

AFRO-CUBAN
DANCE LAB

09-13 OCTOBER
2025



Ase-ife

ROOTED IN HERITAGE - RAISED IN RHYTHM

SERGIO
LARRINAGA



DAMARYS
FARRES

Ase-ile

ROOTED IN HERITAGE - RAISED IN RHYTHM

AFRO-CUBAN DANCE LAB

TRAINING SCHEDULE

09-13 OCTOBER 2025





GENERAL INFO

TRAINING LOCATION

THURSDAY

Islington Studios, Unit 3.4, 3rd floor
161 Marlborough Road, London, N19 4NF

[Open in Maps](#) ←

FRIDAY- TUESDAY

Tradestars, Unit 2.25, 2nd floor, London, UK
4-10 North Road, London N7 9EY

[Open in Maps](#) ←

KIND REMINDERS

- Please be on time - classes follow a set structure
- Wear proper training clothes comfortable loose clothing, no trainers with strong grips. DCuban School or Àse-ilé merchandise is encouraged.
Avoid clothing with big logos, big brands or other festival t-shirts
- Failure to comply with the dress code may result in being denied entry to the event
- Bring a long wide skirt suitable for Afro Cuban and Rumba (both ladies and men)
- if you don't have one tell us, we have skirts available for sale or to hire
- Bring your own lunch/snacks for Saturday/Sunday if you want to join the seminar
- Bring props if you have (iruke, garabato, machete, axe - wooden materials only)
- If you have any existing medical conditions, injuries, or concerns, please consult your doctor before joining. Please inform instructors of any relevant health conditions before sessions begin, so adjustments can be made for your safety.

(LATE) BOOKING?

[Join the Rhythm, Live the Story](#) ←



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SCHEDULE

THURSDAY
09/10/25



ELEGUA

19.30 – 21.30

BATA & GUIRO



USE OF ATRIBUTO: GARABATO

REMEMBER
ONLY FOR THURSDAY ADDRESS IS →

Islington Studios, Unit 3.4, 3rd floor
161 Marlborough Road, London, N19 4NF

SERGIO
LARRINAGA



DAMARYS
FARRES

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DANCE LAB

09-13 OCTOBER
2025

Ase-ife

SCHEDULE

FRIDAY
10/10/25



OGGUN

19.30 - 21.30

REZO & ÑONGO



USE OF ATRIBUTO: MACHETE

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AFRO-CUBAN
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09-13 OCTOBER
2025

Ase-ife

SCHEDULE

SATURDAY
11/10/25

11.30 – 13.30

OCHOSI & OYA

13.30 – 14.30

LUNCH WITH SEMINAR

14.30 – 16.30

YEMAYA & SHANGO

SERGIO
LARRINAGA



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AFRO-CUBAN
DANCE LAB

09-13 OCTOBER
2025

Ase-ife



SCHEDULE

SUNDAY
12/10/25

11.30 – 13.30

BANTU WAR DANCES

13.30 – 14.30

LUNCH WITH SEMINAR

14.30 – 16.30

BANTU CELEBRATION DANCES
& GUAGUANCO

SERGIO
LARRINAGA



DAMARYS
FARRES

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AFRO-CUBAN
DANCE LAB

09-13 OCTOBER
2025

Ase-ife



SCHEDULE

MONDAY
13/10/25

OSHUN

19.30 – 21.30

IYESA

RUMBA: YAMBU/GUAGUANCO

SERGIO
LARRINAGA



DAMARYS
FARRES

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AFRO-CUBAN
DANCE LAB

14 OCTOBER 2025

Ase-ile

SCHEDULE

TUESDAY
14/10/25

SPECIAL OFFER

ABAKUA

19.30 – 21.30

COLUMBIA

**MEN only*

Note:

Only Columbia is open to ladies who would like to attend

SERGIO
LARRINAGA



DAMARYS
FARRES

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9/15



WHAT IS ÀSE-ILÉ?

"HOUSE OF POWER"

“Àse-ilé” (with the accent mark) meaning “House of Power” or “House of Life Force” refers to a vibrant training and cultural experience centred on Afro-Cuban and Afro-Caribbean dance, music, and traditions.

There is also a Nigerian Yoruba proverb “Àse-ilé” which means “you will reap what you sow” where future consequences are inevitably shaped by present actions.

It is a deep exploration of the spiritual, musical, and dance traditions of these cultures, which are products of the African diaspora.

