

*Dancehall for Argentine Tango*

RSVP for the June 20 Q&A Session

### Meet and Greet Details:

Date: June 20, 2024

Time: 6:30-7:30PM

Location: 303C Mill St NE, Vienna

We kindly ask that you RSVP below.

**First Name \***

**Last Name \***

**Email \***

**Phone \***

I Consent to Receive SMS Communication from Abrazo/Melody Yazdani Studios. Message frequency varies. Message & data rates may apply. You can reply STOP to unsubscribe at any time.\*

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Scroll down for to learn more about the proposal and Argentine Tango

*Melody Yazdani Zhang & Jon Zhang*

**Owners / Abrazo**

## **Being a Good Neighbor Commitment to Community:**

At Melody Yazdani Studios dba Abrazo, we are dedicated not only to sharing the art of Argentine Tango but also to ensuring that our activities harmoniously integrate into our cherished community. We understand the importance of maintaining the peace and serenity of our neighborhood, which is why we have implemented stringent measures to manage noise and ensure minimal disruption.

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Advanced Soundproofing: We have invested in soundproofing technologies, including acoustic panels and sound blankets, which are strategically placed to contain sound within our premises.

Regulated Sound Levels: All music and sound levels are meticulously monitored and kept within community noise standards to ensure that our activities remain unobtrusive to our neighbors.

### SUPPORTING LOCAL ARTS

Community Contributions: We believe in giving back to the community that supports us. A portion of the proceeds from each event is donated to the Vienna Public Art Foundation, which helps foster public art initiatives and cultural enrichment throughout our town.

### ENRICHING COMMUNITY LIFE

At Abrazo, we aim to act as a "third space"—a place beyond home and work where community members gather, engage, and connect. These settings are crucial for strengthening social bonds and enhancing local identity. We are dedicated to fostering a sense of community and belonging, making our space a local hub for socializing and cultural engagement.

Abrazo Dance Bar  
We host Tango events sparingly, with a maximum of five milongas per month. This limited schedule helps ensure that the impact on our local area is minimal, and each event is a special occasion, both for participants and the community.

### OPEN COMMUNICATION

We are committed to maintaining open lines of communication with our neighbors. Should you have any concerns or need further information about our events and their impact, we encourage you to reach out. We are here to address any issues and ensure that we continue to be a positive presence in the community.

### SUSTAINABILITY & GREEN INITIATIVE

Eco-Friendly Milongas: We're dedicated not only to enriching our community through dance but also to preserving our environment. Every milonga is a "green" milonga where we encourage attendees to bring their own water bottles, reducing plastic waste. These events highlight our commitment to eco-friendly practices, making every dance step a step towards a greener earth.

## Learn More About Argentine Tango



Above: The multimedia project *Where I Belong* tells the stories of three different individuals living and working in Washington, D.C. They all found communities of like-minded people who share the same calling, passion and purpose of life. This is the story of Simona Ciampi, a tango dancer.

*Where I Belong* was launched as a thesis project for the New Media Photojournalism MA program at the Corcoran School of the Arts & Design of GWU. The project is on exhibit April 20th-May 15th as part of NEXT 2016

Learn more about her and the other stories here: [whereibelong.net](http://whereibelong.net)

### Beyond the Stage:

When many people think of Tango, they envision the dramatic, flashy performances seen on shows like "Dancing with the Stars." These depictions often highlight the dance's theatrical flair, characterized by intricate leg flicks, dramatic poses, and choreographed routines designed to captivate an audience. While spectacular, this version of Tango, often known as 'Stage Tango,' represents just one facet of a much richer, diverse dance tradition.

### The Heart of Tango – Improvisation and Communication:

Unlike the choreographed sequences seen on stage, the essence of traditional Argentine Tango lies in its improvisational nature. It's a dance where no two moments are the same, and every step is a subtle conversation between two partners. This



Experience the spontaneous magic of Argentine Tango with Silvina Tse and Julio Alvarez, captured here in a completely improvised performance at a festival in Italy. Each movement showcases the depth of communication and connection that defines Tango. Note: While our dancehall focuses on social dancing, this performance reflects the high artistry possible in Tango, all achieved without pre-planned steps.



#### Improvisation:

Every movement in Tango is improvised, demanding a deep, intuitive connection between dancers. Leaders propose the steps, but the dance truly comes alive through the followers' interpretation and response, making each dance unique and personal.



