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TangoFascia: Longevity and NeuroTraining for Wellness and Dance using the Wisdom of Argentine Tango

Ph.D by LUCIAN STAN (Bucharest-Buenos Aires)

[TangoFascia: Longevidad y NeuroEntrenamiento para el Bienestar y la Danza usando la Sabiduría del Tango Argentino]

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TANGOFASCIA
twone

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Terminology <https://www.stango.ro/tangofascia>

Useful fascia resources <https://www.stango.ro/tangofascia>



the WHEN

TANGO FASCIA now

In the last 20 years, due to the latest research and newest technologies, there has been a great evolution in all sciences and arts. The wisdom body – mind – consciousness now means interconnection and transdisciplinary research. The human being is seen today as an energetic, holistic and harmonious system, but with many external stimuli that affect our well-being and longevity.

A fundamental key to such well-being is the fascia (connective tissue), seen as an integral matrix that unifies everything and facilitates communication between all systems (muscles, organs, bones, ligaments, nerves, lymph).

In order to fully express their inter- and intra-personal potential, the dancer and dance educator both need to know how this web-emergent fascial network affects their movement and how they can neurotrain their fascial system for wellbeing and higher performance.

When Fascia (1) and its amazing properties (remodeling, sensitivity, proprioception) meets the Dance (2) and its core fundamentals (creativity, improvisation, expression, pedagogy, education, training), uses the latest Technology (3) (software and hardware to monitor in depth the body, movement, performance and neural activity) and mixes the 'new' research of Neuroscience (4) (circuits for attention, memory, learning, decision making, emotion regulation) with the 'old' secrets of Argentine Tango (5) (couple embrace and harmony, connection, improvisation, musical cymatics), then we are presented a very original and complex (yet difficult) five-point investigation: TangoFascia.

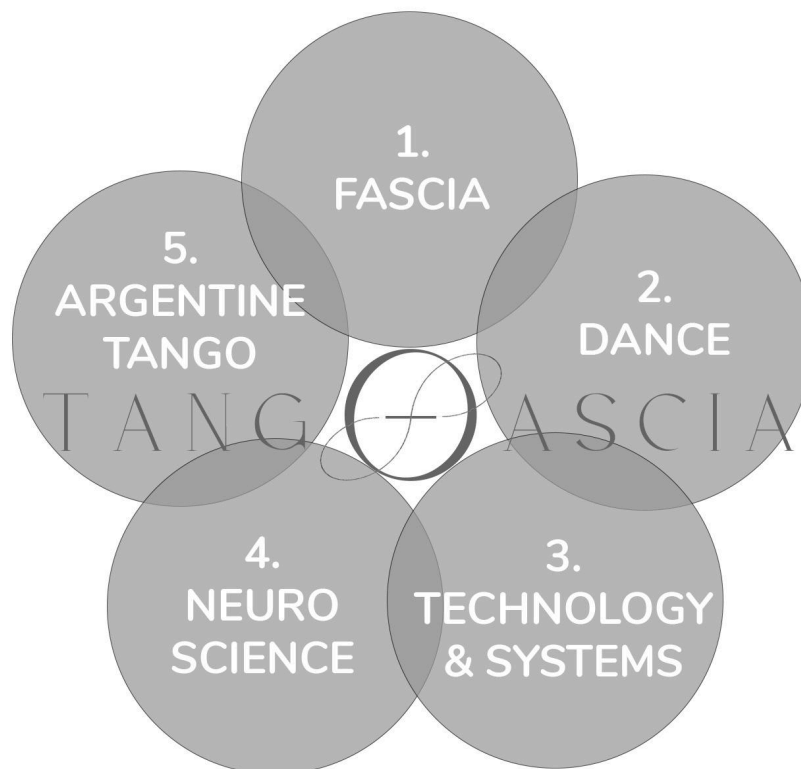


Fig.02 TANGOFASCIA: a complex, original and difficult five-point investigation

TangoFascia proposes a pragmatic framework to achieve longevity and improve training, both for well-being and for dance, based on the five-point interdisciplinary approach (1.Fascia 2.Dance 3.Tech 4.Neuroscience 5.Tango).

