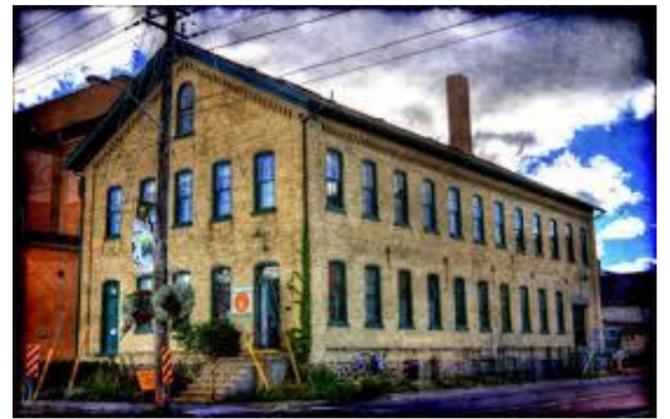


**Spring/Summer B.A. & Sc. Bachata Arts & Salscience
Program!**

Wednesdays / May 6, 2015 – July 22, 2015 (12 weeks)

1 class	\$130	(\$140 after April 1 / \$150 after April 15)
2 classes	\$180	(\$195 after April 1 / \$210 after April 15)
3 classes	\$230	(\$250 after April 1 / \$275 after April 15)

NEW! Performance Team ** see next page for price and details **



@ The Button Factory – 25 Regina St. South

UnitedSalseros is excited to extend its program in order to address the learning needs of both new and current students with various learning aptitudes and skill levels. Now is the perfect opportunity for everyone in the Kitchener-Waterloo-Guelph and surrounding areas to have direct instruction from Teddy Olaso, Artistic Director of UnitedSalseros; one of Canada's most – if not THE most – learner centered Salsa & Bachata dance instructional companies. The instruction is second to none! All UnitedSalseros' instructors are highly proficient at teaching choreography, technique, timing and musicality for both leader and follower. The company is one of Canada's most requested performance and instructional companies, literally having taught at almost every major Salsa congress in Canada, and our instructors regularly teach other dancers/Salsa instructors from various dance companies locally and internationally. Students are instructed with a crystal clear breakdown of movements for leader and follower, somatic technical corrections, and "simple" choreography with advanced applications. The class may be serious in nature, but it will also be relaxed in terms of expectations, and you will certainly have a blast laughing in class with our crazy, humour-filled instructional style! To improve your social dancing, choose up to three of the courses listed below. If you are interested in performing as well, then the performance team fees include all three courses below in addition to the performance team training (see next page).

Classical Dominican Bachata 102 / Beginner – Intermediate / 6:00 pm – 6:55 pm

Learn all the foundational elements of classical Dominican Bachata, both choreography and technique, along with a more advanced interpretation of the movements (footwork variations). You will also learn cool figures that not only look, but feel, smooth on the dance floor which will increase your prospects of finding a life mate if you are still single and seeking! If you truly want to look cool, make sure you get a good grasp of this class before even considering going to Bachata 103. Fortunately, not included in the curriculum are corny moves, exaggerated hip/arm movements and poorly executed seductive moves with weird facial expressions that will likely get you a restraining order rather than a date!

Classical Dominican Bachata 103 / Intermediate – Advanced / 6:00 pm – 6:55 pm

Why settle for Traditional or Modern Bachata when you can have both? Have your cake and eat it too! There is no reason why the complexities of traditional style Bachata cannot be combined with modern elements (mainly the incorporation of Salsa style turn patterns). The figures taught will include original choreography and look wicked on the dance floor for both and leader. In addition, we also teach the proper way to slow dance close so that no immaculate conception takes place after the dance. We will show you the difference between "sensual" and "sleazy"!

