

# Bengaluru Youth Dance Project

4-month intensive courses



ATTAKALARI  
Centre for Movement Arts

# **Bengaluru Youth Dance Project**

Attakkalari launches innovative short courses in different styles of dance, martial art, yoga, fitness and theatre for aspiring youngsters between 5 and 30 years of age starting on Saturday 5 January 2019 leading to a public performance -Santhulan - on 4 May 2019 Saturday at ADA Rangamandira aided by state-of-the-art stage technologies. Customized classes for different age groups offer a great way to forge friendships and begin a journey of self-discovery, nourishment and holistic development in the New Year. An opportunity not to be missed, where learning is enjoyable, fun, brilliant and yet at times challenging in a good way, helping to find the dancer in you, thus bringing positive transformations to your life.

## **The courses will:**

- Provide new skills, techniques and movement ideas
- Improve spatial and physical awareness, condition, fitness and strength as well as line and alignment
- Nurture musicality, versatility, creativity, and the ability to work in a team and individually
- In-depth training catering for each dancer's development and progression
- Enhance brain and neuroplasticity, comprehension, memory and the agility of the mind and body
- Public performance celebrating the achievements of individual and the team instilling self-confidence and values

## **Presentations/performance**

- Participants will have opportunity to have informal sharing in front of an invited audience once in a month as part of '**Samasana**' – an Attakkalari Open Studio initiative.
- Public performance -Santhulan - at the end of the course will be on 4 May 2019 at
  - ADA Rangamandira.

## DETAILS OF FACULTY AND CLASSES

### Contemporary Dance

#### **1) Contemporary Dance with Paridhi Bihani**

Paridhi Bihani has graduated in Bachelor of engineering after which she decided to mould her career in different directions when she enrolled for 2-year Diploma in Movement Arts & Mixed Media at the Attakkalari Centre for Movement Arts. She has been trained in forms like Contemporary techniques, Kathak, Kalarippayattu, Bharatanatyam and Classical Ballet and graduated from the Diploma programme with a distinction.

**Class description: (Mon & Thu 17:00 to 18:00) (5 to 8 years)**



The Contemporary class for the age group of 5-8 Years at Attakkalari, does not merely depend on the movements taught by the instructor alone, but encourages the students to dig deep into their own imagination and creativity which is then transformed into beautiful movements through their bodies. In this child-centered class, there is lot of emphasis on activity-based exercises. While nurturing physical as well as special awareness, coordination, musicality and confidence in the child

through skills enhancement routines, the session uses floor work as a pivotal technique to develop bigger movement material.

We try and keep the session a notch level high for the students to be constantly challenged. We also take pride in saying that our kids also learn a lot from peers which help build their confidence and have a better understanding and ownership of the material.

## 2) Contemporary Dance with Anindita Ghosh

Anindita graduated with a distinction from the Attakkalari Diploma in Movement Arts and Mixed Media in 2011. As part of the Diploma programme, Anindita took classes in Classical Ballet, Pilates, Jazz, Contact Improvisation, Light Design, Kalarippayattu, Bharatanatyam and Contemporary Dance. Trained in classical Kathak for 12 years and an avid Yoga practitioner, she has been awarded the National Yoga Championship six times. Anindita is currently a senior dancer with Attakkalari Dance Company and performs at shows, corporate launches, cultural events and festivals across the globe.

### Class description: (Mon, Wed & Fri 19:00 to 20:30) (17 to 30 years)

We approach dance from a concept-based perspective. We take elements from different dance styles and merge them with the elements of space, time, body, effort, movement and form. Through this conceptual approach students learn modern technique, improvisation, choreography, somatic skills, spatial and musical awareness. We believe the studio is an environment where healthy risk taking in all forms is encouraged. Students develop physical skills and perceptions through participation and performing as well as by watching, supporting others in the class and analyzing their movements. This class environment values a commitment to self, to the group and the lifelong exploration and learning.



We believe that this approach to dance education emphasizes on creativity as well learning skills through steps and routines in equal measure - and eliminates the idea of "Right" and "Wrong". Rather than teaching students a dance, we strive to teach them to imagine and move creatively and become thinking dancers.

## 3) Contemporary Dance with Parth Bharadwaj

Parth Bharadwaj is a contemporary dance practitioner actively involved in creating individual dance work and facilitating technique classes and performances. His foundation training has been in contemporary dance technique. He has keen focus towards arts education, community arts and is finding ways towards self-sustainable methods for individual art/dance practice. He has trained extensively through his active association with Attakkalari Centre for Movement Arts and engagement with various open workshops and mentors.

