



PRAYAAS Beginner Bharatanatyam Course

A BRIEF

This course is for students who want to initiate their training into Bharatanatyam. Like any physical activity, whether sports or dance, the training of the body is very crucial as that forms the foundation of learning the form. The course is a 2-year course in which the student learns, identifies, explores and demonstrates the basic knowledge of Bharatanatyam. This stage mainly focuses on Conditioning and Command of 'The 4C Curriculum'. The Curriculum provides a holistic learning to the child wherein theoretical aspects and allied arts are weaved into the curriculum to awaken the senses and enrich the child's learning right from an early stage.

THE LEARNING JOURNEY

During the period of this programme, you will learn:

- **CONDITIONING**: Body Conditioning Techniques; Routines to ease the body into the form of Bharatanatyam; Building the essentials (Strength, Stamina, Endurance, Flexibility and Agility)
- **COMMAND**: This focuses on command over the grammar and techniques of the art form. Theory, Rhythm and Abhinaya nuances are introduced to build a strong base for students and motivate them to think like artists.
The classes are a guided blend of Live sessions as well as Offline modules.

Depending upon the level of the class, the teacher converts the live session into an offline module class, where students are given a project to work on their own and bring their learning into the next online class. This fosters the third 'C' of our curriculum which is 'Creativity'. This, also instills confidence in students and makes them aware of how to use their learning.

The focus is on both, theoretical as well as the practical aspects of the art, as mentioned below. Students present their learning to an audience, as part of '**KalaRati**' - an annual showcase of their journey in the arts.

THEORY

Bharatanatyam: Then and Now |
Basic Feet Positions |
Hand Gestures |
Basic Adavu Documentation |
Bhedas and Its Application |
Introduction to Taala Structure |
Introduction to Laya Structure |
Introduction to Jaatis |
Documentation System in Dance |

PRACTICAL

Application of Basic Feet Positions |
Ang Bhedas |
Hand Gestures and Its Viniyoga / Application |
Basic Adavu Series |
Taala Structure and Its Applications |
Laya Structure and its Applications |
Korvais |
Shlokam |
Kowtwam |

ABHYAAS

Intermediate Bharatanatyam Course

A BRIEF

This course is for students who have completed the Prayaas training at Kaladhwani (or possess knowledge equivalent to the student at the Prayaas Batch). This is a level up: where students will initiate into the learning of a Margam or a repertoire. The course is a 3-year course in which the student learns, identifies, explores and demonstrates the knowledge of interconnections of three aspects of dance - Music, Rhythm and Poetry. This stage focuses on 'The 4C Curriculum'. The Curriculum provides a holistic learning to the child wherein theoretical aspects and allied arts are weaved into the curriculum to awaken the senses and enrich the child's learning right from an early stage. This level brings to the student an experience of 5 years into the training of Bharatanatyam, and thus the knowledge gained is a combination of Prayaas and Abhyaas.

THE LEARNING JOURNEY

During the period of this programme, you will learn:

- **CONDITIONING**: Body Conditioning Techniques; Routines to ease the body into the Margam; Building the essentials (Strength, Stamina, Endurance, Flexibility and Agility)
- **COMMAND**: This focuses on command over the grammar and techniques of the art form with the Advanced Adavu Series. Theory, Rhythm and Abhinaya nuances are introduced to build a strong base for students and motivate them to think like artists. The classes are a guided blend of Live sessions as well as Offline modules.

Depending upon the level of the class, the teacher converts the live session into an offline module class, where students are given a project to work on their own and bring their learning into the next online class. This fosters the third 'C' of our curriculum which is 'Creativity'. This, also instils confidence in students and make them aware of how to use their learning.

The focus is on both, theoretical as well as the practical aspects of the art, as mentioned below. Students present their learning to an audience, as part of '**KalaRati**' - an annual showcase of their journey in the arts.

<u>THEORY</u>	<u>PRACTICAL</u>
Advanced Adavu Series Hand Gestures Navarasa Adavu Documentation Bhedas and Its Application Taala Structure Laya Structure Jaatis in Adavu Understanding Musicality in Dance Documentation System in Dance	Ang Bhedas Hand Gestures and Its Viniyoga / Application Advanced Adavu Series Taala Structure and Its Applications Laya Structure and its Applications Korvais Shlokam Kowtwam Alarippu Jatiswaram

- **CREATIVITY**: In this stage, the student uses their learning to create a short piece in the form of either a Korvai, a Jati or a Swaram format. The understanding of music and rhythm is very intrinsic to this stage. The student also recites what he/she creates in order to weave both, the *bol or shollakutta* and the footwork. The students are also made aware about the Aharya aspect of Dance mainly Costume, Jewellery and Make-up.
- **CHOREOGRAPHY**: The fourth stage encompasses the different aspects of Indian Classical Dance such as Poetry, Music and Rhythm. The students prepare a

choreography under the guidance of the teacher. Practice sessions with live instruments are held to ease out the process of performance. The performative aspect is also understood by critically analysing performance of stalwarts.