The TangoFascia thesis follows two research lines:

- investigates how Tango Fascia influences well-being, longevity and performance (through the individual fascia and the TangoFED (Fascia: Emergent & Dual) in the dance couple
- proposes a pragmatic method of fascial neurotraining for dancers and dance educators (Tango RESL - Rebound Elongation Sensitization Release)

the WHAT

TANGO FASCIA: thesis vision and foundation

Project name: TangoFascia: Longevity and NeuroTraining for Wellness and Dance using the Wisdom of Argentine Tango

Proposed area: Stage and Performing Arts

Problem formulation

Wisdom body – mind – consciousness now means interconnection and transdisciplinary search. Scientific research is now seen more as an open network of possibilities and interdisciplinary groups. The entire social network, research groups and interdisciplinarity of art can be seen as an expanded organic fractal of the fascial matrix.

In the last 20 years, due to the latest research and newest technologies, there has been a great evolution in medicine, neurobiology, mental sciences, medicine, chemistry, biology, sports, psychology, therapies, fitness, somatic disciplines, health and anti-aging. In the attempt to find some missing links in biology and medicine, great attention was paid to connective tissue studies and research. Since 2007, a systemic fascial approach has been carried out through the International Fascia Research Congresses and the Fascia Research Society. According to experts, the path to fascial consensus was difficult, but with enormous benefits.

In particular, the discipline of dance now has the perfect time to benefit from this mature research. Each dance discipline has its own isolated vision, specific technique, body conditioning, aesthetic approach, training routines, performance objectives. But every dance pedagogy can complement its deep knowledge with effective fascial neuroeducation.

Furthermore, this fascial systemic perspective of dance can be supported by 140 years of Argentine Tango dancing and its phenomenology maturity: a solid social, artistic and somatic experience, individually and in couple. Hence the relevance of the thesis: bringing together in a synthesis the most recent scientific research on fascia and body, the solid principles of the art of dance and the old secrets of Argentine tango, with a final objective: an original perspective on longevity and neuro training for well-being and dance.

Current state of knowledge on the subject

More and more movement disciplines and performance educators, sports and therapy experts connect their field of expertise with connective tissue. Likewise, the scientific literature on fascia in dance is relatively scarce in articles and studies. Some pioneers (such as Eric Franklin)

attempted to fill some of these gaps with their books, programs, and research. Or the experts at Fascia Training Academy with their program (10 weeks) Fascial Fitness for everyone have also made their contributions.

Taking many ideas from these programs (Eric Franklin, Robert Schleip), and more than 20 years of professional dance and teaching, the thesis will continue in this direction, that is, complementing the training of the holistic dancer with the most fascial information and scientific research. recent. Therefore, the status quo of the art of dance can be changed with finesse and professionalism.

the WHY

TANGO FASCIA: personal motivation and academic objectives

TangoFascia personal motivation

I was always amazed how dancing appears individually and in the dance couple. How dance flow and couple harmony can be reached? FASCIA helped me answer these questions and more...

How does my body work?

In order to get a fluid, organic, and expressive movement, I had to study how my body works effectively (fulfill objectives) and efficiently (least effort and resources).

How does my dance body works (solo and duo/in the dance couple)?

There are movement and performance embodied secrets, like how fascia works. To get harmony, connection, improvisation, and flow in the dance couple, I had to awaken all 8 senses through Fascia Training and using AFI tool: Awareness, Focus, and Intention.

Can I improve my dance performance?

I can better adapt to my dance partner, music, uncertainty, and challenges from outside world, due to a more aware and higher frequency inner world: fascia matrix and interoception (here included visceroreception - the intuitive feeling and states from the internal organs).

How can I be a better educator?

How can my dance students learn to dance faster, deeper, safer?