**Class description: (Sunday 10:00 to 13:00) (17 to 30 Years)**

His classes' works towards finding a deeper connection between breath, spine and finding continuous energy flow. Spirals, floor work, Physical sensations, fall & recovery, speed, dynamism & precision are explored via structured movement phrases. Classes are fundamentally physical, borrowing information from individual movement



practice, multiple contemporary techniques and martial arts.

**4} Contemporary Dance with RONITA MOOKERJI**

Ronita Mookerji is a Bangalore-based Independent Performing Artist, Choreographer & Facilitator in Contemporary Dance. She was a member of Attakkalari Dance Company for over 7 years and still works as an Artist Consultant and Teacher at Attakkalari Centre for Movement Arts, Bangalore. She is also connected to other Dance/Arts spaces in Bangalore. She has performed in the productions of Attakkalari Dance Company and her own-choreographies in many countries. Ronita is also a certified Hatha Yoga Teacher from Yoga Alliance.

**Class description: (Tue & Fri 07:00 to 08:30) (Tue & Thur 17:30 to 19:30) (Sun 10:00 to 12:00 young learners) (7 to 16 Years & 17 to 30 Years)**



The classes are designed to teach physically intensive exercises and body-conditioning training using tools and craft of Contemporary Dance as the main medium. Awareness of Self, Space and different physical bodies in the studio are highlighted in the classes through exercises and dance sequences and choreographies. How to use your own physical and mental body and energy? How to respond

and react to different kinds of beings in space through physical movement? How to use breath, rhythm, flow and strength through intensive physical training? How to integrate mind and body connections for creative scores and unique expressions? These are few questions that a



student experiences and tackles with in Ronita's classes. The goal is not to become a 'Contemporary Dancer' but to be an overall intelligent physical being using innate physicality of self for expression through intense physical movement and results in an evolved mind for strong artistic and physical freedom.

### **5) Contemporary Dance with Prashant More**

Prashant, a performing Artist, Choreographer and a Dance teacher based in Bangalore, India. He started his dance career as B-boying/Hip-hop dancer and also took formal training in Bharatanatyam (Indian Classical dance) and Indian Folk dance. He graduated from Attakkalari Centre for Movement Arts and worked with the Attakkalari Dance Company. Later, he has travelled to Europe and other countries for further dance education. He has been a participant in Choreographic Intensive course in Amsterdam, Intensive in Physical Experimental Performances in Berlin, Interdisciplinary program in Bali, Flying Low intensives, in Berlin and Hong Kong.

**Class description: (Saturday & Sunday 08:30 to 10:00) (17 to 30 Years)**

Prashant will give you an insight of different movement techniques, and methods learned, experienced and developed from his researched movement practice. The class consists of body



work, floor work, influence from different disciplines like yoga, chi gong, martial arts to build a common energy. Sequences inspired from Flying Low, Contemporary techniques and Acrobatics. Understanding spaces and body control and exchange of weights with partner/contact work. Although very physical, the class will follow a clear structure of never

breaking the flow but systematically guiding one from the beginning to the end.

### **6. Contemporary Dance with Nihal Pasha– “MOVE YOUR MIND - THE BODY FLOWS”**

Nihal Pasha is a professional contemporary movement artist (dancer), dancing professionally for the last 8 years, has done the Diploma in Movement Arts and Mixed Media from Attakkalari Centre for Movement Arts. He has excelled in the course by passing out with distinction and by achieving the "Student of the Year" award for the year 2013. Worked in the repertory of Studio-One performing arts co. and with Attakkalari Dance Company as a movement artist. He has been trained by several teachers from all over the world in forms like classical Ballet, Bharatanatyam, Kalaripayattu, Yoga, Hip Hop and several styles of contemporary dance from across the world. He has been performing in several productions like BHINNA VINYASA, RORSCHACH TOUCH, AADHARA CHAKRA, STRANGER IS ME STRANGER'S ARE YOU etc. in contemporary dance festivals nationally including Attakkalari India

Biennial as well as internationally in prestigious festivals and venues in Malaysia, Canada and Spain. He has also worked in commercial field by assisting in few choreographies for the reality shows such as Dance India Dance and JhalakDikhlaja. Presently an independent artist and a member of Citizens of Stage Co. Lab, he is an artist who believes in – “MOVE YOUR MIND - THE BODY FLOWS”

**Class description: (Wednesday & Friday 19:00 to 20:30) (17 to 30 Years)**

Nihal's class integrates dynamics and free flow movements of the body, to enhance physical strength and body awareness. It employs kinetic energy as a tool for the body to move and to develop an athletic movement quality and enhances one's understanding of different ways of distributing energy in time and space.



