

The Bharatanatyam course at Kshetram comprises of an essential balance of theory and practice.

The curriculum will focus on learning Adavus (basic steps) for 2years.

From the 3rd year, the students will focus on traditional pieces of this dance style.

Advanced batches will learn the basics of Talam (rhythmic pattern) and Nattuvangam (skill of playing the cymbals).

At the completion of the courses, the dancers will have an overall understanding of Nritha (pure dance), Abhinaya (expressions) and other critical facets of dance.

**Each class will comprise of :**

- Strength Training and Warm-up Exercises
- Theory Lessons
- Sloka Recitation

**NOTE** - If a student has prior training and is interested in joining Kshetram, please contact me for further details.