

Course scheme beginner Bharata Natyam

- Introduction to elementary dance steps and movements
- Exercises to build up strength in the required body areas
- Mobilization exercises to improve mobility
- Introduction to facial expressions, body language and body expression
- Coordination exercises internalizing movement sequences

The Bharata Natyam has a sophisticated posture which has to be carefully built up through exercises. The dance steps and movements are taught in the style of a modular system. Thus, already at the beginning different movements and elements can be connected with each other. This supports the coordinative ability. This way internalizing the basic posture is even easier. To keep a balance between physical and mental exertion simple exercises with facial and body expression are made. They help to sharpen our self-perception and, later on, make it easier to get started in dances which contain dramatic elements. Exercises that strengthen and tone the muscles and which improve the necessary motor skills complete the course scheme.

Course scheme advanced Bharata Natyam

- Training of the existing repertoire
- Expansion of the repertoire with new elements
- Exercises to build up strength in the required body areas
- Refinement of facial expressions, body language and body expression
- Mobilization exercises to improve mobility
- Coordination exercises internalizing complex movement sequences

One part of the lesson is devoted to the repetition of learned pieces and the learning of new dance elements. Deficiencies in movement are improved with appropriate exercises, which support strength, coordination or mobility of the corresponding body areas as required. Stamina is trained partly through dance practice, partly through functional exercises. Analyzing one's own posture and body expression improves self-awareness and mode of presentation. In addition, there are exercises with mimic elements, which find specific application in the dance items and facilitate the acting abilities. As a result, the dancer's appearance has more elegance and the body is fitter.

Functional clothing is required to participate. In addition, it is advisable to bring a yoga mat or a large towel.