



Welcome to Rhythmics School of Kathak Dance. We encourage dancers from all walks of life and experience to join us in their dance journey and we are honored to be a part of it! We focus on teaching Kathak, a classical form of dance that originated in North India. There will also be opportunities for performances in the community that are folk or semiclassical dances.

We will add you to the what's app group for the school and your appropriate class. If you do not already have the app, please download it, as it will be your main method of communication/announcements.

Email: [Rhythmics.Kathak@gmail.com](mailto:Rhythmics.Kathak@gmail.com)

Website: [www.rhythmickathak.com](http://www.rhythmickathak.com)

Children's class: Age 5-12, Saturdays 900-1000

Adult Class : Age 13 and up Saturday 1015-1145

Address: 4902 Golden Quail, San Antonio, TX 78240, Suit2 102

**Once you are on golden quail road, you will follow it to the cul-de-sac, then go into the parking lot where you see the orthodontist sign and park in there.**

Class will start promptly at the stated times above, please try to arrive few minutes early to give yourself time to put on your ghungroos. We are happy to help dancers who do not know how, but ultimately it is skill all kathak dancers should have. Parents of younger children, please help them tie them properly (we can give you a lesson if needed!) so we are not eating up class time with the teacher having to do all of the kids.

During class, parents are welcome to wait outside, in the lobby, in their vehicles, or drop their child off and come back at the end of class. We ask only students and teachers are in the studio when class is actively being held.

COVID safety: All of our teachers are vaccinated and have their boosters. Depending on numbers and current risk, we may ask that all students wear masks, even vaccinated ones.

Please wear comfortable, modest attire, NO jeans,. Appropriate clothing includes salwar kameez, kurti or tunic with comfortable bottoms, leggings and t-shirts (things that are easy to move in).

Hair should be pulled back and tied. No chewing gum. Bring water to class.

Kathak is danced barefoot. You will need to purchase proper ghungroos (ankle bells), we can help you find appropriate ones online. For children, 25-50 bells per ankle will be appropriate, for adults, 50-100 bells per ankle will be appropriate. They must be worn during every class.

Student will be expected to bring a notebook and pen/pencil to every class.

Please pay tuition monthly through Zelle or direct deposit (monthly recurring deposits are encouraged as it makes book keeping much easier for us!) by the 5th of every month. There is a \$5 late fee.

Zelle: [rhythmics.kathak@gmail.com](mailto:rhythmics.kathak@gmail.com)

If you chose direct deposit, we will send you the bank information privately.

Unfortunately, missed classes can not be credited or refunded.

Rhythmics School Of Kathak Dance



## Meet Our Teachers:

**Tamanna O'Dea** was born in Bangladesh, and grew up in NJ. She started dancing at the age of 6 with the majority of her formal dance training in Kathak, from Guru Malabika Guha. She is forever a student of dance, currently enrolled at Guadalupe cultural arts center, where she learns Flamenco. Tamanna is also continuing to further her kathak training with Guru Marami Medhi. Tamanna also has had experience with Bengali Tagore and folk dancing, as well as western styles such as step, hip-hop and always loves a good Zumba class! She has experience in choreographing large productions. Tamanna is a practicing ophthalmologist, serves in the Air National Guard, and wife and mom of 3. Besides dancing, she enjoys cooking, traveling and fitness.

**Lopita Nath** is a native of Assam, India. She started her dance career at the age of 5, with Manipuri and Kathak style of classical dance. She is currently training with Guru Marami Medhi, Kathak exponent from Assam. She is also experienced in semi-classical and creative dance forms and folk dances, especially Bihu and Jhumur from Assam. In the last several years she has choreographed and performed at events in San Antonio: Diwali and Asian Festival among others. Lopita is professor and chair of the History Department and Director of the Asian Studies program at the University of the Incarnate Word. She coordinates the UIW Bollywood Dance team. She is mother to Avi. She enjoys traveling, reading and healthy living.

**Runmee Barbara** was born in Assam, India. She started dancing at the age of six, trained in Indian classical dance forms Kathak and Bharatnatyam under Guru Mukul Ahmed. She is passionate about dance and has experience in semi-classical dance, Bihu (folk dance of Assam), freestyle fusion and traditional folk dances of India. Runmee has been part of Kalakriti Performing arts, Houston and has performed in many community events and dance dramas. She had a professional career in broadcast media. In the last few years, she has been working as an ESL tutor for adults and an educator in early childhood education. Runmee is a freelance writer, nature lover, likes mobile lifestyle photography and mostly enjoys doing Yoga and Acroyoga with her son, Arin.