

June, 1-5, 2015

## Indian Dance and Music class

Company: nritya  
Venue: BLACK RIVER DANCE STUDIO  
Location: NEW YORK, NY

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ONE WEEK INTRODUCTORY WORKSHOP IN EAST INDIAN CLASSICAL BHARATHANATYAM AND FOLK DANCES

Nritya  
School of Indian Dance & Music

Est. 1988

at

BLACK RIVER DANCE STUDIO  
345 Lenox Ave, New York, NY

ONE WEEK INTRODUCTORY WORKSHOP

in

EAST INDIAN CLASSICAL BHARATHANATYAM AND FOLK DANCES

JUNE 1-5, 2015

Bharathanatyam is a yogic dance form that enhances body balance, flexibility, cardiovascular health and concentration. No prior knowledge required.

SESSION 1: 5.30 pm – Children Ages 5-10

SESSION 2: 6.30 pm – Adults (and ages 11+)

Workshop Fees: \$100 for the whole week

Hema Sharma is a visiting artist from Kansas City, MO

Contact via Phone: 913-696-0213 or email: nrityakc@gmail.com

Black River Dance Studios Contact: blackriverdancerentals@gmail.com

Learn Something New this Summer!

MORE INFORMATION @ [WWW.NRITYA.ORG](http://WWW.NRITYA.ORG)

TENTATIVE WORKSHOP DESCRIPTION

Warm up exercises

Bharathanatyam Indian Classical:

Few Mudras or hand gestures in Sanskrit with English meaning

Few beginner steps or adavus

One short dance with a choreographed to the steps learnt

Folk:

Lavani (Marathi): is a genre of music popular in Maharashtra, one of the Eastern states. Lavani is a combination of traditional song and dance, which particularly performed to the beats of Dholki, a percussion instrument. Lavani is noted for its powerful rhythm. Lavani has contributed substantially to the development of Marathi folk theatre.

Folk:

Manjira is a traditional percussion instrument of India. In its simplest form, it is a pair of small hand cymbals. It is also known as taal, jalra, khartal or Gini.

They often accompany folk or devotional music. It is used in various religious ceremonies of India, especially bhajans. The manjira is an ancient instrument.

Manjira are usually made of bronze, brass, copper zinc or Bell metal and they produce a rhythmic tinkling sound when struck together. Dancers continue with Manjira with varieties of actions and modes by getting up, sitting, standing, and turning.

Bollywood Fusion: Will learn one dance with bollywood and folk dance fusion for a popular bollywood song.

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nriya  
345 LENOX AVE  
NEW YORK, NY, 10027

Schedule  
June 1, 2015: 5:30pm  
June 2, 2015: 5:30pm  
June 3, 2015: 5:30pm  
June 4, 2015: 5:30pm  
June 5, 2015: 5:30pm

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