



Since 2023 non-profit association Tango Fortuna, Sweden, has been developing a concept of *tango campo*: an adaptation of Argentine tango to various **non-exclusive contexts** like team work and youth work, personal development tools but also more systematic approach as mental health rehabilitation and neurological conditions, with focus on positive **psychosomatic effects** of this extraordinary practice.

We are happy to invite you to try out Tango Campo for yourself and see what positive effects it has on people you care deeply for. How perception of our bodies, communication and sensitivity evolves and discloses dimensions of **connection we always had within us but never fully utilized**, used or enjoyed.

Tango has a documented good impact on coordination and balance, mobility and mental well-being. From the very first meeting, till the moment we move on, it offers a sensory sanctuary and a rewarding social activity.

#### **We are glad to offer different options**

- a series of 5 lessons á 1,5-2 hours featuring main elements of tango dance for further own improvisations and joy. This would perfectly fit a group of people with common grounds and possible special needs, so that social and emotional, physical training and entertaining practice can be developed.
- an introduction occasion, 2 hours, to explain the main principle of tango and show how it can be danced by anyone, anywhere, and
- An educational day for staff and care takers, of 8 hours split in 4 sessions, where psychological, technical and pedagogical aspects are taught and explained. This would fit best as a training occasion for specialists working with people in various difficult situations in life, and where a complex holistic approach is required.

#### **Costs**

We are open for discussions for the best interest of the groups involved, to find a sustainable solution for establishing thriving dancing communities worldwide. For orientation, **payment to the leader is 100 euro per 2hours workshop for groups of under 6 persons, and 150 euro for groups of 7 and more people.**

For more specific planning and booking, please contact us at [tangofortuna@gmail.com](mailto:tangofortuna@gmail.com) or by WhatsApp +46761665626.