

Courses – 3 Months

- Introduction to Indian Classical Dance –
- 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)
- Rasa-s Shringara Rasa (love) , Hasya Rasa (Laughter), Karuna Rasa (Compassion), Raudra Rasa (Anger), Adbhuta Rasa (Astonishment), Bhayanaka Rasa (fear) ,Bibhatsya Rasa (Disgust)
- Nritta Item – Alarippu, Jatiswaram
- Leg Movements
- Hand Gestures and their Uses – Single Hand Gesture and Combined Hand Gesture
- Intro to Seven Tala-s