



LIVE DISTANCE BROADCASTING LIVE DISTANCE TRAINING

From: **MENAKA THAKKAR DANCE COMPANY** and **NRTYAKALA – ACADEMY OF INDIAN DANCE**

SAMPLE COURSE DESCRIPTION:

Subject	<p>Introduction to Indian Dance - Bharatanatyam via Online Training</p> <p><i>Brief Description - Bharatanatyam is one of the 8 classical dance styles of India. Its origin is very ancient. But its modern version was revived in the 1930s from what was practiced and performed in the temples and royal courts of the state of Tamilnadu in South India since the 18th century. Bharatanatyam is commonly known for its beautiful lines, fast rhythmic footwork, hand gestures, eye movements and facial expressions. There are 2 aspects to Bharatanatyam, the Nritta which is the pure dance movement and visual depiction of rhythms, and the second aspect the Nritya (Abhinaya) which is the dramatic art of story telling and poetry interpretation using body movements, eye movements, facial expressions and hand gestures. Today Bharatanatyam is one of the most popular dance styles of India and is performed worldwide by both Men and Women.</i></p>
Participants	<p>Classes can be adapted to suit a beginner/intermediate/advanced level to suit training goals.</p>
Scheduling	<p>-recommended 8-10 lessons (5 days x 2 wks, 1 day x 10 wks, etc) -1.5 hr sessions</p>
Expectations / Goals	<p>-Use dance as a language to explore and communicate ideas derived from a variety of sources -Describe how forms and styles of dance reflect people's different social and political roles in various communities, times, and places</p>
Space / Tech / Materials	<p>-Dance space sufficient for number of participants (20x20' ft minimum suggested for 5-6 participants, elementary school gymnasium for 15+ participants) -Projector and Projection Screen/Wall <u>OR</u> Large Television -High Speed Internet Connection (preferred) + SKYPE capabilities</p>

<p>Overview</p>	<p><u>INTRODUCTION (5 minutes)</u></p> <ul style="list-style-type: none"> - introductions/greetings & historical references <p><u>WARM-UP & SEATED FLOOR WORK (15 minutes)</u></p> <ul style="list-style-type: none"> - moderate cardiovascular activities to increase blood flow - seated hand/eye coordination gestural movements (mudras) - introduction to emotive movements and rhythms (shollakattus) <p><u>CENTRE TECHNIQUE (25 minutes)</u></p> <ul style="list-style-type: none"> - body centering with emphasis on posture - investigation of footwork - focused movement isolations <p><u>COMBINATION (25 minutes)</u></p> <ul style="list-style-type: none"> - integrated hand/eye/footwork combinations - movement across the floor <p><u>CHOREOGRAPHY (15 minutes)</u></p> <ul style="list-style-type: none"> - introduction to traditional story-telling dance sequences <p><u>MEDITATION & COOL-DOWN (5 minutes)</u></p> <ul style="list-style-type: none"> - calming and re-centering via breathing techniques
<p>Host Planning</p>	<p><i>Before Class:</i></p> <ul style="list-style-type: none"> -reserve training space -reserve/setup all technical requirements -ensure training space is cleaned and cleared -arrange student attendance at pre-arranged set time <p><i>During Class:</i></p> <ul style="list-style-type: none"> -introduce artists -maintain technical equipment -facilitate student questions to online trainers <p><i>After Class:</i></p> <ul style="list-style-type: none"> -provide reflections/report to training providers -engage students in any possible further reflection or dialogue as applicable