Dance educators know the importance of flow, presence, resonance/ attunement, aesthetics, connection, trust, in the couple, and the dangers of performance (body injury and performance errors). Tango Fascia can prevent injury, regulate movement, improve performance, build empathy and couple harmony,

General TangoFascia objectives:

- investigate how Tango Fascia influences well-being, longevity and performance (through individual fascia and TangoFED - Dual Emergent Fascia - within the dance partner)

- propose a pragmatic method of fascial neurotraining for dancers and dance educators (TangoRESL - Rebound Elongation Sensitization Release)

TangoFascia Specific Objectives:

- present the best known methods to train fascia for daily health and longevity (Fascial Fitness, Fascial Slings, Fascial Release etc.)
- present the principles of fascial training and visually show how it is used in the myofascial chains in dance and Argentine Tango
- describe the contributions of the fascia and neuroscience scientific community
- inquire with dance experts and tango teachers about the fascia
- disseminate to the public (amateurs, educators, dancers, somatotherapists) the benefits of tango fascia for well-being, longevity and dance performance (paper, exercises, images, diagrams, videos, website pages)
- describe the common concepts between somatic disciplines (Feldenkrais, Bartenieff, Laban etc.), Yoga, Pilates, martial arts (Qi Gong, Tae Kwon Do), therapies (psychotherapies, alternative therapies, dance therapy, tango therapy), dance and tangofascia
- analyze:
 - 1) emerging fascial biotensegrity in tango improvisation,
 - 2) functional and dysfunctional fascia in dance couples (professionals and amateurs, tango and sports dance),
 - 3) continuous and contiguous fascia in dance couples (the role of intention in communication and biomechanical transduction – load transfer, biotensegrity)

the HOW

TANGO FASCIA: hypotheses, contents and research framework

Hypothesis

TangoFascia influences well-being and longevity, through the individual fascia and the Dual Emerging Tango Fascia (EDF) within the dance partner. Additionally, you can improve the performance of dancers (amateur or professional) and the performance of dance partners using tools such as TangoFED (Fascia: Emergent & Dual) or TangoRESL (Rebound Elongation Sensitization Release).

Both TangoFascia tools are based on intention, proprioception, interoception (based on neuroscience and consciousness). Dual Emergent Fascintegrity proposes the idea that every time two dancers (with different bodies and techniques) mix, their fascias create a synergistic (more powerful), ergonomic and emergent architecture (new properties). This new Fascial Integrity (Fascintegrity) has surprising properties (it automatically adapts to improvisation and the unknown, changes the field of energy and emotions, vibrates to subtle intention and music, modifies the chemical structure of the tissue over time, etc. .).

New scientific research (Schleip and others) shows that people with a bad mood and depression have more inflammation in their connective tissue. Everything inside the fascia (the largest sensory organ in our body, according to some scientists) such as fibroblasts, the extracellular matrix, protein complex structures, collagen and elastin fibers are very receptive to

external and internal stimuli. The TangoFascia thesis wants to take this latest fascial science for wellness research and explore it deeper.

[Thesis contents and chapters:](#)

CHAPTER1. Fascia for Wellness and Longevity (scientific studies & current hypotheses
What is FASCIA and does it do?

1.1. Connective Tissue and Fascia (definition, role, composition)

1.2. Fascia for Longevity and Wellness (health, flexibility, balance, posture, breathing, strength, fascial chains, diaphragm, pelvic floor)

1.3. Fascia Matrix in Therapies, Somatic Disciplines, Yoga, Martial Arts: exteroception, proprioception, interoception

1.4. Neurosciences and Technology for Myofascial Discoveries

CHAPTER2. Training Your Fascia (general practice and better performance)

How to train effectively your FASCIA?

2.1. Fascia for General Movement and High Performance Sports

2.2. Neuro Training and Motor Learning for Fascia vs for Muscles (embodiment, integral movements, holistic somatic disciplines)

2.3. Fascia in Injury Prevention and Body Recovery

2.4. Existing Methods for Fascia Training and Muscle Training

CHAPTER3. Fascia for Dance and Argentine Tango (case studies & tools proposals)

Can I be a superdancer though my sensorial and intentional FASCIA?

3.1. Fascia: Intention, Visualisation & Dance Flow (states/stages)

3.2. Fascia for Uncertainty, Creativity, and Dance Improvisation

3.3. Fascia "secrets" in Dance Learning and Dance Mentoring

3.4. Proposals: Methods and Tools

- Tango Neuro Training (TNT) for Dancers
- AFI Tool (Awareness, Focus, Intention)
- TangoFED (Fascia: Emergent & Dual)
- TangoRESL (Rebound Elongation Sensitization Release)

CHAPTER4. Research on Tango Fascia (personal hypotheses and future study)

Improve your PAST dance results and benefit NOW from the FUTURE fascial research!

