

TANGO CAMPO

**A sustainable way
to insights
on well-being**

- For teambuilding activities
- For tranings 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

SPECIALLY SUITED FOR T.EX.:

- HR specialists
- legal advisors
- fire fighters
- police officers
- psychologists
- team leaders
- couples in crisis

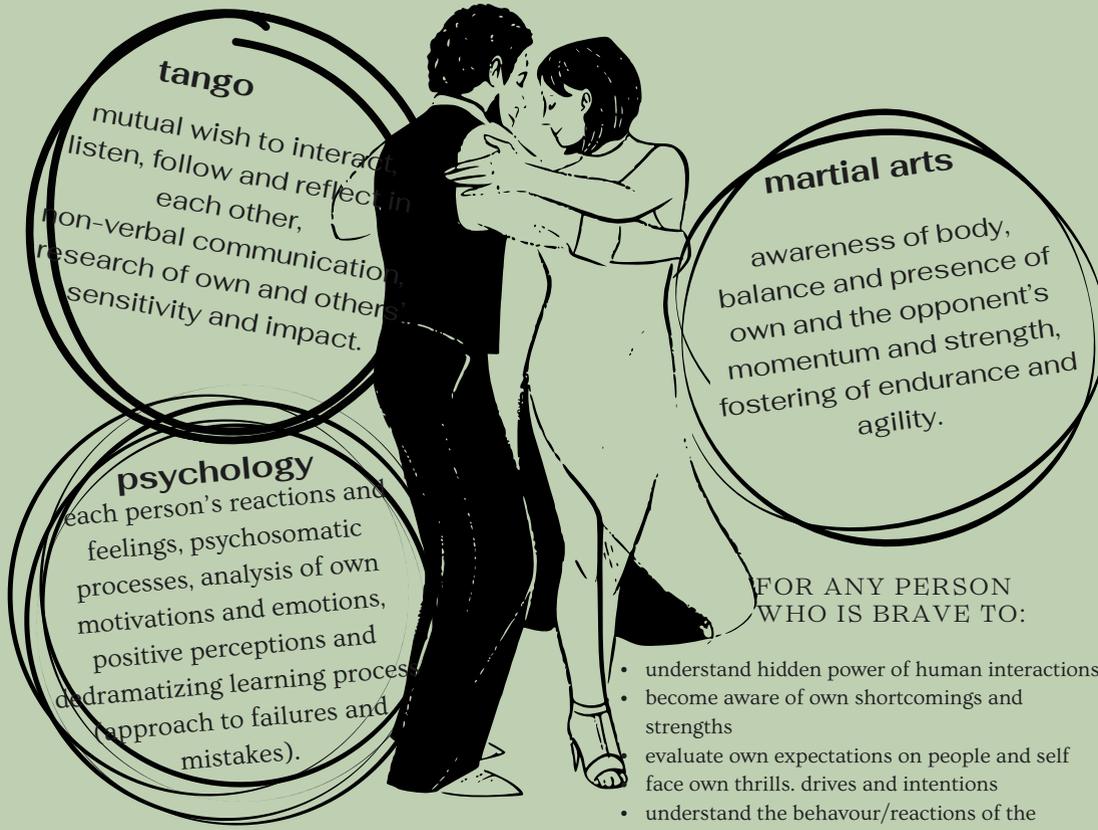
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**TANGO CAMPO:
CROSSROAD OF TANGO, PSYCHOLOGY AND MARTIAL ARTS.**

- no limit on age or gender
- adjustment to any level of mobility, awareness and ability
- seeing movements as multidimensional in mutual control of bodies in time and space
- mastering powers that come to play, in an interaction
- presence in the moment and devotion to the process
- constant possibility to build up on dynamic interaction
- a powerful tool of non-conventional discussion and reflection



- Individual growth**
- Emotional syncro**
- Communication skills**
- Interaction skills**
- Patterns in couple relations**
- Boost group dynamics**
- Channel creativity**
- Preparedness and control**

