



TANGO CAMPO

A SUSTAINABLE WAY
TO INSIGHTS
ON WELL-BEING,
RECOVERY
AND
RECONNECTION

recover, rediscover, reestablish
understand your motives and relations
to your body and people around you
using classic and neo-tango technique



WHAT CAN IT DO FOR YOU

Over hours and hours of method implementation it has become clear that Tango Campo paves a road on uncharted maps of communication and collaboration through awareness of accountability and control.

Therefore we warm recommend to try this method:

- For teambuilding activities
- For trainings on leadership
- As a communication workshop
- As a complementary measure in couple therapy
- As an engaging group activity calling for inner harmony
- As individual mindfulness practice, together



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WHAT IS TANGO CAMPO

Tango Campo is a new approach that has been developing since 2023 through a series of trainings on the crossroad of tango, psychology and martial arts. It had been successfully applied in group trainings for teambuilding, personal development, couple therapy as well as mental recovery after a breakdown. It presents no limit on age or gender, and adjustment to any level of mobility, awareness and ability.

The philosophy of Tango Campo is based upon:

INTENTION as it addresses movements as multidimensional; a context of movements is born with any action taken, and is ready to be interpreted and utilized.

VALUES preparedness and agility, ability to take responsibility for the context of the moments and guide the interaction in the direction of constructive development.

VISION is a mutual control of bodies in time and space, mastering of balance, momentum, centerfold, friction and other powers that come to play in an interaction.

ACTION is dedication to the result, presence in the moment and devotion to the interaction.

Key principles

- Emphasis on momentum.
- Eternal space and time for interpretation
- Simultaneous presence of meeting roles
- Active creation of space for the meeting roles
- Constant possibility to build up reflection on dynamic interaction
- Harmony and sincronization of energies
- Recognition of diversity of tensions
- Mutual ownership of multiple choices.
- Each principle has its methodological, operational and metaphorical value that each one can be developed in work with each and every person, couple or a group.





ORIGINS

FROM...

- From **tango** it brings articulated mutual wish to interact, listen, follow and reflect in each other, awareness of subtlety of own and other's non-verbal communication, research and confirmation of own and others' sensitivity and impact.
- From **martial arts** it collects awareness of body, balance and presence of own and the opponent's momentum and strength, search for the most efficient and precise movements, fostering of endurance and agility.
- From **psychology** it lifts unique combination of each person's reactions and feelings, articulates psychosomatic processes, empowers analysis of own motivations and emotions, enhances positive perceptions and dedramatizes learning process (approach to failures and mistakes).

WHO WOULD BENEFIT

This powerful tool of non-conventional discussions and reflection suits any person... who is brave and dedicated to:

- understand hidden power of human interactions
- become aware of own shortcomings and strengths,
- learn strategies of approach to other people, as well as
- evaluate own expectations on people, oneself, the significant other and community as a whole,
- face own drives and intentions, own natural behavior towards other people and
- understand own reactions on other people's behavior.



Through Tango Campo approach we can initiate honest talk about power abuse, leadership, gender equality and team work, democracy and conflict management but also about own ground values, attitudes, comfort zone, flexibility and open-mindedness.



tango campo

YOU WHO TAKES CARE OF OTHERS

Tango is a haven for mental recovery. One breath, one hug, one step at a time.

Does your profession require extreme focus, analytical skills and self-control, high responsibility and readiness?

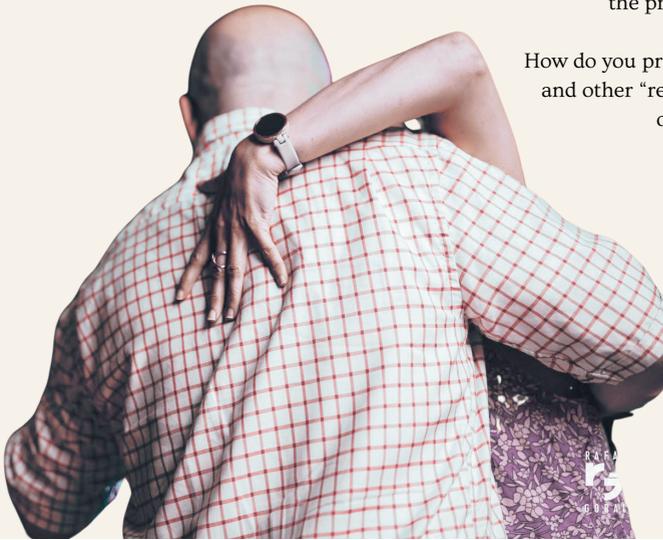
Was it perhaps that you chose this because you like challenges and constant learning? To be able to help people when they are most vulnerable and lost, to support and guide. To make difficult decisions. To cope. To act.

