

## THE PROGRAM (7-HOURS CERTIFIED)

### 1.) BASIC TRAINING

- Poise and Stance
- Structure
- Movement
- Basic Body Language

### 2.) INTERMEDIATE -ADVANCED

Includes:

- Stepping
- Embrace
- Embellishment
- Advance Body Language
- Movement Velocity & Strength

### 3.) PROFESSIONAL / VERY ADVANCED

This class is for the most challenged: Advance dancers who are crooked, lack structure, poise and positive body language, also the professional who needs to sharpen their edges and improve their Contra-Body balance. Each 45minute session Includes 3 levels of intensive training:

- Intensive Embrace
- Intensive Movement
- Intensive Body language
- Rigorous training exercise on posture and movement. Session includes training with up to 3-Partners at the same time



Michael & Ilsa (Italy)

For private/celebrity lessons, workshops and performances schedule please go to [www.TangoGuru.com](http://www.TangoGuru.com) or call **917-720-7192**



#### **Fosters Dance Network**

2 EAST Broadway 9<sup>th</sup> Fl (Suite 905)  
[www.TangoGuru.com](http://www.TangoGuru.com)  
[www.NewYorkTango.org](http://www.NewYorkTango.org)  
New York, NY 10038  
Phone (917) 720-7192  
Fax (917) 472-1410  
Email: [info1@NewYorkTango.org](mailto:info1@NewYorkTango.org)

## NYTB BRANDED MERCHANDISE

Foster's Dance Network Hotline (1-917-720-7192) distributor of the finest: Tango Shoes, Clothes & Accessories Music and Cd's Instructional Videos and DVDs

---

## FOSTERS DANCE NETWORK

PRESENTS

# NYTB

(NEW YORK TANGO BAR)

## TECHNIQUE & BALANCE™

### ARGENTINE TANGO-LESSONS

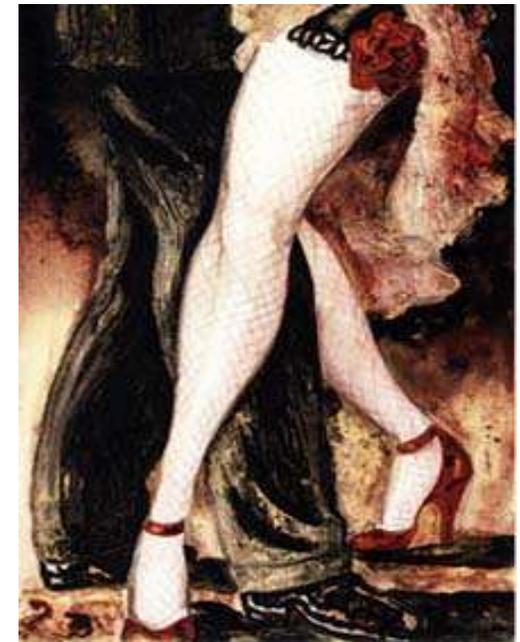
WORKSHOPS/CELEBRITY PRIVATES/SEMI-PRIVATE/GROUP CRASH-COURSE/CORPORATE OUTFITS/HAPPY-HOUR DANCE PERFORMANCE & MILONGA

---

**WORKSHOPS SATURDAYS, SUNDAY S**  
**MANY LOCATIONS TO CHOOSE FROM 917-720-7192**

NY'S official tango authority (917) 720-7192

---



#### Sponsors:

- The Lafayette Grill and Bar
- [www.MetroCommuteSecurity.com](http://www.MetroCommuteSecurity.com)
- Manhattan E Reality Inc.
- [www.TipsOnly.com](http://www.TipsOnly.com)
- [www.Manhattanepages.com](http://www.Manhattanepages.com)

## NYTB Means:-

New York Tango Bar, New York Technique & Balance™, New York Tango Bunny.

### WHAT IS NYTB

NYTB is NY's newest and most original Argentine Tango Group. With the lead of Michael Foster at the helm this special group of tango dancers is dedicated to promoting the original Argentine tango at different locations. NYTB includes: Live Tango musicians, Tango Dancers, Tango Instructors, Special Tango Performances and Professional Tango DJ along with a host of great dance leaders and followers. Proposed locations should be clean, air conditioned, with a great dance floor and reasonable room for dancing. NYTB creates a pleasant and relaxing atmosphere with the added ambiance of lovely but passionate tango dancing.



For Bookings and Upcoming Tours please email  
[iservice@LATangoBar.com](mailto:iservice@LATangoBar.com)  
or visit  
[www.NewYorkTango.org](http://www.NewYorkTango.org)

## ABOUT MICHEAL FOSTER

Michael Foster is the developer of the acclaimed Technique and Balance™ Certificate Granting Program and leader of the traveling performance group New York Tango Bar (NYTB) Michael first encountered Tango in (April-May 1999) and has not stopped since. Fascinated by the technicality Balance and grace of the dance, he tirelessly dedicated himself to mastering the art and in his studies developed a profound understanding of body language, alignment and the connection between **“Form and Expression™”** which encouraged him to pen the first memoir on the New York tango scene called *“You’ve been Tango-ed.”* Recognizing the need for a connection between the various milongas, schools, dance companies and events he founded the Foster’s dance network, and soon became a fixture at every major Tango event. Michael has traveled extensively leveraging performance schedules, teaching at public, corporate, private and celebrity events. He believes that the true beauty of Tango and its undeniable appeal to passion as an Art-Form are rooted in the confidence and poise it engenders in the dancer.

**“A patient, skillful teacher and leader”**  
**“A Classic Protégé”**

(In Carlos Gavito’s last words, RIP-Carlos Gavito)

Michael’s students enjoy not only his ability to connect and understand them but his boundless energy and devotion to the promotion of this passionate but delicate art.

Argentine Tango

## TECHNIQUE AND BALANCE™



The official Technique & Balance™ classes teach alignment and body sculpturing in a rhythmic way, paying attention to your natural body language, which influences the way you walk, the way you dress and the way you react physically to various external stimuli. Learn how to use your own finesse and self-esteem to describe who you are and how you feel. Transform your body language by practicing expressions innate to the casual, professional, and elegant aspects of your personality. **Anyone can learn Technique & Balance™**, Technique & Balance™ is Not Just For Tango Dancers, in fact, **it is not solely design for dancers**. Learn to enjoy and make your body useful in all of the exciting activities you’ve always loved! In these classes, you will practice certain methods and styles of walking and stepping. Michael style teaches you how to conquer and eliminate the elusive “middle step”--the step, in which the center of gravity lingers in between both legs causing you to lose balance. Learn the art of smoothly transferring your body weight directly from one step into the next.

**(917) 720-7192**