Total BS 101 (Bachata-Salsa) / Intro-Beginner / 7:00 pm – 7:55 pm / On1

Finally! A Bachata and Salsa class for absolute beginners and/or those with very little experience (as well as the terrified, the intimidated, the shy, and even the all-knowing that are ready to let go of their ego for the sake of genuine learning). As always, fundamentals are essential and are continually stressed throughout the program using relatively "easy" steps ("easy" takes on a whole new level of complexity when technique and timing are emphasized in all areas of movement). Using only a dozen or more Bachata and Salsa Key Steps, you will quickly discover the versatility of these movements and the true value of "less is more". Remember that the phone book is made up of only 10 numbers (0 to 9), but look how thick it is! We also give you valuable advice on how to survive on the social dance floor, basic floor etiquette, and most importantly, how to dance and even use the mistakes you make along the way as positive tools for your advancement. We can't be responsible, however, if you quickly increase your Facebook friends exponentially (which unfortunately may include the odd stalker!).

UFC 4 Salsa / All Levels – Highly Recommended For Everyone Except Intro-Beginners / 7:00 pm – 7:55 pm / On1

The Ultimate Foundations Course for Salsa is a MUST for all those who truly want to advance. It is designed to focus more extensively on the technical aspects of Salsa by providing a set of consistent exercises that build good fundamental footwork, spinning, body isolation, leading and following. Let's face it—most people lack the motivation and self-discipline to practice on their own. Hands-on and individualized corrections are provided to ensure that no one falls through the cracks (and that you are not in some fantasy land like those who audition for television talent shows only to be given a reality check by Simon Cowell!).

Salsa 102 / Beginner– Intermediate / 8:00 pm – 8:55 pm / On1

Once again, the "10 Salsa Key Steps" (as coined by UnitedSalseros) are taught along with their wonderful variations. On the dance floor, these Key Steps are commonly danced in a simplistic manner and unfortunately their full potential is not maximized. Each step has been carefully selected as it serves as a foundational movement for literally dozens of variations. By learning just 10 movements, each of which can be combined one after another in random order, one can immediately have 100 movements and get dancing in no time! By learning less pre-set choreography, and focusing on thorough knowledge of the key steps that make up any movement, participants can focus on learning what makes the movement look beautiful and practical to use on the dance floor. Nevertheless, we'll still probably end up showing you some cool moves here and there that will make your eyes pop out just so you have something to show off on the dance floor... because if you're going to do it anyway, you might as well do it right!

Salsa 103 / Intermediate / 8:00 pm – 8:55 pm / On1 & On2

At this level, you will certainly see cooler versions of the 10 Key Salsa Steps, along with fancy arm work, body isolations & intricate footwork (solo or together). Please make sure you have the instructor's consent before joining this class, as moving ahead without the proper technique will reinforce bad habits and be detrimental to your learning. Six figures will be covered On1 and then the same set of figures On2. This way the students can adjust to the O2 timing with the choreography they already know and further reinforce the technique involved in executing it. Do not let anyone scare you into thinking that dancing On2 is superior to dancing On1; it is just another way to express the music and involves the same level of challenge. Both On1 and On2 can be danced at any level, and it is the level of the dancer that determines the difficulty! This class will challenge all your fundamentals to increase your level of proficiency so you can finally have revenge on that person who turned you down or left you on the dance floor when you were a beginner. You can exact vengeance by agreeing to dance with them, courteously, and thanking them for being such a snob because they contributed to your advancement—and oh, also thank them for steering you towards my classes. Thank god for snobs!