But you are a human being, too.

How are you doing? Really.

Who helps you cope with your emotions, the pressure of responsibility and experience?

How do you prevent the effects of burnout and other “rewards” for people who take on other people’s problems?



INDIVIDUAL GROWTH

Tango Campo views complexity as a blessing that we learn to master throughout years, individual growth is a lifelong learning journey.

Below, the key offerings are structured into topics drawn from intersection of tango, psychology, and martial arts to foster personal development, self-awareness, and practical skills.

SELF-AWARENESS AND REFLECTION

- Active subtle listening capacity and skills
- Awareness and recognition of own power and sensitivity
- Own balance and attention to own reactions and actions in conflict and cooperation
- Rethinking and facing one's shortcomings, reactions to and processing of these
- Presence in existence, slowing down destructive development and jumping the squirrel-wheel
- Recognizing patterns and beliefs in relationships, towards yourself and others
- Recognize multiple levels of one's psychosomatic experiences
- Questioning relation to our goals

PERSONAL GROWTH AND EMPOWERMENT

- Simplifies complex activities into simple components
- Development of self-confidence
- Exposure to challenging experiences and the possibility of safe failure
- Rise of curiosity and playfulness
- Articulating relation to and with power
- Articulating beauty and expressiveness in spaces and movement

RELATION TO YOURSELF AND OTHERS

Tango Campo presents first of all, a model of interpersonal interaction where self-awareness is a key to managing balanced relations with the others.

COMMUNICATION AND INTERACTION SKILLS

- Non-verbal communication, the power of our physical and mental movements
- Verbalizes various social experiences in order to understand and consciously manage own actions
- Body control and awareness, skin and body contact

EMOTIONAL AND PSYCHOLOGICAL MANAGEMENT

- Recognition, understanding and managing risks and failures
- Response to conflict, management of instant polarization and superficiality
- Reduction of anxiety
- Facing, managing and conquering boredom in repetitiveness of life
- Acceptance of what we cannot change, acceptance of different events, conditions and characteristics
- Behavioral activation and activity balance
- Relief from the pressure of prestige and race of achievements

GENDER, EQUALITY, AND SOCIAL NORMS

- Meeting and managing the pressure and expectations of gender roles and stereotypical images
- Counteract “good girl”-syndrome and destructive gender norms
- Enhancing sense and understanding of the content of equality

PATTERNS IN COUPLES RELATIONSHIPS

Tango Campo presents first of all, a model of interpersonal interaction where self-awareness is a key to managing balanced relations with the others.

It brings couples closer by turning play into growth, using tango's embrace to explore relationship dynamics in a safe, engaging way. It helps partners tune into each other's moves and feelings, sorting out patterns, improving non-verbal cues, and syncing efforts for mutual wins.

Ideal for therapy sessions, it encourages open talks about power, expectations, and equality, while conquering boredom and building deeper trust through simple steps and heartfelt reflection.

BALANCE AND CONFLICT RESPONSE IN INTERACTIONS

- Awareness of own balance and attention to your own reactions and actions in conflict
- Synchronizes subtle communication from unconscious conflict to conscious cooperation

IDENTIFICATION AND ARTICULATION OF RELATIONAL PATTERNS

- Safe identification and articulation of own shortcomings and reactions to these
- Visualisation and questioning of behavioral patterns in a mutual relation
- Sort your experiences or relation to yourself and others
- Learn to synchronize efforts for mutual gain

BOOSTING GROUPS DYNAMICS TEAM BUILDING, CAREGIVING, AND COMPANY MANAGEMENT

Tango Campo is a fun way to level up group vibes through play and movement, drawing from tango to strengthen connections in teams, healthcare settings, and businesses.