## **7. Contemporary Dance with Hemabharathy Palani**

An international multi award-winning choreographer, dancer and teacher, Hema is one of the most promising talents in contemporary dance in India today. Known for her fluidity and musicality, Hema is an intuitive choreographer and a dynamic performer. Her remarkable grace as a performer is derived from her classical training in Kuchipudi under Guru Smt. Sunanda Devi and Guru Smt. Vyjayanthi Kashi, and Bharatanatyam under Guru Smt. Minal Prabhu. Her movements are richly textured with elements from her further training in ballet, many strands of contemporary dance, Kalarippayattu, yoga and capoeira at the Attakkalari Centre for Movement Arts. She is the rehearsal director of Attakkalari Dance Company. As a member of Attakkalari Dance Company and in her own capacity as a solo performer and choreographer, Hema has performed in some of the most renowned festivals and venues across the Globe. Known for her dedicated teaching and mentoring, Hema has taught both Bharatanatyam and Contemporary Dance internationally at many prestigious institutions.

**Class description: (Saturday 10:00 to 12:00) (17 to 30 Years)**



Aimed at young adults between 17 and 30 years of age (upper age limit is flexible) Hema customizes her class according to the needs and interests of the students, so that each student discovers herself or himself through physical movement, bringing joy to her/his life. Drawing on principles of Yoga, Gyro kinesis, Body Conditioning and Alignment, the class starts with warm up incorporating well-coordinated cardiovascular movements that are interlinked with breath. Leveraging her knowledge from years of training in different styles of dance, martial traditions and Yoga as well as her experience as a choreographer, performer and teacher, Hema's class empowers the individual student to excel herself or himself irrespective of her/his background in dance. Sessions will include technical skills, floor work, sequences that travel across the floor, creative and choreographic components as well as performance and analysis so that the learning becomes more holistic. The sessions will help to connect with oneself while sharing with others become easier as the course progresses.

## **8. Contemporary Dance with Sumeet Mohanthy & Hari Prasad**

### **Sumeet Mohanty**

Sumeet started of his dancing career as a street artist practicing street dance. He is from a background of Hip Hop culture. He has worked across industries with different cross functional groups He started practicing Contemporary Dance at Attakkalari Centre for Movement Arts. He has successfully completed the 1-year Certification at Attakklari and currently pursuing his advance training under the Diploma in Movement Arts and Mixed Media. His aim is now to create a mixed culture of Street and Contemporary Art experimenting with new things and connecting the links.

### **Hari Prasad**

Hari is a contemporary artist and mover, and has been working in the same field for the past 5 years. Through the Diploma in Movement Arts and Mixed Media at Attakkalari Hari has been introduced to Kalarippayattu, Bharatanatyam, Ballet, Light Design, Arts History and many other subjects. Through his class Hari aims to provide a space to explore dynamic movements, weight shifts and floorwork.



**Class description: (Tuesday & Thursday 19:00 to 20:30) (17 to 30 Years)**



Classes by Sumeet and Hari aim to provide mental and physical relaxation of students from different backgrounds which include people from the corporate world. By engaging the whole body through simple movements to begin with, their classes help students to develop self-awareness in terms of connecting the body, mind and the soul through dance. Their classes will explore how movements are initiated, and how

they pass through the body, thus creating new possibilities of engaging with space and time. The sessions will help participants to make sense of their day to day experiences, which in turn offer fresh perspectives and new mind-body connections.

### **9. Contemporary Dance with Sonia Soney**

Sonia Soney is an experienced teacher and has been working as a fitness instructor and dance trainer in various Centers in Bangalore for the past 7 years. She is a contemporary artist and dancer currently training with the Attakkalari Centre for Movement Arts. She has successfully completed the 1-year Certification at Attakkalari and currently pursuing her advance training under the Diploma in Movement Arts and Mixed Media. She has completed her degree in Bachelor of Science from Christ University. She has been trained in Ballet, Contemporary Dance, Bharatanatyam, Kalaripayattu, Yoga as well as various body conditioning and fitness methods. She works towards contemporary body analysis through dance and how dancing impacts one's life in a positive way to make one self-aware and also relate to rhythms of life. She believes dance should be made available to everybody so that people can experience the healing, intelligent, instinctive, beauty and various other aspects of dance.