UnitedSalseros' Intermediate-Advanced Student Performance Team: Mambo Mosaic

Wednesdays / 9:00 pm – 10:00 pm / On2

- Part 1 / May 6 – July 22, 2015 (12 Weeks)
- Part 2 / July 29 – October 7, 2015 (11 Weeks)

- \$650** Early Bird Price before April 1 / \$700** After (Pro-Rated Payment Available)

**** This price includes Part 1 and Part 2 of the Performance Team, as well as all the Salsa and Bachata classes offered in Waterloo during this time frame from May to October (see previous page)**

We are excited to announce that we are now also providing performance training in the Waterloo area! Mambo Mosaic offers both dance and performance training that covers all areas of technique, expression, stage presence, and practical choreography (figures that you can actually use on the social dance floor for the most part). Everyone is invited to audition if you feel that you may meet the skill requirement and have the time, resources and team-player attitude to participate. Outlined below are some of the important performance details for your consideration:

- All members that join the performance team must fully complete Part 1 (choreography and basic technique) and Part 2 (polishing the routine to performance level quality).
- Members are also required to consistently attend Salsa 103 and UFC 4 Salsa. Members are entitled, but not required, to attend the Bachata class. (The price above covers all of these classes, as well future Salsa and Bachata classes offered in Waterloo during this time frame.)
- A maximum of 6 couples (and 4 understudies) are needed to run the performance team. Each performance will have a minimum of 3 couples, and in some cases more, if more people are performance ready and available. Members who are ready will rotate for performances in order to cut down on annual performance costs when traveling.
- All members must be available for our first expected performance at the Canada Salsa Congress (October 2015). If we are performance ready before that time, we may perform earlier. After the Congress, all members should be available to perform the routine at various other venues until the end of 2015. This includes local venues (and potentially venues outside of Ontario, if viable) until all performers have been given an opportunity to perform. Which members perform at each event is determined by me based on level of commitment, skill and performance-readiness. Ideally all will have the opportunity to perform.
- Members are expected to get together and to practice on their own time (preferably together as a team) as I am limited in my ability to travel to Waterloo beyond once a week.
- Members are expected to know the material they missed if they are absent in the previous class – the choreography will not be slowed down as we have deadlines to meet.
- The choreography will be clearly outlined and planned in advance. There may or may not be a theme involved (don't worry, no one will have to shave their head, be naked, or pretend to be something so out there); it may be sad, funny, evil, sexy, or sultry.
- I will be assigning the partners. I may switch your partners at any time in order to meet the needs of the routine.
- Performance costumes are extra (please budget between \$100 - \$150 for this routine's costume) – great effort will be made to keep the costs down – fundraising may be an option to cover performance expenses or offset some of the costs.
- Men are required to have black formal dance shoes. Women are required to have beige high heels (Note: ideal heel height is 2 inches, however no specific height is required as long as the shoes are not flat).
- Members will be provided a protocol for informing me if they will be late or must miss a class. Members will also receive common sense guidelines on being an effective team-player.
- All corrections are only made by me or my assistants unless you seek out feedback from other team members.
- I don't work well with arrogant, egotistical and high maintenance people who think they are better than everybody else and especially those who excuse their own weaknesses but are intolerant of other members' challenges – please don't apply!
- Those who can't immediately afford \$650 may divide the payment in two instalments (\$350 by April 1, and \$300 by the end of June 2015).

Please contact me or speak to me in person regarding audition details (it won't be one of those types of auditions where you will be in front of mean-looking people). Who gets in will be determined by many factors, including the level of people who audition.

For audition details, please email me directly @ Teddy@unitedsalseros.com

FREE ORIENTATION & LEVEL ASSESSMENT – READ ME OR MISS OUT!

To all levels of new and returning students: We offer you **TWO COMPLIMENTARY ORIENTATION WORKSHOPS** covering technique and basic choreography prior to the start of classes! The orientations are not a pre-requisite, as the majority of the technique covered will be incrementally taught throughout the program. However, we **STRONGLY** recommend and encourage attendance as it will allow you to understand UnitedSalseros' complex training modules, their organic relationship to one another, and give you more time to internalize what you are learning before you even start your classes! Returning students will also benefit from the orientation as it serves a good (and free!) review.

