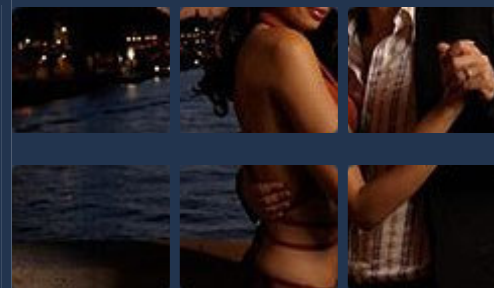


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ARTICLE – SALSA FOR THE SOUL

I would like to start off by introducing Salsa as an *Alternative Therapy*, or rather as a movement therapy, a creative art therapy which is rooted in the expressive nature of dance itself. Dance is the most fundamental of the arts, involving direct expression and experience of oneself through the body. Movement is the primary medium for behavior assessment and research. It is often utilized in settings like rehabilitation facilities, schools, nursing homes, drug treatment centers, counseling centers, medical facilities, crisis centers, and wellness and alternative health care centers. Salsa Dance as a movement will work with individuals of all ages, groups and families in a wide variety of settings. Salsa instructors can play an instrumental role in helping students improve their self-esteem, self image, and development of an effective non-verbal communication and social skills.

How can salsa dance help us achieve a healthy balance? As a famous quote says: "*Dance is the only art wherein we ourselves are the stuff of which it is made.*" Salsa dance can be a powerful tool for stress management and prevention of future physical and mental health problems. Many mental and emotional problems are often held in the body in form of muscle tension and constrained movement patterns. In recent research studies activities such as yoga or dancing have shown advantages in the prevention of mental diseases like Alzheimer.

On a purely physical level, dancing provides the benefits of exercise: improved health, well-being, coordination, and muscle tone. On an emotional level, it helps people feel joy and confidence, and allows them to resolve issues such as anger and frustration. On a mental level, dance seeks to enhance cognitive skills, motivation, and memory. It has been proven that dance can be an effective tool aimed at improving body image, self-esteem, attentiveness, and communication skills. It also reduces stress, fears and anxieties. In addition it can enhance the functioning of the

body's circulatory and respiratory systems, this has been proof all around the world.

Dance movements promote healing in a number of ways. Moving as a group brings people out of isolation, creates powerful social and emotional bonds, and generates the good feelings that come from being with others. Moving rhythmically eases muscular rigidity, diminishes anxiety, and increases energy. Moving spontaneously helps people learn to recognize and trust their impulses, and to act on or contain them as they choose. Moving creatively encourages self-expression and opens up new ways of thinking and doing.

It is important to stimulate your body and mind. Don't you get inspired when you see elders dancing salsa? Whether you go to the gym or out to dance, make sure you maintain your body, mind and soul in good condition. Remember that what we don't use we loose.

QUE VIVA LA SALSA!

JUNE EVENTS

June 15-17, 2007 – Salsapalooza (Edmonton)

Salsapalooza is an annual gathering of the Alberta dance community to showcase their hard work and dedication for the dance they love, Salsa! This year, teaching workshops and performing are International Salsa Superstars Jayson Molina (Puerto Rico), Victor & Gaby (Mexico city), & John & Liz (San Francisco). For schedule of workshop, info on the competition and show please visit: <http://www.spiceproductions.ca/index.html>

June 23, 2007 – “Students Night Out” Salsa Party

As always at the end of each session we would like to invite all of the Mambo Productions students and friends to a salsa party held at Juan’s Mexican Restaurant. Door opens at 9:00pm, show starts at 10:15pm, \$5.00 cover charge. For more info visit: <http://www.mambopro.com>

Mambo Productions welcomes David Zepeda, from Mexico, a new talented dancer to join our professional division. You will get a chance to see David perform at various stages this summer and he will also begin teaching beginner level salsa classes in September.

Mambo Productions is now on Facebook! Research us to find out what’s new and exciting in salsa, watch videos and pictures from past performances, connect with the Mambopro dancers and the like.

