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## LEARN SALSA DANCE FUNDAMENTALS IN JUST 11 MINUTES A DAY! Easy-to-Learn Patterns to Bust Out in a Class or Club

Renowned Bay Area salsa instructor Vera Quijano brings her expertise home with her new instructional DVD, *Learn to Dance Salsa in 11 Minutes a Day*, perfect for anybody who wants to experience the joy and passion of salsa! One of the first instructional videos to focus solely on the basics of the dance form, this DVD's easy-to-follow format allows beginners of all ages to learn moves that make up the foundation of salsa dancing while in the comfort of their own homes. No intimidation here—just straightforward how-to designed to get you grooving in no time.

Onscreen, Vera breaks the instruction down into five segments per pattern, or set of moves, making it easy to rewind and review each move with the click of a button. The leader's steps, the follower's steps, and then the leader's and follower's steps together, are followed by the entire pattern in closed position and finally, the pattern set to music. Vera's engaging style shines through each frame, and the set-up allows viewers to practice one of the DVD's five featured patterns in just 11 minutes, or to practice all five patterns in about an hour.

Once viewers feel comfortable with each pattern, they may confidently progress to a beginning salsa dance class; Vera conducts day and evening sessions for beginners at Cañada College in Redwood City and at the College of San Mateo, in addition to a new "Sexy Salsa for Couples" session at Sedusa Studios in Campbell! She also offers intermediate and advanced classes at Cañada and CSM, in addition to a new styling class at Poletential in Redwood City, just for ladies who've got the basics and want to add flair to their dancing.

Above all, Vera's encouraging, fun approach to salsa both inspires and motivates, as former student M.J. McLaughlin attests. "What I love most about Vera's class is that she teaches you to fly," she says. "Your way is the right way because it's coming from your heart and it is uniquely your own creation ... It does take time to learn the basics and practice, practice, practice, but in that process something magical happens: Salsa unlocks your heart, your soul, and your sensuality. It opens the door to a whole new, exciting way to look at life."

Vera is certified by test to teach dance by Dance Masters of America, and since 1984 has laid the foundation for thousands of dance students—many of whom have gone on to rank among the Bay Area's top salseros.

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For more information on Vera Quijano's new instructional DVD or 2007 salsa class schedule, visit [www.revolutionize.us](http://www.revolutionize.us), or contact her at [vera@revolutionize.us](mailto:vera@revolutionize.us) or 650/867-9300.