The orientation allows the instructors to determine which level is suitable for you (teaching standards vary from school to school). If you are a returning student and I recommend that you repeat the same level, please do not feel discouraged. Learning well takes a lot of time, commitment, and repetition. "Less is more" is really the key. By learning just enough choreography along with proper technique and timing (and few fancy moves here and there that you can actually use on the dance floor), students will internalize the principles that will really make the difference in their dancing. This is a time-tested method, and with qualitative practice, students will always eventually move forward regardless of their learning pace or what level they attend. The Orientations are STRICTLY for registered students only and are scheduled as follows:

April 22 and April 29 / 6:00 pm to 9:00 pm

@

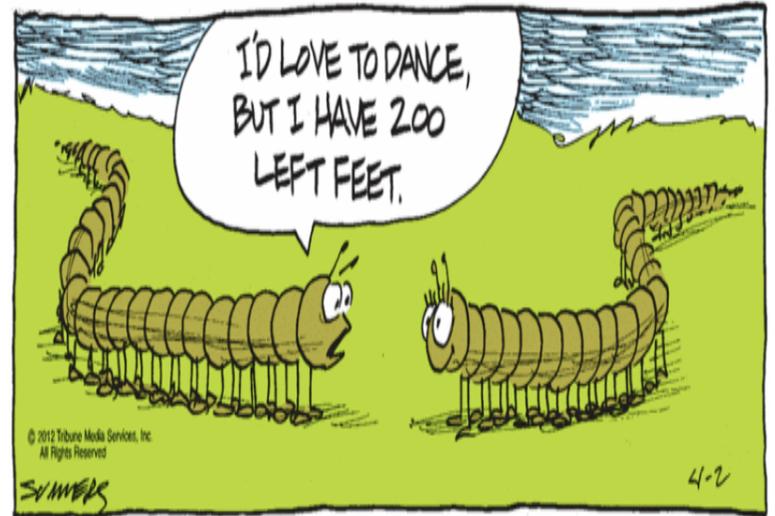
The Button Factory – 25 Regina St. South, Waterloo

ADVANCED REGISTRATION REQUIRED - Please contact Tarek @ tgharib@hotmail.com - no drop ins!

Why Study With “US”?

Well, for starters, “US” already stands for UnitedSalseros—that should be considered too much of a coincidence! Seriously though, many factors clearly distinguish UnitedSalseros’ instructional methodologies. For instance, setting aside personal discipline and determination, have you ever wondered why out of hundreds of people only a few excel? Do you assume that those who transcend to an exceptional level are either naturally gifted or have had previous training either through other dance forms or physical activities? The good news is, though it requires qualitative practice, you need not be a professional dancer or be born with good genes in order to become proficient at social dancing. You can learn many of the habits of exceptional dancers which distinguish the novice from the average, the average from the good, and the good from the exceptional.

Many students, in an effort to try to get better as quickly as they can or just out of mere desperation, will either take more and more Salsa classes (private or group), take other forms of dance training, or try to take the “cheaper” way by watching YouTube clips. Unfortunately, these methods generally do not produce sufficiently favourable results. Although taking more Salsa classes and/or watching videos online may increase your proficiency in Salsa to some degree, along with your choreographical repertoire -- it does not necessarily mean it will **address the source of all your challenges in dancing**. When technique is not addressed in a manner which allows the students to learn, internalize and apply it, most students will mainly acquire an increase of movement repertoire that they will execute with the same set of problems, (e.g. lack of coordination, poise, centeredness, gracefulness, etc). If choreography were like words, for example – learning more words would not necessarily mean that you would speak more articulately, meaningfully, or eloquently though you might have more words to choose from when talking. Some students may also choose to take various lessons in other dance forms in order to help their Salsa. Can this be beneficial? Absolutely! Any training – provided the instruction is good and the instructors teach with integrity – is a good thing! However, it can also be equally detrimental if it is not streamlined or specialized for what you need. Furthermore, not everyone is really intending to become a professional dancer at other dance disciplines, and many students barely have the time for self-directed practice in Salsa as it is. For the most part, many really just want to improve their Salsa skills, and this is best done with effective salsa teaching and focused salsa practice.



