

TJDF 2024 WORKSHOP ARTIST

Nithya Ramesh - July 20, 11:30am-12:30pm at LBS

Indian Dance 101: An introduction to classical and folk dances of India

India is home to a rich culture that includes classical and folk styles of dances. Curious about the difference between classical and folk dance? Come dive into the world of dances of India and immerse yourself in the vibrant rhythms and graceful movements that celebrate India's rich dance heritage. This is a beginner friendly class and no prior experience is necessary. During this workshop, participants will watch live demonstrations of classical and folk dance styles and will learn basic moves from classical dances like Bharatanatyam and Kathak, as well as lively folk dances such as Bhangra and Garba. (Ages 6+; Participants can be advised to wear clothing they are comfortable moving in that do not restrict their movements.)

Nithya is a trained dancer in the Indian classical dance style of Bharatanatyam which she has studied for over 2 decades. She has completed the highest level of examinations offered by the Karnataka State Secondary Education Board in India earning her the title "vidushi" or scholar in Bharatanatyam. Nithya has been teaching dance through her organization Natyaroha since 2013 and has worked with individuals of all ages and backgrounds.



Photos by Chiana Tracy