



Alexander Technique *for* tango dancers

*Awakening your body's
natural intelligence for
greater ease, freedom, and
connection*



Sat. 14 & Sun. 15 November,
2026



Sat. 9:00–12:00 & 14:00–17:00

Sun. 9:00–12:00

*Private lessons available
Sunday p.m.*



Eerste Helmersstraat 106N,
Amsterdam



Alexander Alliance
Europe

embracing your body— the dance partner you never leave

Registration:



Investment

Saturday only: €165 / early bird
before Sept. 15 €150

Both days: €210 / early bird €195

Private lesson: sliding scale €80–100

Questions? contact
taylor@applegate@gmail.com

Discover your body as your dance partner. Do you sometimes have a sense that there is more to this dance, that some movements don't feel quite right? As with everything, we develop patterns in dancing that get in the way of flow and connection. Often, we no longer even realize how we put undue strain on our joints, overwork our muscles, hold our breath, or even lose contact with the ground and with our dance partner.

The **Alexander Technique** enables you to base your dancing on differentiated body awareness, freedom of choice, and natural body intelligence. You'll experience your movements not only as more pleasant and joyful, but they'll also give you more space for expression and passion.

We invite you to a weekend of refreshing experiences in a safe, playful and welcoming environment.



Margarete Tüshaus is a senior teacher at the Alexander Alliance International and has been teaching the Alexander Technique for over 25 years. Her diverse background ranges from biology to ballet and from meditation to Argentine tango. In addition to teaching Alexander Technique, she also manages a large horse farm.



Taylor Applegate is a tango lover and fourth-year teacher trainee with the Alexander Alliance Europe. She also teaches Pilates and yoga. Her work explores how greater body awareness can support ease, coordination and connection in dance and everyday life.