The UnitedSalseros Solution

Nearly 20 years of teaching has taught me that the constant desire of many students to acquire more and more choreography or to always look for something new – rather than focusing on continually improving past material given – **is the biggest enemy of true change**. Learning slowly and less but with mindfulness can accomplish **FAR MORE** than just acquiring more and more choreography. Would you rather learn 10 moves, and execute them as flawlessly as possible (with the potential to combine them into 100 moves!), or learn 50 moves but your movements will definitely clear the dance floor in an effort to avoid you? What if you can’t use any of your moves because you have no technique to back it up or your timing is so off! You do not have to be an instructor to know the right answer for this. It’s common sense! UnitedSalseros’ instructional methods stand solidly on its own. We are not one of those companies that can simply land a teaching gig just because we are performing (which normally goes hand in hand in many events regardless of the quality of the teaching). The instructional aspect alone has its own merits as all UnitedSalseros instruction is well-known to have a thorough breakdown of movement for both choreography and technique. You will not get abstract concepts such as “be smooth, be powerful, etc” or “don’t do this or that, etc.” Everything will be explained so that students can understand the concepts, internalize them, and gradually acquire and maintain them (a somatic – even therapeutic – way to learn for many). Therefore, it works with all levels of students and hence why UnitedSalseros is also well-known as the “instructor for instructors” for the members of various dance companies—including its friendly competitors! Furthermore, the majority of our instructors (male and female) are able not just to instruct both leaders and followers, but also to DANCE both roles as a social dancer (a very important distinction as compared with someone who can just “show or explain” the opposite role without directly experiencing it. Outlined below are some of the technical elements, along with timing and musicality, which students will be learning along with the choreography taught throughout the classes:

Foundational Footwork	Spinning
<ul style="list-style-type: none"> Natural hip action with even weight transfer Balanced counter movements between feet, arms and body during a basic step Excellent footwork definition and execution Advanced stepping with movement overlap involving shoulder, elbow and wrist Lazy stepping and stiling step as a skilled movement – not by default 	<ul style="list-style-type: none"> Top-like turns on the spot (both directions) Control of speed and momentum with ease Practical spotting during turning Traveling turns Gradual development of double and/or triple turns Proper postural adjustments Natural grounding
Partner Work	Choreography
<ul style="list-style-type: none"> Gentle, clear leading and responsive, supple following with highly advanced arm-work styling Elastic resistance whenever required Adaptable, sensitive, and tension proof following & leading skills whenever necessary Advanced compensation/survival strategies when dancing with individuals who have leading/following problems 	<ul style="list-style-type: none"> Key Salsa shines that serve as foundational figures for majority of fancy footwork 7 major body isolations and basic application; Basic Afro-Cuban (Rumba) 10 Key Interchangeable Salsa Steps (KISS) that serve as foundational figures for majority of Salsa patterns Intermediate-Advanced turn patterns with 3D Styling (Hands, Feet and Body Isolations)

Students will also learn the principles that make the above-mentioned elements (or any choreography learned in the future) beautiful to watch, covering the theories of relaxation, center work, sequential movement, pressure control, advanced coordination and movement overlap. This addresses the proven theoretical framework as to what makes someone transcend from a dancer to an artist technically and gives the dancer the skills to express himself or herself to the music according to his/her preferences. In addition, the beauty behind these classes is that everything is under one roof without the need for specialized classes which saves time and money in the short-term and long-term with qualitative practice. Furthermore, the technique learned in these classes will prove invaluable to those who teach or are part of a performance team. Last, but certainly not least, the style that UnitedSalseros teaches is not carved in stone — in fact, it will give you far more options than most (whether you choose to be subtle, powerful, neutral, or all three combined). Aside from the timing aspect, there is also very little difference in how we dance On1 or On2 (side note: don’t let people fool you into thinking that On2 is superior to On1 just because many good dancers like to dance On2 – it’s simply a preference. Everything you learn in these classes can be done On2 later on (or vice versa) with very minor adjustments in musical pacing).