**Class description: (Tue & Fri-18:00 to 19:00) (7 to 15 Years)**



Sonia's classes are about how dancing helps an individual on a daily basis with respect to having positive energies, good mental and physical stabilities, fitness, strengthening and above all nurturing overall well-being. Through her classes, students will explore contemporary dance techniques, spatial awareness, games, creative tasks, fusion dance forms, concepts of energies and many more. The aim of the class is to help individuals explore dance from different perspectives and be analytic about

themselves breaking barriers.

## **INDIAN TRADITIONAL DANCE FORMS**

### **10. Kathak Class with Anindita**

(Please see information on Anindita under the Contemporary Dance section)

**Class Description: (Sat & Sun -11:30 to 12:30) (10 to 30 Years)**



The name Kathak is derived from the Sanskrit word –Katha (Story). Hence, this dance form which narrates a story through body movement, facial expressions and hand gestures came to be called Kathak. The teacher Anindita is trained more than a decade in the Lucknow Gharana, which has a lot of Mughal influence and pays special attention to expressiveness, grace and sensuality. The typical characteristics of Kathak are its intricate footwork, pirouettes and fluid movement quality. The pure dance (*nritta*) in Kathak is very important and employs complex rhythmic patterns. Kathak has many such rhythmic cadences including *tukra*, *tora*, *paran*, *thumri* and *parhant*. The Katha recital often begin with *That* in which fluid moves of the neck, eyebrows and the wrist are used. The *Abhinaya* and *Bhava* aspect of Kathak has a restrained elegance and as the training progresses students get more skills in this aspect of the dance form.

### **11. Bharatanatyam with Hemabharathy Palani and Shruthi Harihara**

(Please see information on Hemabharathy under the Contemporary Dance section)

Smt.Shruthi Harihara is a Bharatanatyam exponent with more than 15 years of dancing experience under Gurus like Smt.Surekha Nelyadri, Smt.Ambale Rajeshwari and Smt. Prabhakini. For the last 8 years, Shruthi is learning with Karnataka Kalashree Smt.Minal Prabhu. She has more than 6 years of teaching experience at her institute Nrithya Manthana, where more than 50 students are training under her. Shruthi has done Bharatanatyam Sr.Grade with Karnataka Secondary Higher Education Board and attended many workshops on different classical dance styles with Gurus like Smt.Vasanth Lakshmi, Smt.Usha Datar,

Smt.Revathi Narashima, Kalaimaamini, Smt.Gopika Varma to name a few. Shruthi has been an Examiner for Karnataka Board for Art & Culture in the Bharatanatyam Jr. Grade section.

She is currently learning Odissi from one of the disciples of Guru Smt.Mansi Pandya Raghunandhan. Shruthi has choreographed for many schools and colleges. She and her students have performed at various festivals and temples.

**Class description: (Saturday & Sunday 15:30 to 17:00 & 8:30 to 10:00) (5 to 30 Years)**



The Bharatanatyam classes will be taught by Shruthi Harihara on Saturdays and by Hemabharathy Palani on Sundays. The sessions will have physical training where Adavus, Jatis, Korvais will be taught systematically along with theoretical aspects of the form including Mudras, Viniyogas, Bhavas etc. The students then will progress towards learning choreographed pieces such as Alarippu, Jatiswaram etc. Inculcating Tala Jnanam (sense of rhythm), Angashudhi (clarity of lines) and Saushtavam (aesthetic body movements). The sessions will help the students to evolve themselves as artists and regular class presentations will help them to gain confidence. They will then have a public performance as part of Santhulan on May 4 at ADA Rangamandira. Students will be encouraged to continue their training to appear for Karnataka State Board Exam when they are ready, and finally work hard towards Rangapravesham (maiden full-length solo performance) after sufficient practice.

An hour and a half long classis carefully divided into three parts, to ensure that the body reaps all the benefits of the training. The first part of the class will be a warm up, exploring different ways of moving and preparing the body for the later part of the class. In the second part, you will be taught techniques to work with and develop your own movement vocabulary. And the third part will be a compilation of movements into a sequence working with the aforementioned Ideas and the core principles of the class.

People who are looking to experiment with their body through innovative movement vocabulary and who wants to create their own sense of rhythm for communication are recommended to attend this class.

