

It's Total BS @ Studio!



Total Bachata n' Salsa, that is, with UnitedSalseros!

227 Main St N Suite 202, Markham (Free Parking!)
January 15/18 to April 9/18 / Mondays / 12 Sessions
\$249 for One Class / \$349 for 2 Classes / \$399 for 3 Classes / Register Anytime!

Total BS 101: Intro-Beginner and Beginner / 7:15 pm to 8:15 pm

Learn two of the most popular Latin dances on planet Earth and look like you dance from this world! Both choreography and technique will be covered thoroughly so students can start burning the floor in no time! This two-level class allows students to advance at their own pace (with the instructor's consent) and a strict syllabus will be covered for consistency, to allow students to track their progression! No partner required—a fun, friendly, and humour-filled class without having to sacrifice program quality! Both Total BS 101 and 103 Salsa and Bachata will be alternating every 2 weeks, involving instruction and review. Hence, there will be 6 classes for each dance for each level. Shoes with suede or smooth leather bottoms (no running shoes or winter boots!) are recommended.

Total BS 102: Shines, Style & Sweat! (Beginner, Intermediate & Advanced) / 8:30 pm to 9:15 pm

Unknown to many, Salsa can be danced solo! Many dances influence Salsa, from Afro-Cuban dances (Pachanga, Santeria, and Rumba), to Jazz, Hip Hop, etc. Shines involve fancy footwork, funky or elegant arm work, and sexy body isolations! People use it to dance alone, jam with a partner (battle), jam with a partner (synchronizing), and even during partner-work! No experience needed. This multi-level class allow students to learn the same choreography with various intensities, so no pressure to "keep up with the rest of the class," because you'll be busy enough with yourself! We will even have Bachata shines so if you're feelin' the music you can play the guitar with your feet while giving your heart some love.

Total BS 103: Bachata & Salsa (Beg-Intermediate & Intermediate) / 9:30 pm to 10:30 pm

This class is suitable for those who have had Salsa dancing experience (functional level with musical consistency) who wish to widen their choreography base and improve their level of technique (it is still recommended that students at this level attend Total BS 101 to get the full foundational requirement for exceptional dancing in the future). Successful completion of this class means you're well on your way on smokin' the dance floor! An assessment is required to enter this level in order to maintain program standards for everyone involved. No partner is required. Shoes with suede or smooth leather bottoms (no running shoes or winter boots!) are recommended.

Your Instructors!

Teddy Olaso (Artistic Director of UnitedSalseros) and his team (Carol, Haytham, etc.) have finally landed in Markham! You are in **VERY** good hands! UnitedSalseros instructors train from 1-3 years just to become volunteer apprentice, assistant and/or Sr. Instructors! Please visit www.unitedsalseros.com and see their Markham banner and teaching philosophy, as well as their local and international testimonials. When it comes to Salsa and Bachata instruction, UnitedSalseros is second no none...producing balanced dancers (look, feel, & hopefully, smell good for hygiene reasons alone!). There are no fancy gimmicks – they produce results!

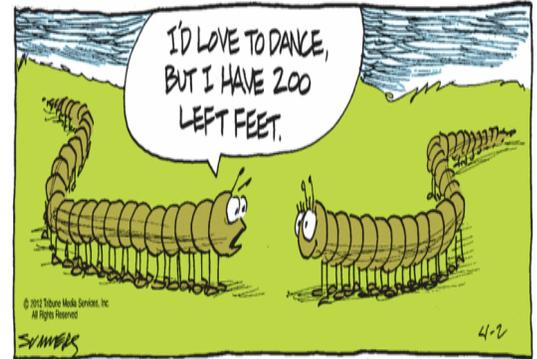
Experience the difference and register now!

www.yogaandlifestyle.com / (416) 875-5373 / silvana@yogaandlifestyle.com

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. 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.

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)

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)

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 Carrazco and Sumeet Chawla**, Exponential Art Dance Company ((Mexico - India)

I am 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 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)