

Courses - 30 Days

- Introduction to Seven Indian Classical Dance Style
- Introduction to Bharatanatyam Style
- History Roots and Revival of Bharatanatyam Style
- Technique of Bharatanatyam Style
- Nritta – Adavu or the Basic Steps of Bharatanatyam Style
- Nritya – Abhinaya(Dance with Expression)
- Intro to Eight Rasa-s
- Hand Gestures – Single Hand Gestures and Combined Hand Gestures
- Uses of Hand Gestures in Bharatanatyam Style (Single Hand)
- Head Movements
- Neck Movements
- Eye Movements
- Nritta Item - Alarippu