

Learning The Tango Improve Your Psychological Health Now

Emotionally Focused Therapy FB Group
with Dr. Rebecca Jorgensen



The second figure can be:

- a therapist;
- part of self;
- an imaginary other in individual therapy
- a partner in couple therapy
- different family members in family therapy



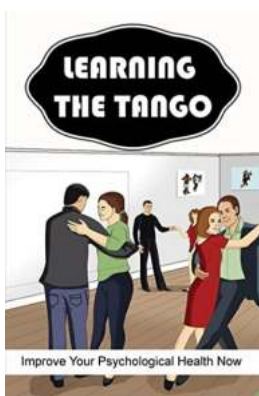
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Do you want to improve your psychological health while also having fun and learning a new skill? Look no further than learning the tango. This beautiful dance form not only provides physical benefits but also offers various psychological advantages that can greatly enhance your overall well-being.

What is Tango?

Tango is a passionate and elegant dance style that originated in the late 19th century in the neighborhoods of Buenos Aires, Argentina. It is characterized by its

intricate footwork, close embrace, and emotional expression. The essence of tango lies in the connection between the dancers and the music, creating a truly unique and captivating experience.



Learning The Tango: Improve Your Psychological Health Now by Nolon Stacey (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 437 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 68 pages
Lending	: Enabled
Screen Reader	: Supported



Physical Benefits of Tango

Engaging in tango can have a positive impact on your physical health. Here are some of the physical benefits you can expect to experience:

- **Improved Balance:** Tango requires a strong sense of balance as dancers navigate intricate steps and maintain a connected embrace with their partner. Regular practice can significantly enhance your balance and stability.
- **Enhanced Coordination:** The complex footwork involved in tango helps improve coordination and agility. With time and practice, you will notice increased control over your movements.
- **Cardiovascular Conditioning:** Tango is an aerobic activity that can provide an effective cardiovascular workout. The continuous movement and rhythmic

nature of the dance contribute to improved heart health.

- **Increased Flexibility:** The graceful movements of tango require a certain level of flexibility. By regularly engaging in tango, you can enhance your flexibility and range of motion.

Psychological Benefits of Tango

While tango offers numerous physical benefits, its impact on mental and psychological well-being should not be overlooked:

- **Stress Relief:** Dancing tango provides an opportunity to escape from the stresses of daily life. The focus required during the dance helps shift your attention away from worries and concerns, promoting relaxation and stress relief.
- **Improved Social Interaction:** Tango is a partner dance that fosters social interaction and connection. Engaging in tango classes or social dances allows you to meet new people, form friendships, and build a sense of belonging.
- **Boosted Self-Confidence:** As you learn and improve your tango skills, your self-confidence naturally grows. Mastering new steps, leading or following with precision, and receiving positive feedback from your dance partner and peers can significantly boost your self-esteem.
- **Enhanced Emotional Expression:** Tango is often considered a dance that allows individuals to express their emotions through movement. By learning to convey emotions through dance, tango can help facilitate emotional release and self-expression.
- **Cognitive Stimulation:** Tango requires mental focus, quick thinking, and adaptation to new movements. These cognitive demands help keep your

mind sharp, improve concentration, and enhance problem-solving skills.

Getting Started with Tango

Now that you're aware of the numerous benefits that tango can offer, you might be wondering how to get started:

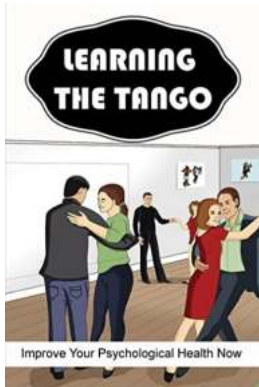
1. **Find a Tango Class:** Look for tango classes or workshops in your area. Many dance studios offer beginner-friendly classes to help you learn the basics.
2. **Invest in Dance Shoes:** Tango requires proper footwear to facilitate smooth movements and maintain balance. Invest in a pair of tango shoes with suede soles for optimal comfort and performance.
3. **Practice Regularly:** Like any new skill, regular practice is key to improving your tango abilities. Set aside dedicated time for practice and be patient with yourself as you progress.
4. **Attend Social Dances:** Once you feel more comfortable with your tango skills, consider attending social dances or milongas. These events offer opportunities to dance with different partners and immerse yourself in the tango community.

Learning the tango can be a transformative experience, not just for your physical fitness but also for your psychological well-being. By engaging in this beautiful dance form, you can reduce stress, enhance social interactions, boost confidence, and stimulate cognitive abilities. So why not put on a pair of dancing shoes and let the tango guide you towards improved psychological health!

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Genuine tango pioneer needs to prepare themselves to be seasoned veterans at performing multiple tasks. Driving, causing the woman to feel extraordinary, watching around for risks, preparing, paying attention to the music (and deciphering it), there is a ton on the plate for pioneers. As precarious as it sounds, the more you practice the more normal it will come to you; until you never again need to ponder everything except the music and your wonderful tango dance accomplice.

Peruse this book to learn fundamental methods that will change you into a strong pioneer on the dance floor, as well as in your own life. It is for people, fledglings, and high-level artists. It will show you how to impact or engage your accomplice.



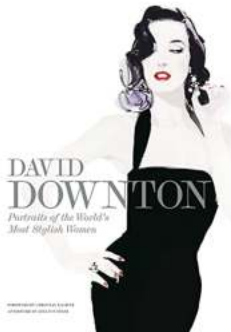
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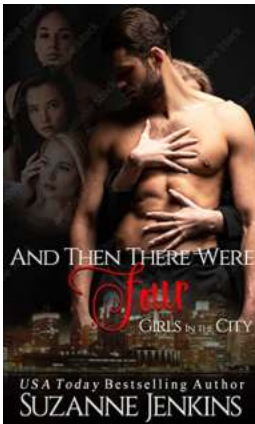
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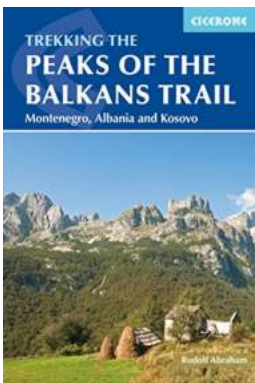
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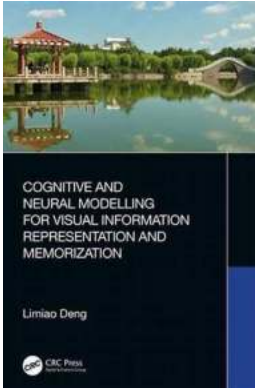
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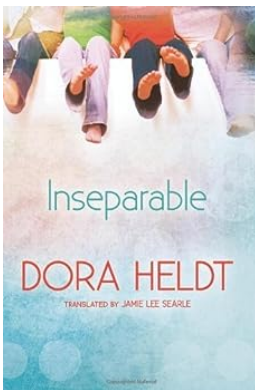
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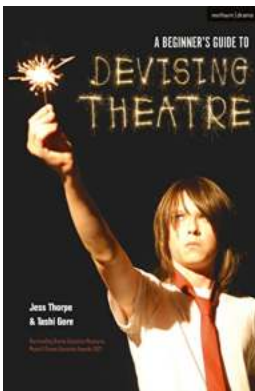
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