



SUDOR TAINO 2010 PAST EVENTS SCHEDULE

November, 2010 Latin Heat held at the Backstage Academy of Dance in Newington - A workshop that utilizes Hot Latin rhythms and different Caribbean dances to produce a passionate workout which is sure to make you sweat!

November 2010, Sabor Taino II at Smith School in New Britain – a one hour session designed to accent the characteristics of leaders and motivation in children through the artistic flow of tribal dance and flow of movement.

ECA Miami 2010 - Attendance at a refreshing fitness conference that offered master classes and workshops in different areas of fitness.

November, 2010 Synergy II held at the Backstage Academy of Dance in Newington– a workshop that infused group synergy by having co-workers to share their energy, motivate and depend through group exercise, workplace chatter, and team building exercises. Ideas on motivation, stress relief and appropriate exercises for each level were shared. Session ended with a deep meditation.

November, 2010 Taino Groove & Chill held at Briary Hair Studio in Berlin - an introductory session that showed flavor in Latin, tribal and hip hop dance and ended with a soothing stretch and calming meditation.

November, 2010 Fitness 4 Teachers II held at Smith School in New Britain - an introductory session to the series of Fitness 4 Teachers sessions aimed to motivate teachers to get their yummy back. These sessions use all forms of exercises and dance to challenge each one of them as individuals while elevating the group as a whole.

October, 2010 Sabor Taino held at Whiting Lane School in West Hartford - A series of workshops for West Hartford School students aimed to capture the authentication of the Taino

Indians. The session will then parallel the authentic qualities of each student, allowing each student to value their special features, qualities, attributes, families and experiences. The short lecture and reading will culminate with a traditional “areito” celebration of tribal dance. This is specifically designed to inspire children to move without thinking about their differences. In a separate session, the children’s parents will learn of their child’s experience and participate in a tribal dance session that incorporates the Tainos value of family.

October thru November, 2010 Fitness 4 Teachers at Martin Kellogg School in Newington -

A series of workshops designed as personal training sessions to motivate teachers to get their yummy back. These sessions use all forms of exercises and dance to challenge each one of them as individuals while elevating the group as a whole.

September, 2010 Tribal Vibe held at BAD in Newington- a class that utilizes the raw energy of participants to the tribal beats to help unleash passion!

September, 2010 Hip Hop Fitness held at BAD in Newington -a non- choreographed class aimed to release energy while grooving to hip hop beats

September, 2010 Ka-Pow Pre-Fall Boot Camp at the B.A.D in Newington - Karla’s Powerful and innovative boot camp which was formatted as follows: Week 1 - Cardio Blasts/Abs & Core & Upper Body, Week 2 - Cardio Blasts/Lower Body, Week 3 - Cardio Blasts/Full Body

August 31, 2010 Synergy in the Workplace at Newington Track in Newington – a workshop that challenges co-workers to share their energy, motivate and depend on each other in order to create an awesome group synergy.

August , 2010 Dance & Sculpt Series at the Hall in Newington - These sessions offered a dynamic which incorporated different forms of dance known to sculpt your entire body with repetitive moves that did not require any jazzy choreography. A sculpting/cardio class aimed to release your own flow of movement to hip hop, R&B, country, rock, merengue, salsa, reggaeton, top 40, 80’s, etc.

July 2010 Summer Boot camp 1 at Newington High School Track, Newington - This boot camp offered the feel of one-on-one total body training with the added benefit of group synergy. These group training sessions were each an intense total body workout that will challenge your mind, body and soul. Each session was outdoors and offered different exercise sequences with the use of the track, stairs, body resistance, partners, body bars, bands, cones, rope, etc.

July 2010, TASTE OF SUDOR TAINO at the Newington High School Track, Newington. A taste of Sudor Taino's passion for fitness utilizing Dance, boot camp drills, cardio, kick boxing, resistance, team play, sweating through it all. Sudor Taino gave oarticipants a melting pot of passion, power, energy, and hard core exercises.

June 2010 Summer Boot camp 1 at Newington High School Track in Newington - This boot camp offered the feel of one-on-one total body training with the added benefit of group synergy. Each of these group training sessions were an intense total body workout that will challenge your mind, body and soul. Each session was outdoors and offered different exercise sequences with the use of the track, stairs, body resistance, partners, body bars, bands, cones, rope, etc. It's passion training!

May, 2010, Chair Fusion VI at The Hall in New Britain. - A workshop that is all about giving participants a steamy way to turn up their home workouts by utilizing a chair. The session uses basic dance moves in a saucy and sexy way to maneuver around the chair. All levels are welcome as the chair will be incorporated into a hot, full body workout guaranteed to make you sweat. This feel good workout is challenging and oozes yumminess!

April, 2010, Bar & Ball Attack Workshop at Core Studio in Plainville - This workshop incorporated the body bar to elevate hard core moves and the cardio workout. The exercise stability ball was then used during an intense dance workout that attacked the core. The bar and ball were then used to increase the intensity of the core workout. This full energy workout was then complimented by a soft, rejuvenating meditation.

March, 2010, Spring Bootcamp at the Newington Arena in Newington. Spring Boot Camp offered 4-Monday sessions of one-on-one total body training with the added benefit of a small group synergy. Each of these group training sessions were an intense total body workout that which challenged and each participant with innovative exercises. The sessions were for serious recruits only!

February 2010, Sudor Taino's 2nd Anniversary "Loving Your Layers" Conference at Core Studio in Plainville - Love your inner warrior, love your inner dancer & love your inner flow. This three part conference consisted of a basic kickboxing class that incorporates a weighted body bar, a basic dance class with many musical flavors which incorporated the use of a large exercise ball which ended with Sexi Yogi and Meditation.

January 2010, "Ying Yang II" Workshop at The Growing Green Wellness Center in Hartford - This class addressed the two passions that we as individuals possess; the positive and the negative passion. The first part of the workshop will use kickboxing and other forms of martial arts at a pace that will draw out your aggressions. The second part of the workshop will use "Sexi Yogi, a series of yoga inspired moves used to incite and release your inner yummy.