



“Dance is for everybody. I believe that the dance came from the people and that it should always be delivered back to the people.”
-Alvin Ailey

Indian Dance Workshops

for Student and Professional Dancers

About the Academy

Noor Dance Academy was created to explore classically-based Indian dance as a form of modern-day storytelling. The professional troupe is classically trained and offers stunning performances on stage and film. Students are given a thorough education in Bharathanatyam technique, with supplementary training in other styles of dance movement, as well as strength and flexibility practice. Students are trained to be versatile, all-around performers with understanding of all aspects of production, including staging, choreography, costuming, direction, and more.

Shachi Phene, Director & Chief Storyteller

Shachi has 20 years of experience in Indian classical, film, and folk dance. She trained in Bharathanatyam under the tutelage of Gurus Ranjani Saigal, Kausalya Srinivasan, and Sunanda Narayanan. She spent several years working as a dancer, teacher, and Assistant Director at Ajna Dance Company, where she performed and put together shows for numerous venerable institutions including the United Nations, Ellis Island, the South Asian Performing Arts Festival, 8 in Show, the Rubin Museum, the American India Foundation, and more.

Shachi's style is highly expressive and nuanced, and her choreography typically follows a narrative arc. She has performed in many different venues, but particularly enjoys creating pieces for the stage and film.

Shachi has a vast experience of teaching dance to students of all ages, backgrounds, and dance ability. She is an expert at working with young children and drawing out skill from those with little dance experience. She is a firm believer that anyone can learn to dance.



Shachi Phene

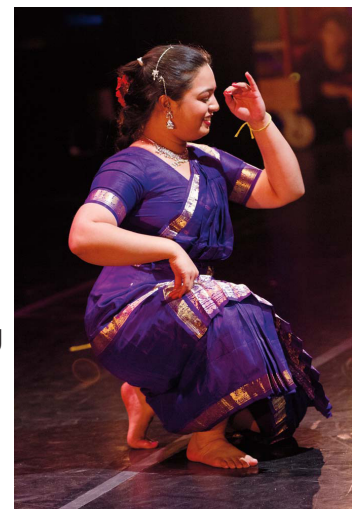
A Brief Introduction to *Indian Dance*

India has a long, rich history of dance being an integral part of the culture. There are three main categories of Indian dance – folk, classical, and now film, or what is often referred to as “Bollywood”.

Folk Dance is the oldest form of dance in India. There are hundreds of different styles, each deeply tied to the traditions and culture of the region they come from. The dances often reflect daily life, with themes like the harvest, religious festivals, fishing life, love, relationships between different family members and more. Folk dances are seen as dances that everyone in the community can take part in, and that one grows up doing. Some of the most prominent forms of Indian folk include Bhangra (from Punjab), Garba and Dandiya Raas (from Gujarat), Lavani (from Maharashtra, Tapori (a Bombay street style), Chhau from Odisha, and Kaavadi (from Tamil Nadu).



Classical Dance forms grew out of the ancient folk dance forms and began being codified over 2000 years ago, starting with Bharathanatyam in South India and Odissi in the Northeast. Most of the Indian classical styles are rooted in the *Naatya-Shastra* and the *Abhinaya Darpanam* – two seminal works of literature presenting the theory of stagecraft and expressive performing arts. Classical dance forms require many years of study to learn, and each form has important stylistic differences from the next. Some forms feature more rhythmically challenging sequences, some are more theatrical than others, some are more religiously-oriented, and so on. There are eight prominent forms today – Bharathanatyam, Kathak, Odissi, Kuchipudi, Manipuri, Mohiniattam, Kathakali, and Sattriya.



Filmy Dance, or “Bollywood” dance, refers to the styles that have emerged since the advent of Indian cinema, the largest movie industry in the world. Because the music and dance are so tied to the plot and setting of the film, they can really be anything, and as such, there is no real form of dance called “Bollywood”. Instead, it is a great melting pot of different Indian folk and classical styles, as well as world styles such as hip-hop, Latin, belly-dance, and Western contemporary.

Student Workshops

(suitable for those with 1-5 years of dance experience)

Kids (5-12 years)

Introduce the youngest students to the world of Indian dance with a fun, high-energy, hour-long choreography workshop. The session will begin with a short warm-up, and then get right into learning the steps to an upbeat Hindi film (“Bollywood”) song. The class ends with video-taped performances by the students for each other and for their parents.

- *\$25 per person*
- *minimum 15 people*

Teens/Adults (13+ years)

Perfect for older students, this workshop focuses on choreography and the performance aspect of Indian dance, including storytelling, expressions, hand gestures, when to lip-sync, and more. Choose from a workshop on filmy-style or semi-classical style choreography. Class begins with a warm-up and ends with video-taped performances by the students.

- *\$35 per person*
- *minimum 15 people*

Professional Workshops

(suitable for teachers and advanced-level students)

2-hour Folk/Film Technique + Choreography

Learn about the origins of “Bollywood” dance by learning choreography rooted in one of India’s many folk dance styles. Class begins with a warm-up and technique work based Bhangra, Garba, Lavani, or Tappari style. Then, students will be taught a choreography to an Indian film song that is based in that style of folk dance. Choreography will be high-energy, expressive, and fun! Class concludes with performances by the students, which will be video-taped.

- *\$80 per person*
- *minimum 10 people*

3-hour Bharathanatyam (Indian Classical) Technique + Choreography

This workshop is a thorough introduction to Bharathanatyam technique and conditioning. Class begins with strength and flexibility work, and then moves on to basic technique work in positioning and movement of arms, legs, hands, and head. Students will be taught a short piece of choreography which they will perform at the end of the session.

- *\$150 per person*
- *minimum 5 people*