

# Culture Workshop Program - Nordic Salsa Camp 2020 - Lets Make Magic!

## Morning Culture Workshops

		Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Location	Teachers	09.20 -10.30	09.10-10.30	09.10-10.30	09.10-10.30	09.10-10.30
<b>Mindful Moving - Body Awareness, Self Expression</b>						
Latin-lounge	Rohan Brown & Jesper Andersen	Introduction to mindfulness	Mindful moving "Connect to your self and your partner"	Musicality & mindfulness "The Mindful listener"	Sound & response "How to be a better communicator"	Putting all together "Mindful moments in the dance and daily life"
<b>Body Culture, Gender, Sensuality &amp; Sexuality</b>						
H1	Yuliet Estrada & Mette Øyås Madsen	Body culture & body identity in Cuba & Northern Europe	Dance & Sexual education	Playing with gender roles – Quien manda? / Who invites?	Body culture movements in Cuba & Northern Europe	The power of sensuality
<b>Cuban Salsa &amp; Musicality</b>						
Drama	Diana Meldgaard, Rasmus Sejersen, Yanek Revilla	<b>Introduction:</b> Musicality & Cuban Salsa	<b>Contra-tiempo:</b> Son & Cha cha chá	<b>The Cuban Rumba:</b> Guaguanco, Yambu, Columbia	<b>Orisha &amp; Afro:</b> Elegguá, Ochun, Shangó etc.	<b>Timba, Afro &amp; Salsaton:</b> Musicality & Innovation
<b>The Playful Musical Dancer - And how to play and create magic moments on the dance floor and your daily life</b>						
Kompas	Thomas Nygaard & Gro Mygind	How to create magic moments?	Let's play with the music	What can we learn from theater sport	The art of social dancing	Reinvent your role on the dancefloor
<b>Cuban Orishas/Afro Culture &amp; Society</b>						
Tent	Karelia Despaignes, Yohan Corrioso, Bo Johansen, Carl Nielsen	<b>Introduction</b> Orishas / Afro dance history "Eleggua"	<b>Music, Song, Movements</b> Orishas / Afro dance history Shango & Yemaya	<b>Music, Song, Movements</b> The history of Cuban Rumba Guaguanco & Yambu O	Musicality & gender rules in the Cuban Afro & Rumba "Columbia"	The history and influence of the afro & rumba dance in the Cuban salsa & Son

## Afternoon Culture Workshops

Location	Day / Time	Teachers	Culture Workshop Theme
Gym	<b>Monday 6:</b> 15.00-16.10	Participants & Teachers - Coordinator Carl Nielsen	What's your favorite dance? - Passion, expression & possibilities in the Cuban Salsa
Auditorium	<b>Tuesday 7:</b> 14.00-15.00	Carl Nielsen & Yanek Revilla	Cuba Today & Tomorrow?
Drama		Mette Øyås Madsen with Karelia Despaigne	Dance & Sexual Eduvcation in Northern Europe
Auditorium	<b>Thursday 10:</b> 14.00-16.45	Yuliet Estrada & Rasmus Sejersen	Sing from your hearth
Drama		Karelia Despaigne, Luis Duarte, Carl Nielsen	The historical development of the Cuban salsa & music
H1		Dea Marie Kjeldsen, Diana Meldgaard, Yanek Revilla, Mette Øyås Madsen	Musicality understanding for dancers & musicians
Latin-lounge		Rohan Brown, Jesper Andersen	Mindfulness & magic moments in your daily life
Nature		Gro Mygind	Grejsdal Nature Walk