4.1. Dance and other fascia-centered research disciplines (Fascia Research Congress, Fascia Research Society, Fascia Project)

4.2. Holistic NeuroIntegration (Brain Heart Fascia Viscera) and IPNB (Inter Personal Neuro Biology): current and future research

4.3. Triunitary integrative research: Somatic Education, Dance and Movement Therapy, and Tango Therapy

4.4. Personal research on TANGO FASCIA (3 investigations)

[TangoFascia: theoretical framework](#)

The thesis will cover four main fascial topics, each with its own research path:

1. What is fascia and how does it influence well-being and longevity?

2. How to train the fascia according to neuroscience and the latest fascial research

3. Fascia in dance and Argentine tango today

4. TangoFascia research and its benefits.

The first part *What is Fascia* answers the question: what is fascia and what is it for? Gives an answer with the definition, function, composition of the connective tissue (according to the decisions, discoveries, nomenclature that was agreed upon at the International Fascia Congresses 2007-2023). It continues to explore how fascia can influence longevity and well-being (age, health, flexibility, mobility, balance, posture, breathing); Also, how fascia can change with extremes: immobilization (lack of exercise) and overload (in high-performance sports and dance). The fascia matrix is continued in various therapies, somatic disciplines, yoga, martial arts. Exteroception, proprioception, and interoception are studied as complex processes, but also neuroscience and technology for fascial discoveries.

The second part *How to Train Fascia* answers the question: How to efficiently train your fascia?, and argues that you have to rehearse the fascia for general movement in one way and another way for high-performance sports. Also, there is a specific training for the fascial system and one for the muscular system with its own principles. Not the last, research traces the fascia with its own rules in injury prevention in life and in dance and body recovery.

The third part *Fascia for Dance* is the newest and most difficult consistent part of the investigation. It presents fascia as a sensory organ, from the perspective of dance. There is a complex neurobiological process, both motor and fascial: intention, visualization, experience creates the motor neuroengram. With conscious practice, the basal ganglia makes it automatic, and you can obtain the flow of the Dance. Using steps from the 'Neurobiology and high performance sport' program and other great ideas studied at the Barca Innovation Hub (FC Barcelona center of excellence 2020-2022), the thesis will focus on the fascia for the challenges in dance (high performance, great performance, stress).

The Argentine tango phenomenon grows every year, making the dance one of the best-known dances in the world. And dear. There are many articles, books and literature on the sociology, psychology, history, culture of tango, but there are few specific articles on tango and neuroscience (2015), fascia and dance (2015, 2017). Next, the thesis will look for novelties and interdisciplinarity in the scientific field of Argentine tango, related to the somatic and fascial. Also an objective look will be placed on the fascia in dance therapy and tango therapy with their work methods.

The fourth part *Fascia and Research* represents current and future investigation on fascia, personal hypotheses on tango fascia, current studies and future tangofascia projects. It represents my journey as a tangofascia researcher, with benefits for well-being and longevity (conferences, events, courses, webinars Fascia Research Congress, Fascia Research Society, Fascia Project, Fascia Hub, Fascia Training Academy).

This project seeks to reflect on the impact that good neurotraining provides a dancer to have high performance, success and an injury-free practice. Presenting the contributions that detango dancers and teachers make from their fascia training and the implementation of some fascial principles in their dance teaching.

Methodology

In order to investigate TangoFascia in a scientific, academic, peer-review-based, the following methodologies will be used, among others:

- *empirical observation*
 - a. external: dance couples will be observed live before and after the activation of the TangoFED- Dual Emergent Fascia (with specific dance markers: flow of movement, connection and harmony of the couple, posture, effectiveness of movement, spatial navigation, efficiency energy, speed and dynamic contrasts). The Tango-FED is going to be activated in some TangoRESL neurotraining sessions - Rebound Elongation Sensitization Release
 - b. internal: couples will perceive their performance from their proprioceptive/interoceptive states, before and after FED activation
- *video presentation* - contrast table TangoFED before-after: two groups of dancers (one group of amateurs and one group of professionals) will watch the online videos with the target couples, before and after the activation of the TangoFED. Each group will answer a questionnaire (open questions - free field and closed questions - specific dance markers). The data (2) will be crossed with that of (1) for better objectivity.
- extensive and recurring *open interviews* with qualified informants (doctors, dancers, therapists and fascia therapy specialists)
- *ethnography*: on-site data collection
 - a. direct observation at milongas
 - b. normal tango practice
 - c. learning class

