

1. Course Modules with quantitative lecture hours:

Unit/Topic 1:Theory: 7hs: Learn about the origins and revival of Odissi, and deepen your understanding of classical dance as an ethos of the people, learn Indian classical movements and western movement philosophy, purpose of movement, personal gesture, body language.

Unit/Topic 2: Movement Fundamentals: 7hrs: 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.

Unit/Topic 3: Building Your Movement Vocabulary – 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