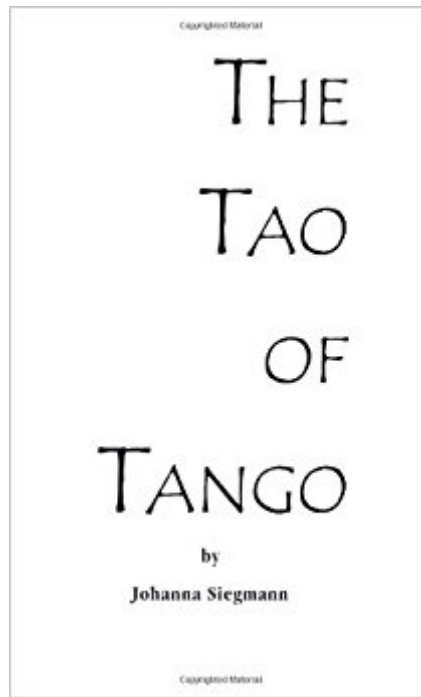


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# The Tao Of Tango



## Synopsis

I'm meeting all the wrong people. Nobody listens to me. My temper is out of control. Men find me "intimidating". Women think I'm a "wuss". I can't seem to finish anything. How can I be a better friend/lover/boss/whatever? My male/female energies are out of balance. What the heck are male and female energies? And what does Tango have to do with any of this? With its thoughtful, light-hearted insights and simple physical exercises this book will help you achieve the coveted "balance" that affects every aspect of your life. Discover how this 100-year-old dance can lead you to a more balanced life. Even if you can't dance.

## Book Information

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## Customer Reviews

The Tao of Tango by Johanna Siegmann is a delightful chronicle of her discovery of the inner world of Argentine Tango - plus an insightful look at the application of Taoist philosophy to both Life and Tango. On the surface, Tango is rooted in the sensuality and seduction that goes on between a man and a woman. But deeper things are going on. As Ms. Seigmann discovered, it is a conversation "in some language of the soul that resided in some part of me I never knew existed." Drawing on key principles of Taoism, Ms. Siegmann shows how all people, whether men or women, are mixtures of characteristics that are either yang (masculine) or yin (feminine), and in order to be successful, in either Life or in Tango, each person must have these energies in balance within themselves. Yet in our post-Feminism world, this is rarely the case, for either gender. Johanna Siegmann discovered, as have many others, that learning to tango is much more than learning a

new dance. In order to dance tango properly, whether we are a man or a woman, we must be in touch with both our halves, both the confident masculine part, and the sensitive feminine part. Per Ms. Siegmann, "True happiness lies in the mutual embrace of both our [masculine and feminine] energies." Only when we can draw on both these qualities will our tango have the deep character for which it is so justly revered. In a real sense, it is a journey of self-discovery and healing. We find that, whether interacting on the dancefloor or in a Life relationship, having our energies in balance promises nothing less than a resolution of the age-old "battle of the sexes."

This book is not so much about steps or sequences, so don't expect to learn cool moves from it. It's more about what lays beyond the movement. A balance between two energies: feminine and masculine that is what creates that strong unforgettable connection between people in dance or in life. I recommend this book to anyone, either you are dancing tango or not; it's short and very easy to read. And if you don't find a nice dance technique suggestion in it, you might find something that would be applicable in your every day life in a relation with your significant one or friends, or colleagues at work.

Ms. Siegmann deftly sheds light on this unique dance form from a spiritual/ metaphysical point of view. In particular, her distinction between male/female energy and behavior is a powerful concept that helps us provide a framework to better understand gender issues in our still somewhat patriarchal culture. She shows that tango can be treated as a metaphor for many areas in life, including a deeper understanding of our own natures.

The Tao of Tango is successful because it probes the right questions. As the result of "feminism", we can enjoy a fairer balance of power with men, but what femininity is still remains a complete mystery to us. The book dares to praise passivity, surrendering and following, and reminds us that those words can still carry derogative connotations. At the same time it tells us about male and female energies present in each one of us and with that, it frees us of limiting patterns of behavior. Dancing Tango is a beautiful way to play, rehearse and observe how we are as women and men. The Tao of Tango refers to it in a provocative, measured and grounded way. Valeria Solomonoff Tango performer, teacher and choreographer Co-founder of TangoMujer[...]

"I went home consumed with the desire to relive those emotions, to live perpetually in that empowered state, and to find out why this 100-year old dance had this effect on me. And from that

point forward I became a certifiable Tangomaniac". (The Tao of Tango, Pg. 3)I found myself nodding in affirmation when I read this passage in Ms.Sigmann's book. I recognized her at once as a fellow traveler. Even though I'm a man and a leader, our early experiences with the dance followed parallel paths. During my first lesson, I didn't just discover the Tango, rather it swallowed me whole. I've been its willing and enthusiastic captive ever since. Once Ms. Siegmann reeled me in, I didn't just read her little book, I devoured it. Seriously--the "Tao" is a compelling page-turner.I found her tome full of paradoxes, not unlike the Tango itself. Her style is bold, yet nuanced. She shares her most intimate thoughts by shouting them from a megaphone. Her philosophy about the dance and about male and female energies is simple, yet profound. Her story includes difficult, unpleasant personal failures as well as gloriously uplifting victories.If you are a Tango enthusiast I highly recommend this amazing little book. Whether you are a follower or a leader, you will find something useful in it. As a male leader, I value the insights she shared on the struggles, fears, and difficulties she experienced as a woman and a follower. I think it will make me a more patient & considerate leader. I also enjoyed her thoughts on the interplay between male and female energies and on Tango as an analogy for life.Ms. Siegmann has bravely and boldly shared her very private revelations with us in a straightforward, uncompromising manner. If you love the Tango, you will love Ms. Siegmann's story. If you are not a Tango dancer, you should be. Read this book and I guarantee you'll want to get out and try it.

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