There will be also a strong collaboration between the thesis author and qualified specialists (with specialised tools and laboratories) for fascia measurement (relevant markers).

the WHO

TANGO FASCIA: research contributions and beneficiaries

This doctoral project is dedicated to all dancers, no matter their dance style, age, genre, experience, talent or artistic skills. It is made with the dancer in author's mind: their learning, discipline, dancing path with ups and downs. TANGO FASCIA only wishes to be a humble companion and sooth their dancing path with inspiration drawn from this amazing wonder we call so simple "the human body".

Possible contributions of the proposed research

Although the principles of dance, training, well-being and longevity are well referenced in known literature, what is totally new is the scientific contribution of this project.

The idea of this thesis is a daring bridge between the science of the body and the art of dance, using the 'new' secrets of the latest technology and the 'old' secrets of Argentine tango.

The TangoFascia thesis can really contribute from the field of fascia to dance, but also from the field of dance to fascia. You can combine the wisdom shared at international fascia

conferences with the wisdom of movement educators and dance teachers. It can mix the theoretical academic framework with the social practice of tango, a popular dance, and the high performance of dance, seen as a performing and performing art.

Main beneficiaries of TangoFascia: dancers, somatic teachers and educators, movement professionals, therapists, researchers and scientists. It can be useful for high-performance professional dancers/ athletes, but also for amateurs and the general public, dancers or not.

Main benefits of TangoFascia:

- produces original and relevant knowledge in the disciplinary field of dance, seen as a stage and performing art
- introduces four instruments for dancers and movement educators: TangoFED (Fascia; Emergent & Dual) and TangoRESL (Rebound Elongation Sensitization Release), but also a training method for professional dancers TNT (Tango Neuro Training) and a general tool for all dancers AFI (Awareness Focus Intention)
- proposes a new multidisciplinary, interdisciplinary and transdisciplinary research - dance, tango, neurosciences - for well-being, health, longevity, based on university values and the top-level academic brand
- contributes to the level of excellence in the teaching field of the arts in general and in dance in particular
- intervenes in the scientific field with new dialogues and exchanges between researchers:
 - ★ 1 Argentine Tango professional: Lucian Stan (Bucharest, Romania)
 - ★ 1 ph.d. director specialist in native dances, folklore and culture: Dr. Facund Arteaga (UNA, Bs As, Argentina)
 - ★ 1 counselor/supervisor: world-renowned tango choreographer with a wide experience in training stage tango world champions (Mario Morales, Bs As, Argentina)
 - ★ several international researchers: fascia pioneers (Robert Schleip, Thomas Myers, Carla Stecco), fascia training in dance (Eric Franklin), neuroscientists (Daniel Siegel), tango masters (Hugo Mastrolorenzo, Mario Morales, Ruben Veliz, Corina de la Rosa, Graciela Gonzales)

the WHERE

TANGO FASCIA: specialised resources and bibliography

Initial Bibliography

A.Fascia-focused literature

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- Stecco, Carla (2014) *Functional Atlas of the Human Fascial System/ Atlas funcional del sistema fascial humano*, Churchill Livingstone Publishing

Resources fascia, courses and study guides:

<https://fasciaresearchsociety.org/> Sociedad de Investigación de Fascia (membresía)

<https://www.fasciaresearch.de/> Proyecto de investigación de fascia (recursos) Berlín, Robert Schleip

<https://fasciatrainingacademy.com/> Academia de entrenamiento de fascia (curso Fascia Fitness)

<https://fasciaguide.com> La Guía de Fascia (podcast, recursos)

<https://fasciainnovation.com/> Fascia Innovation (conocimiento, tratamiento, dispositivo)

<https://fasciatherapie.org/fasciatherapy/> DBM Fascia Terapia, Francia

<https://www.fascialrelease.com/> Fascial Therapy Institute Australia – FTIA

<https://thefasciahub.com/> The Fascia Hub – forum educacional UK

<https://www.petrosliolios.ro/> Psicopedagogia perceptiva y Fascia Terapia, Romania

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