Tango is as much about listening as it is about moving. Dancers communicate through body language, slight shifts in weight, and shared rhythms, creating a harmonious flow that is felt rather than seen. This non-verbal communication is what makes Tango an intimate and profound experience.

#### A Lifelong Journey:

Learning Tango is not merely about mastering steps but about embarking on a lifelong journey of personal and relational growth. Dancers of all ages find joy in the continuous discovery and deepening of skills, making Tango a dance that can be pursued throughout one's life.

## **Economic Impact of the Arts** **Cultivating Economic Growth Through Culture:**

The arts are not just a vibrant expression of cultural heritage; they are also a powerful engine for economic growth. Engaging in artistic and cultural activities like Argentine Tango not only enriches personal lives but also has a substantial impact on the local and national economy.

#### **Key Economic Contributions:**

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Events and festivals related to the arts draw attendees who spend on dining, lodging, and shopping, directly benefiting local commerce.

Abrazo Dance and cultural scenes make communities more attractive to investors and help in retaining a skilled workforce, fostering an environment of innovation and growth.

### ENHANCING PROPERTY VALUES

Areas with a thriving arts scene often see an increase in property values, as these locales are desirable for living, working, and entertainment.

### SUPPORTING STUDIES AND REPORTS

According to the Arts & Economic Prosperity 5 report by Americans for the Arts, the arts industry generates \$166.3 billion in economic activity annually, supporting 4.6 million jobs and generating \$27.5 billion in government revenue. A study by the National Endowment for the Arts highlighted that arts and culture contribute more to the U.S. economy than sectors such as agriculture or transportation.

### LEARN MORE ABOUT THE IMPACT OF THE ARTS

Americans for the Arts - Arts & Economic Prosperity 6

National Endowment for the Arts

UNESCO Data on Culture and Sustainable Urban Development

## Mindfulness and Tango: A Dance for the Mind and Body

Argentine Tango is more than just a dance; it's a mindful practice that demands presence and connection. Because there is no basic step, this elegant form of dance requires dancers to be fully present in the moment, fostering a unique mind-body connection that enhances mental focus and emotional awareness. The intricate steps and close physical coordination necessitate attentive body "listening" and response to a

## **Tango as a Mindful Practice:**

The practice of Argentine Tango offers remarkable benefits that go beyond physical health, extending into mental health and emotional well-being. As a form of "moving meditation," it aids in developing a deeper sense of mindfulness while potentially mitigating some effects of neurodegenerative diseases. We invite you to experience the transformative power of Tango, a dance that entertains the body, enriches the mind, and elevates the spirit.

## **Impact on Neurodegenerative Diseases:**

Recent studies have highlighted the potential benefits of Argentine Tango for individuals with neurodegenerative diseases, such as Parkinson's disease and Alzheimer's. Tango requires precise motor control, balance, and cognitive function, making it an ideal form of exercise for neurorehabilitation:

### ✔ Motor Control and Balance:

Tango's specific steps help improve the motor control and balance of dancers. For individuals with Parkinson's, tango has been shown to improve stability and walking speed, potentially due to its rhythmic and patterned nature.

### ✔ Cognitive Function:

Learning and remembering complex dance sequences can enhance cognitive acuity, which is beneficial in managing diseases like Alzheimer's. The cognitive challenge involved in following music and executing coordinated movements in sync with a partner stimulates neural pathways, supporting brain health.

### ✔ Social Interaction:

Tango is a social dance that helps strengthen community ties and reduces feelings of isolation among participants. The social aspect of the dance can be particularly therapeutic for those with neurodegenerative diseases, providing emotional support and reducing symptoms of depression and anxiety.

## Examples of Current Milonga Locations:

### MLK LIBRARY IN DC

A symbol of tranquility and learning, where Tango events blend seamlessly with the intellectual atmosphere.

