Course Name: Movement Training

This course aims at making the students aware of their free bodily movements, using various dance styles and techniques. During this 45 hour course, the students will gain the ability to move their bodies rhythmically through dance. They will be introduced to various styles ranging from Indian classical to western contemporary forms. Each student will be inculcated in a way that he/she will acquire the basic practical knowledge about the forms and be introduced into the versatility of the dancing world. Through this journey, the students will gain a sense of self confidence along with the technical knowledge pertaining to the various forms associated with this course. It is a completely practical course which gives an experience to apply this knowledge into your own movements.

In a nutshell, this course aims at presenting the students with a new perspective and understanding of the world of dance. Finally this course would enable students to build their own identity in dance.