



I'm Tiago Santana, a graduate in Sports Sciences, and a student and teacher of movement. Inspired by references such as Ido Portal, Fighting Monkey, Marcelo Palozzo, and Nil Teisner, among many others, I've been developing a practice that aims, above all, to reconnect people with themselves through the body.

My work is about creating rich and diverse contexts where movement becomes a tool for exploration. Through games, tasks, and varied stimuli, I invite the body to adapt, create, and discover new possibilities—moving away from fixed patterns and closer to a more alive, responsive experience.

I seek to offer a space that is curious, open, and dynamic, where each person can deepen their perception, presence, and autonomy. A space where movement is not just technique, but a way to understand, express, and evolve.

