

# Ab Montag den 6.7.-19.7.2026

## Salsa del alma Ferien Workshop Woche I

**Woche vom 6.7.2026-12.07.2026**

|             |                                                     |                                                                     |                                                                   |                                |                                                                                           |
|-------------|-----------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------|-------------------------------------------------------------------------------------------|
|             |                                                     |                                                                     |                                                                   |                                |                                                                                           |
|             | Basic<br>Lady Styling (Solo)<br>Body Control (Solo) | Salsa Cubana (Levelstufe)<br>Salsa New York (Levelstufe)<br>Bachata | Salsa Club (Advanced)<br>Footwork (Solo)<br>Body Isolation (Solo) |                                | Salsa Social Freies Tanzen                                                                |
|             | <b>06.07.2026</b>                                   | <b>07.07.2026</b>                                                   | <b>08.07.2026</b>                                                 | <b>09.07.2026</b>              | <b>10.07.2026</b>                                                                         |
| <b>Zeit</b> | <b>Montag</b>                                       | <b>Dienstag</b>                                                     | <b>Mittwoch</b>                                                   | <b>Donnerstag</b>              | <b>Sonntag</b>                                                                            |
|             | Saal 1                                              | Saal 1                                                              | Saal 1                                                            | Saal 1                         | Saal 1                                                                                    |
| 15:45       |                                                     |                                                                     |                                                                   |                                | 15.30 Uhr<br>Zouk/Bachata Basic Workshop<br>Backleading for Zouk and Bachata<br>Dominique |
| 16:30       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 16:45       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 17:00       | 17.00 Uhr<br>Body Isolation<br>Workshop             | 17.00 Uhr<br>Salsa On1                                              |                                                                   | 17.00 Uhr<br>Bachata           | 17.00 Uhr<br>Bachata<br>Workshop                                                          |
| 17:15       | Bellydance fusion meets Afro                        | Lady-Styling-Basic                                                  |                                                                   | Lady-Styling-Basic             | How to lead Dips & Cambré                                                                 |
| 17:30       | Gaby                                                | Spinnig Technik                                                     |                                                                   | Bachata-Intro Interpretation   | Open Level                                                                                |
| 17:45       |                                                     | Petra & Meggi                                                       |                                                                   | Maria                          | André                                                                                     |
| 18:00       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 18:15       | 18.00 Uhr<br>Body Control                           | 18.00 Uhr<br>Basic                                                  | 18.00 Uhr<br>Salsa On1                                            | 18.00 Uhr<br>Basic             | 18.00 Uhr<br>Bachata<br>Workshop                                                          |
| 18:30       | Cuban Motion                                        | Salsa Bachata Jose & Meggi                                          | Lady-Styling                                                      | Salsa Bachata                  | Figuren Modul                                                                             |
| 18:45       | Jose                                                |                                                                     | Fusion with Jazz                                                  | José & Nici                    | José                                                                                      |
| 19:00       |                                                     |                                                                     | Nici                                                              |                                |                                                                                           |
| 19:15       |                                                     |                                                                     |                                                                   |                                | 18.30 Uhr<br>Basic<br>Salsa Bachata<br>Meggi                                              |
| 19:30       | 19.30 Uhr<br>Bachata<br>Workshop                    | 19.30 Uhr<br>Salsa Workshop                                         | 19.30 Uhr<br>Bachata Dominican<br>Workshop                        | 19.30 Uhr<br>Cuban<br>Workshop |                                                                                           |
| 19:45       | Intro                                               | Transition On1 to On2 - Part I                                      | Partnerwork                                                       | Rueda First Steps              | 19.30 Uhr<br>Basic<br>Salsa Bachata                                                       |
| 20:00       | Intermediate                                        | Jose & Meggi                                                        | Jose & Nici                                                       | Part I                         | André & Anna                                                                              |
| 20:15       | Tomasz                                              |                                                                     |                                                                   | (ab Lv3)                       |                                                                                           |
| 20:30       |                                                     |                                                                     |                                                                   | José & Maria                   |                                                                                           |
| 20:45       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 21:00       | 21.00 Uhr<br>Bachata<br>Workshop                    | 21.00 Uhr<br>Salsa Workshop                                         | 21.00 Uhr<br>Salsa Workshop                                       | 21.00 Uhr<br>Cuban<br>Workshop | 21.00 Uhr<br>Body Control                                                                 |
| 21:15       | Figuren/Gewichts-verlagerung                        | over Head Figuren and Cuts                                          | Spinning Part I                                                   | Salsa Rueda                    | Afro Cuban Body-                                                                          |
| 21:30       | Advanced                                            | Intermediate                                                        | Advanced                                                          | Advanced                       | movement                                                                                  |
| 21:45       | Tomasz                                              | Jose & Petra                                                        | Jose & Nici                                                       | José & Maria                   | André                                                                                     |
| 22:00       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 22:15       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 22:30       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 22:45       |                                                     |                                                                     |                                                                   |                                |                                                                                           |
| 23:00       |                                                     |                                                                     |                                                                   |                                |                                                                                           |

Änderungen vorbehalten!

