

discover the root of movement

LAS INTENSIVE USA

July 9th-15th 2024





WELCOME!

Welcome to the first residential Las Intensive in the USA.

Conceptualised by Rukmini Vijayakumar, the program is aimed at helping dedicated and serious dancers to grow artistically, intellectually, technically and spiritually in the art of Bharatanatyam.

The intensive is structured to include various other disciplines like yoga, strength training, rhythm etc. The intensive is planned and designed with utmost care to cater to the needs of every student present. The aim is for the students to have a safe space to explore, learn, question, evolve and grow as dancers and artists.

The intensive is for those students who want to expand their knowledge base and deepen their Bharatanatyam practice. Students will benefit from revisiting and reinforcing the basic physical and aesthetic technique with renewed vigour, while finding the tools to grow and experiment and reevaluate their ideas of dance. They will also deepen their understanding of theoretical concepts and the philosophy behind the Bharatanatyam tradition.

Rukmini Vijayakumar will be teaching the LAS Intensive- USA 2024 from July 10th to 15th

TENTATIVE SCHEDULE

July 9th

3 pm - 4 pm : Check in
4 pm- 4:30 pm : Introduction
4:30- 6:00 pm : Yoga & Stretch
6:00 - 7:00 pm : DINNER
7:00 - 8:30 pm : What is dance? And the
context of Bharatanatyam in the modern
world.

July 10th:

6:00-6:30: mindful walk
6:30- 8:00 am: Strength
8-9: BREAKFAST
9 am - 10 am : Adavus
10 am - 12 pm : Nritta repertoire 12 pm - 1
pm : LUNCH
1 pm - 2 pm : Tala basics
2 pm - 4 pm : Abhinaya
4 pm- 4:30 pm : TEA BREAK 4:30- 6:00 pm :
Charis
6:00 - 7:00 pm : DINNER 7:00 - 8:00 pm :
Open session

July 11th:

6:00-7:00: Yoga
7:00- 8:00 am: Adavus & alignment 8-9:
BREAKFAST
9 am - 10 am : Adavu exploration
10 am - 12 pm : Nritta repertoire
12 pm - 1 pm : LUNCH
1 pm - 2 pm : Tala basics
2 pm - 4 pm : Abhinaya
4 pm- 4:30 pm : TEA BREAK
4:30- 6:00 pm : Charis
6:00 - 7:00 pm : DINNER
7:00 - 8:30 pm : Fire circle

TENTATIVE SCHEDULE

July 12th:

6:00-6:30: mindful walk
6:30- 8:00 am: Strength
8-9: BREAKFAST
9 am - 10 am : Adavus & alignment
10 am - 12 pm : Nritta repertoire
12 pm - 1 pm : LUNCH
1 pm - 2 pm : Open learning @pond
2 pm - 4 pm : Abhinaya
4 pm- 4:30 pm : TEA BREAK
4:30- 6:00 pm : Charis
6:00 - 7:00 pm : DINNER
7:00 - 9:00 pm : Choreography

July 13th:

6:00-7:00: Yoga
7:00- 8:00 am: Adavus exploration
8-9: BREAKFAST
9 am - 11 am : Nritta repertoire
11 am - 12 pm : Theory
12 pm - 1 pm : LUNCH
1 pm - 3 pm : Abhinaya
3 pm - 4 pm : Choreography
4 pm- 4:30 pm : TEA BREAK
4:30- 6:00 pm : Choreography
6:00 - 7:00 pm : DINNER
7:00 - 8:30 pm : Open session

TENTATIVE SCHEDULE

July 14th:

6:00-6:30: mindful walk
6:30- 8:00 am: Strength
8-9: BREAKFAST
9 am - 10 am : Adavus & alignment
10 am - 12 pm : Nritta repertoire
12 pm - 1 pm : LUNCH
1 pm - 2 pm : Open learning @pond
2 pm - 4 pm : Abhinaya
4 pm- 4:30 pm : TEA BREAK
4:30- 6:00 pm : Charis
6:00 - 7:00 pm : DINNER
7:00 - 9:00 pm : Choreography

July 15th

6:00-6:30: mindful walk
6:30- 8:00 am: Strength & Gratitude 8-9:
BREAKFAST
9 am - 11 am : Presentations
11 am - 12 pm : stretch & talk
12 pm - 1 pm : LUNCH & check out

CLASSES

Strength & Conditioning

The morning Somatic classes will alternate between Flexibility routines, Strength, and Functional training that cater specifically to the Classical Indian dancer.

The classes will concentrate on enabling the body to be prepared for the aesthetic requirements of Bharatanatyam. It will guide the student to begin to understand proper alignment that will help in injury prevention.

Alignment and Adavu Basics

This class will concentrate on creating awareness and precision in the basics of Bharatanatyam. It will also introduce the technique of The Raadha Kalpa Method, based on the philosophy of neutrality and help the students understand the possibilities that arise from this.

Repertoire

The Repertoire class will impart traditional choreographies in Bharatanatyam. The student will gain an idea of Rukmini's choreographic perspectives as well as her approach to addressing a subject through these sessions. Each repertoire series will end with learning a full piece. The student will also have music to take home to practice or perform subsequently.

CLASSES

Tala

The Tala class will delve into various tala concepts, reinforcing ideas and developing on the nuances of Tala in Bharatanatyam. Based on the course level you are in, the Tala class will either cover basic concepts of Laya, Sapta talas, Yati, Jathi or further into exploration of more complex ideas of rhythmic structure for a Korvai or Jathi.

Nritta, Intention & Choreography

This class, will deal with how intention translates through movement as well as through abhinaya. This class will take students through the process of inspiration, translated into intent, finally leading to the creation of movement. The students will be able to assimilate ideas of intention and translate the same through technique of choreography.

Rukmini will share her movement philosophy, as expressed through intention and choreography.

Abhinaya

The Abhinaya class will work on the ideas of interpreting and developing an expressive work in Bharatanatyam. The repertoire that the student learns will have music to take home.



Things to Carry

- Water bottle
 - Tracks and T-shirts
 - Kurta and leggings (no loose pants)
 - Dupatta
 - Practice sarees (optional)
 - Pen drive
 - Headphones
 - Face towel
 - Yoga mat
 - Sneakers
 - Swim wear
- Some of the classes require you to be dressed in Kurtas, tights and dupatta/ or a practise saree and for others you can wear comfortable clothing. Kindly bring enough comfortable clothes as you will be dancing throughout the day.
- If you are carrying your own food, please pack enough nutritious food to last an entire day. Don't forget to pack some healthy snacks for a quick bit (fruits, carrots, dry fruits etc.). Keeping yourself hydrated and fuelling your body intermittently will be necessary to keep up with the demanding schedule of our intensive.





LOCATION

ELOHEE RETREAT , ASHVILLEE NC, USA

The intensive will happen at the
Elohee Retreat @ Mandala Hall
251 Elohee Drive, Sautee Nacoochee, GA
30571

For any further details contact:

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