In closing, no amount of fancy advertising (fancy photos with glorious tricks and poses, attractive models, eye-popping on-line video clips, etc) will ever prove someone’s instructional proficiency or effectiveness – other than their effectiveness in tempting you to sign up for lessons! The true determining factor of an effective school is the experience you have once you’ve taken some lessons and start seeing measurable results. **Experience the UnitedSalseros difference!**

Read for yourself



Our company emphasizes technique and foundations in our classes, for that is what will help you improve quicker in the long run. It was noticeable in our guest workshops with UnitedSalseros' group how much attention was placed on technique. Teddy and his instructors have an uncanny ability to explain the most minute details that teachers often leave behind, and it shows in his team of dancers. UnitedSalseros instructors has done an amazing job training them. My dancers are always raving after their dances with the people from his team and are always looking forward to the next one.

-- **Ana Masacote**, CEO/Artistic Director of Masacote Entertainment (Boston)

UnitedSalseros have the best and most comprehensive approach for dancing salsa in the world. I have travelled to over 30 countries worldwide, and the best instruction for technique and style is in Toronto at UnitedSalseros. When Zoe wanted to learn salsa 4 years ago, I brought her to Teddy because he is the teacher I thought had the best communication skills & knowledge for spinning, leading and following, imagery, and style. UnitedSalseros have a unique system for in-depth dance knowledge, and it should be a center for international level salsa instruction.

--**Dave Paris & Zoe Klein**, Paradizo Entertainment, Semi-Finalists America's Got Talent (New York / San Francisco)

For several years now, I have had the experience to work and dance with, as well as observe, dancers coming out of the UnitedSalseros training methodology. UnitedSalseros dancers aim to develop a well-rounded and balanced approach to dancing similar to the attitude displayed by excellent dancers of various dance disciplines I have observed in my extensive career as a professional dancer and teacher for more than 30 years. With well thought-through and multi-faceted dancing technique, their talent is brought out and blossom in exciting ways, which makes them interesting to watch as they develop into dedicated performers, instructors and social dancers.

--**Ana Machado**, Afro-Cuban Dance & Salsa Instructor (Toronto-Cuba)

In my 5 years of professional experience in the Latin dance community I have traveled to over 25 countries taking classes and training with some of the biggest names in the industry. I have to say beyond a shadow of a doubt that Teddy is the most methodical, precise, detailed, & principled instructor that I've ever come across. His depth of knowledge and understanding of the human frame and how it pertains to partner dancing far exceeds anyone I've ever seen and is proven through the capabilities of his dancers (some of the best dancing connections I've ever experienced worldwide). Teddy's theories and methodologies just make perfect sense when explained. It is understanding the "why" behind every movement that really sets up a critical foundation that most dancers around the world are missing.

--**Anthony Umina**, Amante Dance Co. Owner/Director/Choreographer (San Diego)

Teddy Olaso is one the best dance teachers I have seen. His analogies, demonstration and instructions are very easy to understand. He is the master of finer points of dancing and people should take advantage of this rare type of instruction that produces qualitative results. He also does his research when it comes to dances. Although he could have simply taken simple Bachata structure and added fancy Salsa turn patterns which would have been enough for him to teach Bachata commercially, he was humble enough to start from scratch (along with professional team) in learning authentic Bachata as danced in the Dominican Republic when he sought me out for instruction—a sign of being not just a good dancer but also an artist.

--**Rodney Rodchata Aquino**, Rodchata Enterprise, LLC (San Francisco)

We have a huge respect for Teddy Olaso for his brilliant and unique teaching techniques. Anyone can learn moves & patterns with other instructors, but learning with Teddy will enable you to understand the semantics of movements which trains you to execute them perfectly. His technique has provided us the foundation to express art & discover our own flavour of dancing. His artistic/choreographic abilities have always won hearts & have a beautiful soul with a connection to culture & folklore. We have been associated with Teddy for almost around 10 years & have been channelizing his thoughts & teaching philosophy to different parts of the world. More than a teacher he is a mentor, guide & a great friend.

