



Dance Here Now

While dancing Tango, one should be mindful of each movement of one's own and partner's, moment by moment, with total concentration. Zen teaches us to do everything with total presence of mind. We need to concentrate on what we are doing now. Forget about the past and leave the future alone. While dancing Tango, we don't have to go anywhere or achieve anything. Simply Dance Here Now, with total concentration on each movement.

Be Here Now. —Baba Ram Das

Tango at its best is about being 100% in the present, completely aware, totally focused on my partner and the music. It's about being relaxed and non-judgmental: not attached to the future (anticipating) or the past (obsessing about the mistake I made 10 steps ago). —Kate Withey