

Course Modules:

Module No.	Content
I	<p>Theory: Learn about the significance of Bhumi Pranam, origins and revival of Odissi, and deepen your understanding of classical dance as an ethos of the people, begin to own this ancient repository of movement and cultural body language, understand what is classical movement and what is contemporary movement.</p>
II	<p>Movement Fundamentals: Introduction to basic concepts of psychosomatic movement and fundamental concepts of Odissi: 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.</p>
III	<p>Building Your Movement Vocabulary – Learn to use, communicate and identify 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.</p>