---**Berenice Angelica Carrasco and Sumeet Chawla**, Exponential Art Dance Company ((Mexico - India)

Teddy provides outstanding instruction. His teaching methodologies shine through each of his students as proof of his concepts. One thing in particular that stood out the most about Teddy is his body isolation and lead which are his two major strengths (in my opinion), Learning from Teddy will certainly take your salsa to the next level, setting you above the rest. To reflect on the UnitedSalseros dance school itself: it has been consistently growing throughout the years and has become a well respected brand in Canada which can be incredibly difficult to establish in an arts field. It is the high standard of the school that provides the opportunity for its growth. It doesn't matter if you are new to salsa or if you have been dancing for years; you will learn something new and exciting every time you take a class with Teddy/US.

--**Talek Cameron**, former instructor of Queen's University Salsa (Kingston)

Iam an avid social dancer and a salsa dance teacher and performer. I have been dancing for almost 7 years now and have only been taking private lessons with Teddy for 6 months. In those 6 months, I have learned more about dance technique than in years prior. I was shown methods that have greatly improved my frame, connection and movement. In the past, I have had trouble with certain moves that involve momentum, timing and seamless connection between myself and my partner i.e.) cross body 360 and copas. Under Teddy's instruction, I have gained a better understanding of those issues and am able to execute them correctly. The most valuable lesson I have learned thus far has been Teddy's breakdown of fundamentals. With time, patience & practice anyone can become a great dancer when instructed by him.

Andrew Gray, Instructor, Salsa Club @ York University (Toronto)

UnitedSalseros is one of the highest quality schools in all of Canada. The amount of time that is focused on the fundamentals far exceeds what is normally taught. Teddy has a history of producing more high calibre dancers than any other instructor that I know of in Canada. This is one of the main reasons why we waited all these years until the timing is right to finally bring him over to the region! All UnitedSalseros instructors that Teddy trained are highly proficient on their own as it is, and we are truly fortunate that TO (Teddy Olaso) is indeed coming to Kitchener/Waterloo area!

---**Tarek Gharib**, DJ, DJ Tarek Salsa Events (Hamilton & South-Western Ontario)

Teddy's school & body movement methodologies are known as "Toronto's best kept secret". With his tutelage, make your dancing feel natural, musical and dynamic. Teddy's classes are fun, build gradually & the variety of skills sets gives his students all the tools you need to become one of the most sought after dancers on the social dance floor. University students in the Kitchener/Waterloo area should take full advantage of his instructional time in the region!

--**Martin Dudkiewicz**, Instructor, University of Toronto Dance Club (Toronto)

UnitedSalseros is truly unique in their approach to teaching in that they separate the essential elements of salsa such as musicality, the mechanics and quality of movement from the noise and flashy distractions and effortlessly deliver insights that often elude even the experienced professional dancers. As a former student and a fan, I warmly recommend joining their entertaining lessons or performance groups!

--**Laurian Angelescu**, Founder and Former President and Sr. Instructor, University of Waterloo Mambo Club (Waterloo)

Teaching and performing with UnitedSalseros continues to be one of my greatest learning experiences as a dancer, instructor and artist. The quality of instruction Teddy delivers is truly at a different level in its ability to produce qualitative measurable results for not just some but to all levels of students with various learning aptitudes. He has also trained (and continues to train) hundreds of performers and instructors all over Toronto and abroad from various dance companies outside of the school ; many of which are already highly established dance instructors and performers themselves. All UnitedSalseros Sr. Instructors are available to deliver the same-level of quality of instruction, and instruction is now available not only in Toronto and Kitchener-Waterloo area, but also in Square One, Mississauga!

--**Kevin Gomes**, Sr. Instructor, UnitedSalseros West (Mississauga)