



# THE MAGIC OF ARGENTINE TANGO

If you enjoy dancing or are looking for a new, enriching hobby, Argentine Tango offers a beautiful blend of physical, mental, and emotional benefits. Learning to dance Argentine Tango can be a transformative experience in many ways:

- 1. Unique Connection:** Tango emphasizes connection with your partner, fostering intimacy and understanding through movement. It's a beautiful way to communicate non-verbally.
- 2. Expressive Art Form:** The dance allows you to express emotions and creativity. Each dance can tell a different story, making it a personal and artistic outlet.
- 3. Community and Socializing:** Joining tango classes or events opens up opportunities to meet new people and build friendships within a welcoming community of dancers.
- 4. Fun and Enjoyment:** Tango is enjoyable and engaging, making it a great way to unwind and have fun, whether you're dancing alone or with a partner.
- 5. Physical Benefits:** It's a great workout that improves strength, balance, and flexibility, all while enjoying the music and rhythm.
- 6. Cultural Exploration:** Learning tango immerses you in Argentine culture, enriching your understanding of its music, history, and traditions.
- 7. Mental Challenge:** Tango requires focus and quick decision-making, which can enhance cognitive skills and keep your mind sharp.
- 8. Stress Relief:** Dancing is a fantastic way to reduce stress and improve your mood, making it a healthy escape from daily life.

## WHERE TO LEARN

### Vancouver

#### Strictly Tango

Ask about the next beginner series  
[strictlytango.com](http://strictlytango.com)

#### Argentine Tango Lab

Beginner classes start Sat Nov 2  
[argentinatangolab.com](http://argentinatangolab.com)

#### Puntotango

[puntotango.ca](http://puntotango.ca)

#### Basic Tango BC on Facebook

Beginner class on Tuesdays @ 6pm

#### The Tango Empire

Beginner series starts Sat Nov 2  
[thetangoempire.com](http://thetangoempire.com)

#### UBC Latin Dance Club

Beginner class on Tues at 6:30pm  
<https://ubcldc.com/classes/>

#### Tango Mind (Sigita Lemesiute)

Facebook: Sigita Lemesiute

### Outside Vancouver

#### Burnaby - TangoBurnaby.ca

Beginner series starts Nov 6

#### New West - Basic Tango BC on Facebook

Beginner class every Fri

#### Langley - TangoBurnaby.ca

Ask about beginner lessons

#### Abbotsford - TangoAngels on Facebook

Class starts Thu Nov 7



## WHERE TO DANCE

There is dancing almost every day of the week! Events are hosted by different organizers at different venues. Practicas and practilongas are more casual and a relaxed way you can ease into the tango scene to practice what you're learning.

### Mondays

- Practi-Longa at Carousel Theatre, Granville Island
- Modern Tango Milonga at 2026 E 43rd Ave

### Tuesdays

- Pasitos Practica at 2474 Prince Edward (at E Broadway)

### Wednesdays

- El Centro Practica at 308 E 8th
- Practilonga de Barrio at 490 Sperling, Burnaby

### Fridays

- Viernes Milonga at Carousel Theatre, Granville Island
- El Cielo Milonguita in 4534 Hastings, Burnaby

### Saturdays

- La Milonga X at 154 E 10th (1st Sat)
- Magnetico Puro at 54 E 4th (1st Sat)
- La Milonga Tipica at 215 E 17th (2nd & 4th Sat)
- Duello Milonga, 412 W Hastings (3rd & 5th Sat)
- Milonga Malena, DFD Studio, Langley (3rd Sat)

### Sundays

- Sonrisas Practica at 154 E 10th
- Langley Practica at DFD Studio, Langley (2nd Sun)
- UBC Practica, The Nest (4th Sun)

Community calendar [www.allvancouvertango.com](http://www.allvancouvertango.com)

Join the **Tango Vancouver** group on Facebook

