

## **Course Module:**

**Unit/Topic 1: Athletic Component (28 Hours):** Introduction to basic concepts of psychosomatic movement through fundamental concepts of Yoga and Odissi: breathing, vertical and horizontal alignment, x-y plane, layers of opposition, rhythmic time lag, upper and lower body connection, gravity of the hip, weight transitioning without hip movement, hip joint usage, basic stances, organic torso deflection translating upward from footwork.

Learn to understand movement with technical vocabulary: spinal alignment, hip alignment, hip joint articulation, protraction, turnout, flexion, lateral rotation, balancing, strengthening, activating, drawing-in, opening, extension, release, knitting, threading etc. Learn the names of basic muscles being strengthened and stretched in exercises.

**Unit/Topic 2: Intellectual Component (22 Hours):** Learn about the origins and revival of Odissi, and deepen your understanding of classical dance as an ethos, language, philosophy, culture of the Indian people and its importance in man-making today. Learn western and eastern theatre techniques and dramaturgy theory from Natyasastra and Bhaktirasamritasindhu. Learn the purpose of movement, personal gesture, body language. Learn about somatic practices.

**Unit/Topic 3: Human Interaction Component (6 Hours):** To balance individual thinking with collective collaboration and develop individuals who can effectively work with others to realize their potential in dance and in life. Theatrical technique application. Group project presentation.