## **FUSION DANCE STYLES**

### **12. Fusion dance styles (Moves from the Silver Screen) with Sonia Soney**

(Please see information on Sonia Soney under the Contemporary Dance section)

**Class description: (Sat-10:00 to 12:00) (17 to 30 Years)**



The fusion dance class at Attakkalari will include moves from the silver screen i.e. Bollywood, Bolly hop, freestyle , and other fusion dance forms aiming to explore connections , creativity , possibilities, and various fun aspects related to dance. It aims to merge elements from contemporary with the energies and movement quality of various other dance forms. The duration of the class will be two hours, following fun

and exciting routines every class! If you wish to shake your leg and wiggle your body with the celebrated moves from the movies, then Register soon!

## **HIP-HOP**

### **13. HIP HOP with Virendra Nishad**

Virendra Nishad is a Performing Artist/Choreographer/teacher who is associated with Attakkalari. He completed Attakkalari's 2-year Diploma in Movement Arts and Mixed Media with distinction and also been selected as the Student of the Year. He is professionally trained in Kalarippayattu, Ballet, Contemporary techniques & Bharatanatyam. A winner of Eurasia International Project (2018), he has collaborated as a dancer with Italian Choreographer, Stefano Fardelli. With the Attakkalari Dance Company, Virendra has performed in Bhinna Vinyasa, a Multimedia Dance Production in Canada and Spain.

He has facilitated workshops and classes in Kalarippayattu, contemporary technique and is currently teaching at the Bangalore chapter of National School of Drama as part of Attakkalari's Mobile Academy projects. Since 2016, he has actively been a part of performances and community art projects at Attakkalari, Bangalore.



**Class description: (Mon&Wed-19:00 to 20:30) (17 to 30 Years)**

Students will be introduced to basics of hip hop which will include basic foot work, locking, popping in the start. The students will be given systematic training in fitness and body conditioning as they will be introduced to advanced levels which will include b boying and other styles that come under hip hop.



**KALARIPAYATTU**

**Class description:** This ancient martial art form is believed to be the forerunner of many Asian martial traditions. Based on the 8 essentialized (Ashtavativukal), animal motifs

Kalaripayattu employs intense physical training that involves leg swings, highly sinuous and earthy movements, jumps. This is a complete work out that not only trains the body, but also enhances mental focus and comprehension. In it is believed that



action the vital energy (*praana* or *vaayu*) travels from the center of the body known as *Naabhi Moola* (the region below the navel) through the nervous system to the limbs and peripheries of the body with the active participation of the spine. Movement sequences in Kalaripayattu are conceived as a series of circular trajectories originating from and returning to the *NaabhiMoola*, where the vital energy gets rejuvenated before the next action commences. The moto of Kalaripayattu is to train the body to the extent that it becomes all eyes, and thus and fully aware of the surroundings so that it can react



Instantaneously to any situation. Kalaripayattu is often referred to as dynamic Yoga and weapons are perceived as extensions of the body. Kalaripayattu was an integral part of a children's education and adults' life practices.

#### **14. Kalaripayattu with Arathy (Sat & Sun-10:30 to 11:30) (5 – 15 years)**

Arathy has completed my Diploma in Movements Arts and Mixed Media from Attakkalari Centre for Movements Arts, Bangalore in 2017. With specialization in the Indian classical dance form of Bharatanatyam, she had further trained in Contemporary Dance and Kalaripayattu- the ancient martial art form of Kerala. Her project Golden Age featured at the 1st anniversary of Asian Cultural Centre, South Korea, 2016. She was a cast in Metamorphosis with Jagriti Theatre, Bangalore, 2018. Currently, she is an Associate Artist at Attakkalari Centre for Movements Arts serving as faculty and dancer.



Arathy will lead the students through the fundamentals of Kalaripayattu and provide training to fine tune the body so that they develop the skills and facilities in the body to do complex moves.

#### **15. Kalaripayattu 2-month beginners with Virendra Nishad followed by 2-month intermediate with Sreerag**

(Please see information on Virendra Nishad under the Hip-hop Section)

##### **Class description (Jan to Feb) (Mon, Wed & Sat- 7:00 to 8:30)**

Virendra Nishad, the facilitator, will introduce the participants to several basic techniques which include leg swings & different animal postures, salutation (kalari vandanam) and body sequences (meippayattu). During this period, the participants will also learn how to build their strength, stamina and flexibility through intensive physical practice.

