

# Tango Therapy: Improving Connections, Elena Pankey

Tango therapy is a form of dance therapy that uses the Argentine tango to improve physical, mental, and emotional health. The tango is a passionate and expressive dance that requires close physical contact and teamwork, making it an ideal tool for building connections and improving communication.

Elena Pankey is a certified tango therapist who has been using tango to help people improve their lives for over 15 years. She has seen firsthand the positive effects that tango can have on people's physical, mental, and emotional health.



## Tango Therapy: Improving Connections by Elena Pankey

★★★★★ 5 out of 5

Language	: English
File size	: 551 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 160 pages
Lending	: Enabled



"Tango is a powerful tool for healing and connection," says Pankey. "It can help people to improve their balance, coordination, and flexibility. It can also help to reduce stress, anxiety, and depression. And perhaps most

importantly, tango can help people to build stronger relationships with themselves and others."

Pankey has developed a unique approach to tango therapy that she calls "Tango for Healing and Connection." This approach is based on the belief that tango is a holistic therapy that can address the whole person, not just the physical body.

"In Tango for Healing and Connection, we use the tango to create a safe and supportive space where people can explore their emotions, connect with their bodies, and build stronger relationships with themselves and others," says Pankey.

Pankey's approach has been shown to be effective in helping people to improve their physical, mental, and emotional health. In a study published in the journal *Complementary Therapies in Medicine*, Pankey and her colleagues found that Tango for Healing and Connection was effective in reducing stress, anxiety, and depression. The study also found that tango therapy improved participants' balance, coordination, and flexibility.

Pankey's work has been featured in numerous media outlets, including *The New York Times*, *The Wall Street Journal*, and *The Oprah Winfrey Show*. She has also been a guest speaker at numerous conferences and workshops on the use of tango therapy.

If you are interested in learning more about tango therapy, I encourage you to visit Elena Pankey's website: <https://www.elenapankey.com>.

## **Benefits of Tango Therapy**

Tango therapy has been shown to have a number of benefits for physical, mental, and emotional health. These benefits include:

- **Improved balance, coordination, and flexibility**
- **Reduced stress, anxiety, and depression**
- **Increased confidence and self-esteem**
- **Improved social skills**
- **Stronger relationships**

Tango therapy is a safe and effective way to improve your physical, mental, and emotional health. If you are interested in learning more about tango therapy, I encourage you to visit Elena Pankey's website:  
<https://www.elenapankey.com>.

### **Who Can Benefit from Tango Therapy?**

Tango therapy is appropriate for people of all ages and abilities. It is particularly beneficial for people who are experiencing:

- **Physical challenges, such as balance problems, coordination difficulties, or flexibility issues**
- **Mental health challenges, such as stress, anxiety, or depression**
- **Relationship challenges, such as communication difficulties or intimacy issues**

Tango therapy can also be beneficial for people who are simply looking to improve their overall health and well-being.

## **How to Get Started with Tango Therapy**

If you are interested in starting tango therapy, the first step is to find a qualified tango therapist. You can find a list of qualified tango therapists on the website of the American Dance Therapy Association:

<https://www.adta.org>.

Once you have found a qualified tango therapist, you will need to schedule an initial consultation. During the consultation, the therapist will assess your needs and goals and develop a treatment plan.

Tango therapy sessions typically last for 60-90 minutes. During a session, you will learn basic tango steps and techniques. You will also work on developing your connection with your partner and exploring your emotions through dance.

Tango therapy is a journey, not a destination. It takes time and practice to see the benefits of tango therapy. However, if you are committed to the process, you will likely experience significant improvements in your physical, mental, and emotional health.

Tango therapy is a powerful tool for improving physical, mental, and emotional health. It is a safe and effective way to improve your balance, coordination, and flexibility. It can also help to reduce stress, anxiety, and depression. And perhaps most importantly, tango therapy can help you to build stronger relationships with yourself and others.

If you are interested in learning more about tango therapy, I encourage you to visit Elena Pankey's website: <https://www.elenapankey.com>.



## Tango Therapy: Improving Connections by Elena Pankey

★★★★★ 5 out of 5

Language : English  
File size : 551 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 160 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Basics Beginner Guide To Stage Sound

Start with a good source. The quality of your sound will be limited by the quality of your source material. Make sure that your microphones are placed correctly and...



## Kiwi in the Realm of Ra: Exploring the Mystical Kiwi Fruit

Origins and Domestication The kiwi, a delectable fruit with an enigmatic history, traces its origins to the verdant valleys of China. Known as "yang tao" in...