SUMMER WORKSHOP, SATURDAY JULY 28

In a hurry? Our One-day summer workshop is a great way to get yourself onto the dance floor quickly. This workshop is designed for total beginners who want to learn the basics of Merengue & Salsa or to brush up on some basic turn patterns. Our aim is to help you become a better social dancer and increase your confidence on the dance floor.

Workshops - Saturday July 28th, 2007

Time	Class / Level
11:00 - 11:50am	Merengue - All Levels

12:00 - 12:50pm	Salsa Basics - Intro Level
1:00 - 1:50pm	Salsa Patterns - Beg. Level

Cost: \$20 / workshop (per person) or all three workshops for \$55

Location: YWCA Fitness On 5th (320 5th Ave SE)

Contact: Alex (510-8300) or email alex@mambopro.com

PUERTO RICAN POWER LIVE IN CALGARY

Puerto Rican Power will play **LIVE** in Calgary on Saturday July 21st at the MacEwan Hall, located at 2500 University Drive NW, only 15 minutes from downtown Calgary. **Also featuring: Barb Higgins, as an honorary Emcee** and professional performances by Mambo Productions. Dress to impress!

Early Bird Special: \$40.00 before June 15, after June 16 price is \$50.00 per ticket.

To watch PRP on YouTube click on: <http://www.youtube.com/watch?v=wqIDvqYwidU>

Space is limited, so do not wait to get your tickets. Tickets available online at Ticketweb (subsidiary of Ticket Master) www.ticketweb.ca or Mambo Productions www.mambopro.com

DID YOU KNOW? YWCA FITNESS ON 5TH

Many people think YWCA is women-only facility but nothing could be further from the truth. Many Mambo Productions students spend considerable time in our dance classes but work out elsewhere.

YWCA Fitness on 5th offers many types of memberships, from drop-in rates to full access membership, personal training sessions, group fitness classes, massage therapists, pool, discounts on special registered programs and five complimentary guest passes. For more information on this great facility or to sign up for new membership visit:

<http://www.fitnesson5th.com/>

DEAR JUANITA

I have a question that perhaps many of us face as we try to progress in the long road of salsa journey. I have been dancing for 2 years and can handle dancing with most partners, I go out to the clubs every week and I finally reached an Intermediate Level. Most group classes are designed for increasing the complexity of patterns rather than refining what I already know. When I ask to polish my salsa skills, the usual response is 'take private lessons'. Where do I go from here without paying exorbitant fees for private lesson and traveling workshops which are far and few in between?

I guess what I am asking is how can I get to the next level without breaking my bank

account?

**Thank you,
Not ready for the Poor House Salsa Student**

Dear Poor House,

I know it's tough, but any hobby that really grabs you often winds up costing you lots of dough. Yes, you can and should practice on your own, but frankly if you want to get really good you are also going to have to pay. The value of gaining a valuable skill in your life far outweighs the cost, in my opinion.

Having said that, there are many affordable ways of practicing your salsa steps, especially in the upcoming summer months. Your first major source: **outdoor and indoor festivals**. Most festivals usually hire Latin bands and/or dance companies for performances. Often times, dance schools teach free workshops as part of their marketing strategy. Attending a festival and dancing for a few hours with many different partners is a sure way to grow as a dancer. Often times, your skill is directly proportional to the number of miles you've put in on the dance floor.

Another great way to improve your dance skills is taking workshops with as many dance instructors as you can, especially guest teachers. Any qualified dance instructor knows that taking dance classes with various teachers expands students' horizons, provides more opportunity to grow, and give you a glimpse into the different dance & teaching styles. If there are no special events or salsa workshops around, consider exploring other dance styles: Afro-Cuban Rumba, Flamenco, Tango, even Ballroom.

Finally, finding a partner to practice with is always a great idea. It keeps the cost of your group classes or privates low because you can split the fee. Your "partner" doesn't have to be exclusive & you can (and should) practice with many different people. Sometimes the word "partner" creates fear in people as it implies commitment. However, keep in mind that a partner is just a friend who enjoys dancing as much as you do and who cannot wait to improve his/her skills too.

Contact Us

Address: [YWCA 320-5 Ave SE](#) **Phone:** 510-8300 **Website:** www.mambopro.com