

Anwasha Company presents
Indian Classical Manipuri Dance Basic Workshop

A rare opportunity to familiarise with Indian Classical Manipuri Dance. Manipuri originates from North east of India and is peculiar as it has separate male and female dance form. The female form has delicately controlled circular movements and the male form has vigorous anti-gravity movements. Manipuri has its own Martial Art vocabulary.

The development of Manipuri dance over the years can be classified into four different forms.

- 1) Lai Haraoba: The combining together of Matter and energy.
- 2) Cholan: It is inspired from nature and contained animal movements
- 3) Raas- Lila: It is story based and tells us the story of Love between God Shri Krishna and his beloved lover Shri Radha. It is more dramatic and expressive.
- 4) Thang-Ta: Manipuri Martial Arts.

It is said that no other Indian Classical Dance has so much variety within it.

This workshop will be helpful for beginners, semi-professional, professional dancers and teachers. They will benefit from introduction with basic dance sequence to learn coordination, spin, footwork, rhythm, hand gesture and facial expression.

Date:

Venue:

Time:

Rate:

Places are limited.



Anwasha Company

www.anwasha.net

Anwasha Company presents

Advanced level workshop with Anwasha Ahmed



Drawing inspiration from Manipuri (Indian Classical Dance) and release based contemporary dance, Anwasha will introduce participants to her personalised technique.

Anwasha will work with participants to explore key elements of her movement focusing on fast rhythmical patterns, relationship with the floor, de-constructing the principles of Manipuri and introducing participants to the structures and physical dynamics of Anwasha's own work.

She will introduce methods of using imagery to explore dance movements. She will also draw out inventive movement from the participants.

This workshop will be helpful for participants who have done beginners Manipuri workshop, Semi-professional and professional dancers and teachers.

Date:

Venue:

Time:

Rate:

Places are limited so contact immediately to reserve yours.



Anvesha Company
www.anvesha.net