It's perfect for building trust, sharpening communication, and handling conflicts—whether you're in a company aiming for better leadership and teamwork, or a caregiver needing to manage stress and burnout while supporting others.

Using dance steps and reflection, it helps groups sync up, take initiative, and focus on shared goals for real, lasting harmony

CREATIVITY IN PROBLEM SOLVING

- Enhances curiosity and playfulness, opens up for creative thinking with regard to effect on others
- “Work together as dance” - awareness of self and others in a dynamic relationship

COMMUNICATION AND COLLABORATION DYNAMICS

- Non-verbal communication and execution of power
- Active presence and impact in the collaboration process
- Verbalize experiences in order to understand and manage each steps effectively
- Learning to break down complex activities into simple components, and understand complex relational dynamics

EMPOWERMENT AND CONTRIBUTION IN GROUPS

- Empowerment and belief in yourself as a group contributor
- Encouragement to take initiative and carry responsibility

LEADERSHIP, TEAMWORK, AND SHARED GOALS

- Discussion about relation to power, leadership, team work and expectations
- Questioning and aware focus on common goals
- The pressure of gender roles and stereotypical images, work with equality

OUR PROJECTS

01 BRAVE WOMEN IN ACTION, FEBRUARY - SEPTEMBER 2023

A one year international collaboration project where the methodology of Tango Campo was first articulated as trainers in areas of entrepreneurship, dancing and martial arts from Greece, Italy and Sweden got together to problematise and address issues of psychological preparedness, self-esteem and relations of power that women face in their personal and professional development. Various dimensions of expertise were merged to understand and approach deeper patterns of behavior and interactions in interpersonal and work encounters.

02 BREATHE AND WALK NOVEMBER 2024

A series of workshop designed for physical and mental recovery and support, for people with Parkinson condition and their closest family members. The workshops addressed combined impact of tango: neurological relief /body balance, and the psychological comfort by overcoming stigma of a diagnosis, self-isolation and loneliness. Partner: Parkinson Helsingborg association

03 SINT MAARTEN HARMONY JANUARY-MARCH 2025

Through the project we wanted to popularize the approach towards understanding mental diversity with help of tango. Tango has a powerful recovering and therapeutic effect on people with similar conditions, originating in strong mental restrain or trauma. We started to work with tango as a stress-recovering aesthetic practice and I wanted to prove that even overseas, people with NPF bare exactly the same mental patterns, blessing as burdain, therefore they can find a way to harmony in the same way. The message of this artistic research was, our common grounds are built into harmony of human nature. Partners: St Dominic High school, Mental Health Institution, Heart United (Sint Maarten)

04 REMEMBER ME APRIL 2025

Project under auspices of Culture Moves Europe has focused on effect of tango as dance and theater practice, on the process of mental balance and family therapy in cases of neurodegenerative conditions like Dementia, Parkinson or Alzheimer. Partner: Theater group Modena /Italy, Parkinson Malmö and Helsingborg.



OUR TEAM



TANIA BAUDER

founder, tango trainer

From journalism to social work, Tania Bauder discovered tango ten years ago and has since been a passionate dancer, organizer and gradually also a tango teacher and trainer. In her trainings, tango is used as a tool adapted to several subjects: leadership, self-realization, relationship dynamics, trauma treatment, stress management, teamwork and communication. The focus is always on the unifying power of mental and physical well-being, balance, equal interaction and one's body and mind awareness. Tania has held respective courses in Sweden, Denmark, Italy, Turkey, Ukraine, Poland, Spain, Ethiopia, Uganda and Caribbean since 2018

ULRIKA GUSTAFSSON

psychologist /sexologist

Ulrika is a licensed psychologist with advanced training in sexology. She combines deep psychological insight with a unique understanding of the body and mind, shaped by her many years as a yoga teacher.

In her clinical practice Ulrika tries to create a safe and compassionate space where presence, authenticity, and self-discovery take center stage.





TANGO CAMPO

REALISE
RECOVER
RECONNECT

CONTACT US

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