and emotions in embrace	BI - A	M&E

Workshop Description:

A	The precise tuning of the embrace where lead shines in very small details. Calming for the leader, entertaining for the follower.
	Simple sequences for Tango de Pista/ Social dancing
B	Technique for followers, basic motions, posture, walk, pivots, body training and coordination, exercises. For followers.
C	Technique for leaders, basic motions, posture, walk, pivots, body training and coordination, exercises. For leaders.
D	The composition of the music and the story telling phrases guide us to dance more meaningfully.
E	A special kind of milonga. No running no sweating, we flow in the embrace gently. Lesson A/ "hidden engine" can explain it well.
F	Close embrace turns to not only survive but to enjoy the marathon milongas.
G	More playful in your feet with musical dialogue. Lesson B/C is a good preparation. Creativity and body control. Strong presence of the follower guides the leader towards a dance with more improvisation.
H	Using powerful mind games to change every dance to a deeper possible version. BONUS-lesson!

Private lessons, dancing

ME = Murat Erdemsel

EK = Eleonora Kalanova

The Old Beautiful House, dancehall

Tid	Kod Privatlektion	Kod Privatlektion
Friday	10:30 - 11:30	EK1 Eleonora nr 1
	11:45 - 12:45	EK2 Eleonora nr 2
	12:45 - 13:45	ME1 Murat nr 1
	14:00 - 15:00	ME2 Murat nr 2
	15:00 - 16:00	ME3 Murat nr 3
		EK5 Eleonora nr 5

(16:30 - 19:30 Welcome dinner)

Privatelessons for dancers: Murat 120 €/hour, Eleonora 130 \$/hour

(Both teachers uses the same local for the privatelessons above.)

Levels:

- ¤ Usually you are at different levels in different roles, techniques, styles and dances
- ¤ Register to a level you feel comfortable with in order to make the lesson worthwhile for yourself and fellow participants
- ¤ It is useful to register for a lower level to repeat the basics
- ¤ **If you are not sure about the levels, ask us for advice!**

			Experience (years)
BI	= Beginners Intermediate	You are leading/following in the caminata and are learning basic combinations	½ - 1
I	= Intermediate	You are using basic combinations, and have started with milonga and walz cruzada	1 - 2
IA	= Intermediate Advanced	You are improvising your dance and are using lots of combinations	2 - 5
A	= Advanced	You are adapting well to the music, and feel comfortable on crowded dance floors	5 ---