Young and Upcoming talent (both Music and Dance) are given an opportunity to perform in "KalaKriti" – a baithak series organized by KALADHWANI to give a platform to hard working students in the arts. The student will get the opportunity to perform live with musicians to an audience.

ULLAAS Advance Bharatanatyam Course

A BRIEF

This course is for students who have completed the first two levels at Kaladhwani (or possess knowledge equivalent to the same). This batch is for students who would like to dive deep into the cultural ethos and history of the dance. Students are trained for both Solo, and Group presentations. The course is a 3 year course in which the student focuses on understanding and learning the Margam through interconnections of Dance, Music, Rhythm, Mythology and Poetry. This stage focuses on 'The 4C Curriculum'. The Curriculum provides a holistic learning to the child wherein theoretical aspects and allied arts are weaved into the curriculum to awaken the senses and enrich the child's learning right from an early stage. This level brings to the student an experience of 8 years into the training of Bharatanatyam, and thus the knowledge gained is a combination of Prayaas, Abhyaas and Ullaas.

At the end of this level, if the teacher feels that the student is ready for 'Arangetram - debut performance', we take that forward and start preparing for the same.

THE LEARNING JOURNEY

During the period of this programme, you will learn:

- **CONDITIONING:** Body Conditioning Techniques; Routines to ease the body into the Margam; Building the essentials (Strength, Stamina, Endurance, Flexibility and Agility)
- **COMMAND:** This focuses on command over the grammar and techniques of the art form with the Complex Adavu and Jaati Series. Theory, Rhythm and Abhinaya nuances are introduced to build a strong base for students and motivate them to think like artists. The classes are a guided blend of Live sessions as well as Offline modules.

Depending upon the level of the class, the teacher converts the live session into an offline module class, where students are given a project to work on their own and bring their learning into the next online class. This fosters the third 'C' of our curriculum which is 'Creativity'. This, also instils confidence in students and make them aware of how to use their learning.

The focus is on both, theoretical as well as the practical aspects of the art, as mentioned below. Students present their learning to an audience, as part of '*KalaRati*' - an annual showcase of their journey in the arts.

<u>THEORY</u>	<u>PRACTICAL</u>
Advanced Adavu Series Hand Gestures Navarasa Adavu Documentation Bhedas and Its Application Taala Structure Laya Structure Jaatis in Adavu Understanding Musicality in Dance Understanding the Margam	Ang Bhedas Hand Gestures and Its Viniyoga / Application Advanced Adavu Series Taala Structure and Its Applications Laya Structure and its Applications Korvais Shlokam Kowtwam Alarippu Jatiswaram Padam Varnam Tillana Solo and Group Presentations

- **CREATIVITY:** In this stage, the student uses their learning to create short pieces of choreography. The students are trained for Solo and Group Presentations. The understanding of music and rhythm is very intrinsic to this stage. The student also recites what he/she creates in order to weave both, the *bol or shollakutta* and the footwork. The students are also made aware about the Aharya aspect of Dance mainly Costume, Jewellery and Make-up.
- **COMPOSITION / PERFORMATIVE ASPECT:** The fourth stage encompasses the different aspects of Indian Classical Dance such as Poetry, Music and Rhythm. The students prepare a choreography under the guidance of the teacher. Practice sessions with live instruments are held to ease out the process of performance. The performative aspect is also understood by critically analysing performance of stalwarts. The students learn the skill of Space Utilisation in Solo and Group Choreographies.

Young and Upcoming talent (both Music and Dance) are given an opportunity to perform in "KalaKriti" – a baithak series organized by KALADHWANI to give a

platform to hard working students in the arts. The student will get the opportunity to perform live with musicians to an audience.

STUDENT GUIDELINES

- **Attendance:** Students must be punctual. Regularity in attending the sessions is expected for optimum teaching - learning experience. The teacher will guide the student, but the student needs to take ownership of their learning, if the student misses his/her class.
- **Payment:** We have built an environment where we give equal importance and respect to teachers as we give to students. Thus, the fees have to be paid by the 5th of every month. If you wish to pay, quarterly/half-yearly/annually, please do write in to me.
- **Pre – requisites:** It is advised that the student has a gap of at least 45 mins after a meal before dancing. A fruit (a banana or an apple) 30-45 minutes before a class helps maintain the energy levels. The Camera of all the students must be on throughout the session. A dedicated space for the student to move around is expected. Please carry a notebook and a bottle of water at all times to class.
- **Dress Code** - Most of the classes will be about movement. Hence, a Salwar/Legging with a kurta till knee length and a dupatta are compulsory for classes. Skirts are not allowed in class as it restricts movement.
- **Holidays:** Kaladhwani believes in sharing and growing with the community. Holidays are a way to dive deep into the cultural festivities and embrace sharing in a community. The classes at Kaladhwani will be suspended for the Holidays that are accounted for. There will not be any rescheduling of classes for these dates. A List is shared with everyone.

“Let’s immerse in the arts”

Ms. Radhika Kathal
(Founder & Dance Faculty)

Ms. Tara Kannan
(Music Faculty)