# Salsa del alma Ferien Workshop Woche II

Woche vom 13.7.2026 bis 19.7.2026

Basic  
Lady Styling (Solo)  
Body Control (Solo)

Salsa Cubana (Levelstufe)  
Salsa New York (Levelstufe)  
Bachata

Salsa Club (Advanced)  
Footwork (Solo)  
Body Isolations (Solo)

Salsa Social Freies Tanzen

|       | 13.07.2026                                                                  | 14.07.2026                                                                                     | 15.07.2026                                                                 | 16.07.2026                                                                                 | 17.07.2026                                                                                                              | 19.07.2026                                                                                              |
|-------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Zeit  | Montag                                                                      | Dienstag                                                                                       | Mittwoch                                                                   | Donnerstag                                                                                 | Freitag                                                                                                                 | Sonntag                                                                                                 |
|       | Saal 1                                                                      | Saal 1                                                                                         | Saal 1                                                                     | Saal 1                                                                                     | Saal 1                                                                                                                  | Saal 1                                                                                                  |
| 15:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         | 15.30 Uhr<br>Basic Zouk Workshop<br>Musikalität und Spiel mit Energie<br>Dominique                      |
| 16:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 16:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 17:00 | 17.00 Uhr<br>Body Isolation<br>Workshop<br>Hip isolations & whining<br>Gaby | 17.00 Uhr<br>Salsa On1<br>Lady-Styling-Basic<br>ChaCha On2<br>Petra & Meggi                    |                                                                            | 17.00 Uhr<br>Bachata<br>Lady-Styling-Basic<br>Rhythm-Variations<br>Maria                   | 17.00 Uhr<br>Bachata<br>Lady-Styling<br>Playing with Heights Körperebenen<br>bewusst wahrnehmen<br>Intermediate<br>Anni | 17.00 Uhr<br>Salsa Workshop<br>Flow Spezial on1 Spins & Turns im<br>Partnering<br>Intermediate<br>André |
| 17:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 17:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 17:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 18:00 | 18.00 Uhr<br>Body Control<br>ChaCha On2<br>Jose                             | 18.00 Uhr<br>Basic<br>Salsa Bachata Jose & Meggi                                               | 18.00 Uhr<br>Salsa On1<br>Lady-Styling<br>Fusion with Contemporary<br>Nici | 18.00 Uhr<br>Basic<br>Salsa Bachata<br>José & Nici                                         | 18.00 Uhr<br>Bachata<br>Workshop<br>Headrolls Leading Following<br>Anni & Ilias                                         | 18.30 Uhr<br>Basic<br>Salsa Bachata<br>Meggi                                                            |
| 18:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 18:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 18:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 19:00 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 19:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 19:30 | 19.30 Uhr<br>Bachata<br>Workshop<br>Musicality<br>Intermediate<br>Tomasz    | 19.30 Uhr<br>Salsa Workshop<br>Transition On1 to On2 - Part II<br>Intermediate<br>Jose & Meggi | 19.30 Uhr<br>Bachata<br>Workshop<br>Esencia Inspiration<br>Anni & Ilias    | 19.30 Uhr<br>Cuban<br>Workshop<br>Rueda First Steps<br>Part II<br>(ab Lv3)<br>José & Maria | 19.30 Uhr<br>Basic<br>Salsa Bachata<br>André & Anna                                                                     |                                                                                                         |
| 19:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 20:00 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 20:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 20:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 20:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 21:00 | 21.00 Uhr<br>Bachata<br>Workshop<br>Connection<br>Advanced<br>Tomasz        | 21.00 Uhr<br>Salsa Workshop<br>Brakes Im Partnerwork<br>Intermediate<br>Jose & Petra           | 21.00 Uhr<br>Salsa Workshop<br>Spinnig Part II<br>Advanced<br>Jose & Nici  | 21.00 Uhr<br>Cuban<br>Workshop<br>Salsa Rueda<br>Advanced<br>José & Maria                  | 21.00 Uhr<br>Footwork Spezial<br>Cuban Cha Cha<br>Open Level<br>André                                                   | 20.00 Uhr<br>Schnupperstunde<br>André/Meggi                                                             |
| 21:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 21:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 21:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 22:00 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 22:15 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 22:30 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 22:45 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |
| 23:00 |                                                                             |                                                                                                |                                                                            |                                                                                            |                                                                                                                         |                                                                                                         |

Anderungen vorbehalten!