##### **Sreerag C.**

Sreerag has trained in Kalaripayattu for many years at the Hindustan Kalari Sangam in Puthiyara, Calicut. He comes from the lineage of Kalaripayattu masters such as Guru Veera-sree Sami Gurukkal. He has been practicing Kalaripayattu since 7 years of age, having initiated in the form by Guru Lakshman (Kalarigram)

and Gurukkal Shathrugan. He is also part of the Attakkalari Dance Company and has performed and travelled nationally and internationally.

**Class description (March to April) (Tue, Wed & Fri-6:30 to 8:00)**

**Kalaripayattu training is divided into four stages:-**



1. First Stage - *Meythari* - Body Control exercises that will improve your flexibility, strength, stamina, stability.
2. Second Stage - *Kolthari* - The technique of using wooden weapons like long stick, short stick etc.
3. Third stage - *Anghathari* - The technique of using metal weapons like sword and shield, dagger, spear, flexible sword etc.
4. Fourth Stage - *Vherum Kai* - Practicing the technique of bare hand fighting and practicing Kalaripayattu treatments.

The 2-month Kalaripayattu intensive will expose you extensively to the first stage of eight animal postures and eight swings and one body sequence depending on the participation and progress of the students.

## 16. Vinyasa Yoga I-Month Intensive with Meghna Nambiar

Meghna Nambiar who is an active yoga teacher /movement facilitator/ performershe graduated with a distinction in Attakkalari's Diploma in Movement Arts and Mixed Media in 2010.

Trained extensively in Bharatanatyam for 12 years, she is currently a senior dancer in Attakkalari Dance Company and performs at shows, corporate launches, cultural events and festivals across the globe.

### Class description

Vinyasa essentially means movements synchronized with breath which will move dynamically from one Asana to the next to finally finish in stillness. Yoga Classes shall emphasize on building flexibility, strength, body awareness and relaxation.



## CLASS SCHEDULE

CONTEMPORARY			
Young Adults			
Meet our Faculty	When	What time	Monthly Fees
Anindita	Mon, Wed & Fri	19:00-20:30	INR 2000/-
Sumeet & Hari	Tue & Thurs	19:00-20:30	INR 1800/-
Ronita	Tue & Fri	7:00-8:30	INR 2000/-
Ronita	Tue & Thurs	17:30-19:00	INR 2000/-
Nihal	Wed & Fri	19:00-20:30	INR 2000/-
Prashant	Sat & Sun	8:30-10:00	INR 2000/-
Hema	Sat	10:00-12:00	INR 2000/-
Parth	Sun	10:00-13:00	INR 2000/-
Young Learners-5 to 8 Years			
Paridhi	Mon & Thur	17:00-18:00	INR 1500/-
Young Learners- 10 to 15 Years			
Sonia	Tue & Fri	18:00-19:00	INR 1500/-
Young Learners-8 to 15 Years			
Ronita	Sunday	10:00-12:00	INR 2000/-
Indian Traditional			
Bharatanatyam(5 to 30 Years)			
Shruthi	Sat	15:30-17:00	INR 2000/-
Hema	Sun	8:30-10:00	
Kathak(10-30 Years)			
Anindita	Sat&Sun	11:30-12:30	INR 1800/-
Kalaripayattu (5-15 Years)			
Arathy	Sat&Sun	10:30-11:30	INR 1600/-
Fusion Dance Style (Moves from Silver Screen) (16-30 Years)			
Sonia	Sat	10:00-12:00	INR 1800/-
Hip-Hop (17-30 Years)			
Virendra	Mon&Wed	19:00-20:30	INR 1800/-
Special Intensive			
Kalari-2 months by Virendra	Mon, Wed & Sat	7:00-8:30	INR 5000/-
Kalari-2 months by Sreerag.C	Tue, Wed & Fri	6:30-8:00	INR 5000/-
Yoga-1 month by Meghna	Tue & Thur	19:00-20:30	INR 2500/-



# Santhulan

Register [here](#) for Bengaluru Youth Dance Project and block your seats to be a part of the final show **Santhulan2019** - on **4 May 2019 Saturday** at **ADA Rangamandira** aided by state-of-the-art stage technologies.

*The participants will get incredible experience as performers and will have immense exposure of performing with full technical facilities. They will get a chance to introduce themselves to various aspects of stage performance. If dancing is your passion and if you are willing to give yourself a chance to explore dance deeply this is an opportunity not to be missed.*

For more information or queries:

Call: 080-41467690/9972946273

Email: [activities@attakkalari.org](mailto:activities@attakkalari.org)