

## **Dance Training provided**

### **Aparna's Dance Studio – Delight in Dance with Aparna**

#### **Classical Dance (Bharatanatyam)**

Bharatanatyam is a major form of Indian classical dance that originated in Tamil Nadu. It is one of the eight widely recognized Indian classical dance forms, and expresses South Indian religious themes and spiritual ideas, particularly of Shaivism and in general of Hinduism.

#### **Semi Classical Dance**

Semi-classical dance is an art form that features extensive movements of your body while maintaining grace along with expressions and speed. Remarkably, this dance form breaks what is called a stylized structure in the classical dance.

#### **Folks Dance**

A folk dance is a dance that reflects the life of the people of a certain country or region. A dance that originates as ritual among and is characteristic of the common people of a country and that is transmitted from generation to generation with increasing secularization.

#### **Creative Dance**

Creative Dance is a contemporary form of dance that combines movement and artistic expression, without the need for specific training. Typically, creative dance focuses on the development of motor skills and emotional expression, as opposed to the aesthetics based focus of dance in more traditional structured settings.

#### **Freestyle Dance**

Freestyle dancing is complete improvisation of movement by the dancer. Dancers do not plan or choreograph their motions beforehand and there is not a rehearsal of the routine. All movements are decided intuitively and in the moment, creating an original dance experience. Freestyle is an inventive, creative dance style.

#### **Bollywood Dance**

Dance in India comprises numerous styles of dances, generally classified as classical or folk. As with other aspects of Indian culture, different forms of dances originated in different parts of India, developed according to the local traditions and also imbibed elements from other parts of the country.