### SUNRISE SENIOR LIVING COMMUNITY ROOM

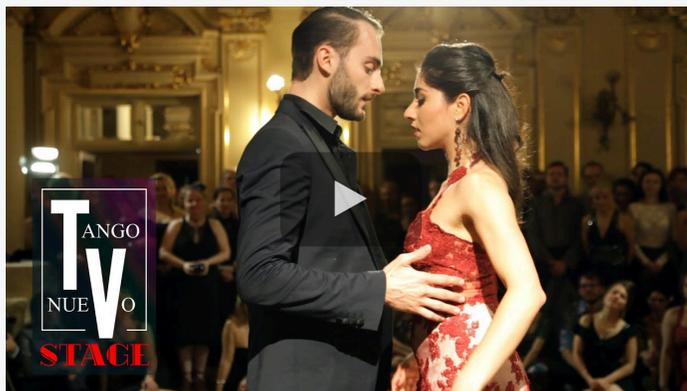
Demonstrating Tango's accessibility and joy for all ages, these milongas enrich the lives of senior community members.

### UNITARIAN CHURCH IN RESTON

A venue that reflects our values of inclusivity and respect, providing a peaceful backdrop for our dances.

### FREEDOM PLAZA IN DC

Known for its open, civic space, Freedom Plaza hosts milongas set against iconic city views and fostering a sense of open community participation.



Gianpiero Gialdi and Lorena Tarantino exemplify the beauty of in-the-moment creation, demonstrating an exquisite improvised dance at a global Tango festival. Their performance underscores the emotive power and elegance of Tango, where every step is a dialogue. Our dancehall celebrates this improvisational spirit through social dancing, fostering a community of connection and expression.

## Tango Culture



### ORIGINS

Tango originated in the late 19th century in the working-class neighborhoods of Buenos Aires, Argentina. It began as a dance of the people, blending African rhythms, Native influences, and European music styles into a passionate and expressive form of movement. Today, it is celebrated worldwide for its deep emotional connections and intricate steps.



### CODIGOS

Argentine Tango is more than just a dance; it's a social culture with deep-rooted traditions. At milongas (tango social dances), dancers follow a codified etiquette known as 'códigos', ensuring respect and fluidity on the dance floor. From the 'cabeceo', or the nonverbal invitation to dance, to the close embrace and synchronized movements, every aspect of Tango fosters connection and respect among participants.



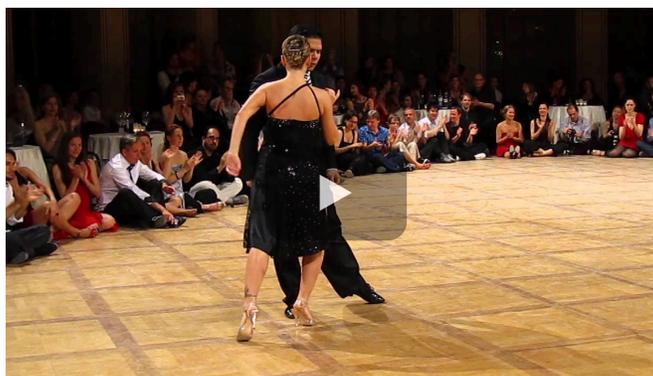
Witness the breathtaking artistry of Chicho Frumboli and Juana Sepulvida in an improvised dance at a renowned Tango festival. Their performance captures the essence of Tango's unpredictability and the dancers' responsiveness to each other's cues. At our dancehall, we embrace this spirit of spontaneity in a social dancing context, welcoming all to explore the joys of Tango.

### Impact of Arts Events on the Local Economy

Arts and cultural events like our Tango evenings not only enrich our community's cultural landscape but also stimulate local economic growth. Attendees often dine at local restaurants, shop in nearby stores, and bring in additional revenue to our area. Studies show that communities that actively promote the arts enjoy increased economic vitality and quality of life.

### Why Tango? Why Now?

Bringing Argentine Tango to our community is about more than dance; it's about creating a space for cultural expression and mutual appreciation. In a world where connections can be fleeting, Tango offers a moment of true presence and togetherness. We believe in the transformative power of Tango to uplift, unite, and invigorate our community.



Austria. This performance epitomizes the timeless elegance and deep emotional connection inherent in Tango. While our dance primarily focuses on social dancing, this video provides a glimpse into the traditional music and style that inspire our gatherings, celebrating the rich history and vibrant culture of Tango.

### Questions?

Feel free to reach out with any questions or concerns about our upcoming events and permit application. Your insights are invaluable as we strive to be considerate and responsible neighbors.

Contact: 703-537-7933 | [hello@melodyyazdani.com](mailto:hello@melodyyazdani.com)