

Course Title

Course of Introduction to Flamenco

Brief description of the course

Introduction

Flamenco is a great way for kids and adults to exercise. It is fun and relaxed. They Will develop Several important Skills, such as motor skills, coordination, mental Sharpness, Physical Strenght, emotional and personal development. Flamenco classes are fun, relaxed and informal, also a great way to get in shape and have fun. You do not need to be a trained dancer, nor do you have to be Young and streamlined -no matter your age or shape, flamenco dance classes have something for you. Beyond the elegance, beauty, passion and energy that proyects flamenco dance, it can have a very positive impact on physical and emotional health.

Why flamenco is good for kids?

- Encourages teamwork and camaraderie.
- Self-esteem rises and shyness diminishes.
- It helps them acquire discipline and a sense of responsibility.
- Develops creativity, imagination and concentration.
- Enhances memory and expression.
- Develops a sense of musicality, rhythm and musical ear.
- Increases the development of the musculature and helps maintain optimal body condition.
- Stronger body, balance, flexibility and stronger state of mind.
- Improves motor Skills.

Why flamenco is good for Adults?

- Excellent cardio vascular exercise.
- Improves posture.
- Relieves tiredness.
- Helps to express emotions.
- Eliminate stress.
- Improves blood circulation.
- Relieves back pain.
- Improves and correct Spine Problems.
- Gain greater flexibility, stability and balance (balancing the body and avoiding falls).
- Coordination of arms and legs movements.
- The mind is exercised and helps mental Agility (remembering the steps).

Flamenco is a highly expressive Spanish dance form, it comes from differents parts of Spain, specially from Andalucia (Southern of Spain). The song, dance, guitar and clapping are blended together by the passionate rhythms of this breathtaking dance.

- **Date and Times** (from 16th of July to 20th of July from 10:00am to 12:00pm)
- **Price** (700€ 10 hours in 5 days 2 hours a day for adult) (350€ 5 hours in 5 days 1 hour a day for children)
- **Groups of people** (mínimum 10 máximo 25 for adults) (mínimum 10 maximum 20 for children)

Program

1.- Warming up

Straching arms, body, legs.
Introduction of hands and arms movements.
Introduction of hands, arms and legs movements.

2.- Rhythmh

Introduction of the rhythm to be learned.
Learning basic Steps into the rhythm.

3. Choreography

Learning and memorising a routine of steps that Will create the final choreography.

Materials

Sound System, Mirros, and wooden floor.

Personal Information

Alvaro Guarnido
Flamenco Dancer/Dance Teacher/ Choreographer
www.flamencoalvaroguarnido.co.uk
info@flamencoalvaroguarnido.co.uk
697 265 622