The name “Àse-ilé” translates to “House of Power” or “House of Life Force,” highlighting the energetic and spiritual essence of the tradition. Preservation: It is a living tribute and a curated effort by artists like Damaris Farres to preserve and share these traditions in an authentic way. Community and Ritual: Ase-ilé fosters a community spirit, emphasizing movement as memory and rhythm as ritual.

The Ase-ilé project was created by Damaris Farres of the Cuban School of Arts to preserve and promote these cultural legacies through immersive workshops. This Afro-Caribbean dance lab offers a comprehensive journey that combines movement, history, and cultural storytelling.



[TAP FOR RHYTHM](#)

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**“EL QUE NO TIENE DE
CONGO TIENE DE
CARABALÍ”**

MEANING: EVERYONE IN CUBA (AND THE WIDER CARIBBEAN) HAS AFRICAN ANCESTRY.

- CONGO & CARABALÍ: REFER TO TWO AFRICAN ETHNIC GROUPS ENSLAVED AND BROUGHT TO THE AMERICAS

SIGNIFICANCE:

- HIGHLIGHTS CUBA'S SHARED AFRICAN ROOTS
- CELEBRATES THE LEGACY OF DIVERSE AFRICAN HERITAGE
- REMINDS US THAT ANCESTRY MAY DIFFER, BUT ALL CUBANS CARRY AFRICAN LINEAGE
- REINFORCES CULTURAL INTERCONNECTEDNESS AND UNITY AMONG CUBAN PEOPLE



WHO ARE YOUR TEACHERS?

SERGIO LARRINAGA

Sergio Antonio Larrinaga is a renowned Cuban dancer, choreographer, and teacher, with over three decades of experience in Afro-Cuban and folkloric dance.

He has worked with some of Cuba's most important cultural institutions, including:

Conjunto Folklórico Nacional de Cuba (soloist & choreographer)

University of Havana Folkloric Ensemble (artistic director)

Teatro Variedades América, Havana (teacher & choreographer)

Yoruba Andabo (artistic director)

Italian Federation of Professional Dance (instructor)

International competition judge

This October marks his first time in London with DCuban School of Arts. A long-time colleague and cultural ally, Sergio joins Aseile 2025 as one of our lead teachers, bringing unmatched knowledge and energy to this year's training.





WHO ARE YOUR TEACHERS?

DAMARYS FARRES

Damaris Farres is the powerhouse behind the Cuban School of Arts, internationally recognised for blending deep cultural research with dynamic dance training. A graduate of Cuba's National Ballet School, Damaris brings a rich foundation in Afro-Cuban, folkloric, and popular Cuban dance—from Yoruba and Rumba to Son Cubano and Reggaeton—into her work as an artist, educator, and curator.

She is the first Cuban-born woman to create and run Cuban cultural festivals in the UK without sponsorship, including:

- CUBAinBrighton (UK's first independent Cuban cultural festival)
- El Son Cubano Festival (the UK's first festival dedicated solely to Son)
- Puro Sabor Cubano
- Master Workshops

Founder of Àse-ilé Lab, a unique training space exploring Afro-Cuban dance traditions and orisha knowledge for all, through both embodied practice and cultural context.

CHOREOGRAPHY & TEACHING HIGHLIGHTS:

- Co-choreographer, Ayanfe: A Yoruba Opera Guest teacher
- Acosta Foundation
- Collaborations with BBC
- Grupo Ocha
- Conjunto Folklórico Nacional de Cuba

Creator of UK's first structured Cuban dance rhythm courses Damaris's work goes beyond movement—it is rooted in cultural depth, community empowerment, and the celebration of Cuba's living traditions.

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DISCLAIMER

PARTICIPANT GUIDELINES

- No smoking, vaping, or drugs on site
- No alcohol during daytime or workshop hours.
- Please maintain good hygiene and punctuality.
- Please be flexible with last-minute schedule changes.
- If we suggest a level change, it's to support your learning – please trust the Maestro!

MATINÉES AND NIGHT PARTIES

- If you would like to go to a social please get in touch we will suggest some local collaborators. If you do go please make sure you save your energy for the workshops.

PROMOTION & SOCIAL MEDIA ENGAGEMENT

- Please promote and tag us using the hashtag: #aseile25
- Please follow us on Instagram and Facebook, and use the Àse-ilé logo in your posts

All artist details and workshop schedules are accurate at the time of publication, but may change if circumstances beyond our control arise.

We reserve the right to make changes if needed.

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ANY QUESTIONS?

Feel free to write
them in the
[Whatsapp group](#) ←