



TIMBA WORKSHOPS — PROGRAM INFORMATION

Dance · Fun · Health

Workshop Program Structure

Block 1 — Body Movement for Dancing Timba

Duration: 1 hour

Teacher: Adonis Santiago

Objective:

To prepare the body to dance Timba with more freedom, flavor and control.

In this block, we will work on:

- Body coordination
- Movement of the torso, hips, shoulders and arms
- Body movement inspired by rumba, Afro-Cuban movement and the energy of reparto/Cuban reggaeton
- Practical exercises to loosen up the body and move with more confidence

Block 2 — Dancing Timba / Cuban Salsa

Duration: 1 hour and 30 minutes

Teacher: Adonis Santiago

Objective:

To integrate body movement and musicality into Timba dancing.

In this block, we will work on:

- Timba combinations in couples and solo steps
- Musical interpretation
- Dance phrases that can be used at social parties
- Tools to dance with more style, confidence and personality

Block 3 — Recovery Session

Duration: 30 minutes

Guest Teacher: Simona Vrhovec

Specialized in: Stretching and mobility training for professional athletes

Objective:

To learn how to recover the body after dancing and how to prevent muscle overload.

In this session, we will work on a flexibility and mobility routine designed to improve posture, body isolations and overall movement fluidity on the dance floor.

To help the body dance more smoothly and recover properly, we will focus mainly on relaxing and stretching the hips, thoracic spine, shoulders and calves.

Extra Activities

After the workshops, we will go for lunch near the beach and enjoy local specialties. A reservation will be made in advance. Lunch is optional.

Free snacks will be available!

After lunch, we will continue dancing by the beach and enjoying good vibes together. We will be close to a swimming area, so participants who wish to swim can also enjoy the water.

We will also provide information about an indoor swimming pool and healthy thermal water in case someone prefers an indoor option.

Great times guaranteed!

Prices

Early Bird until 19.06	Couple Pass: 70 €	Solo Pass: 40 €
Regular Price	Couple Pass: 80 €	Solo Pass: 45 €
Last Minute Price	Couple Pass: 90 €	Solo Pass: 50 €

Important Information

Lunch and the beach/swimming pool plan are optional and may involve extra costs depending on the chosen place.

These social activities after the workshops may be modified depending on the weather, availability or logistics.

Your spot is confirmed only after the payment has been completed.

In case of cancellation by the participant, the payment is non-refundable. However, the spot may be transferred to another person if the organization is informed in advance.

If the event is cancelled by the organization, a full refund or a new date will be offered.