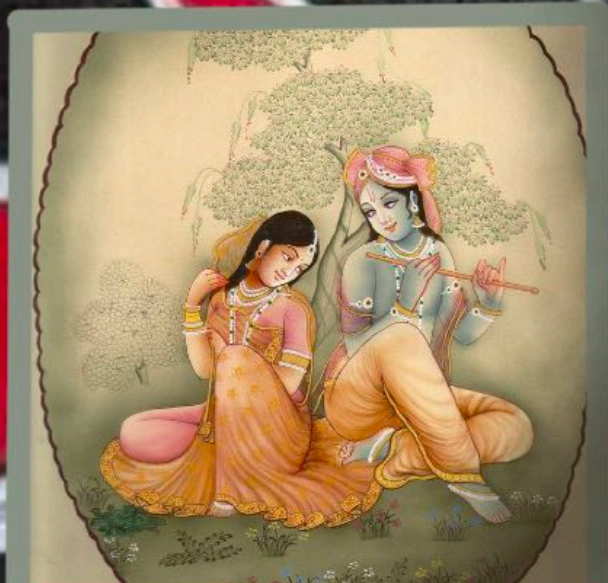
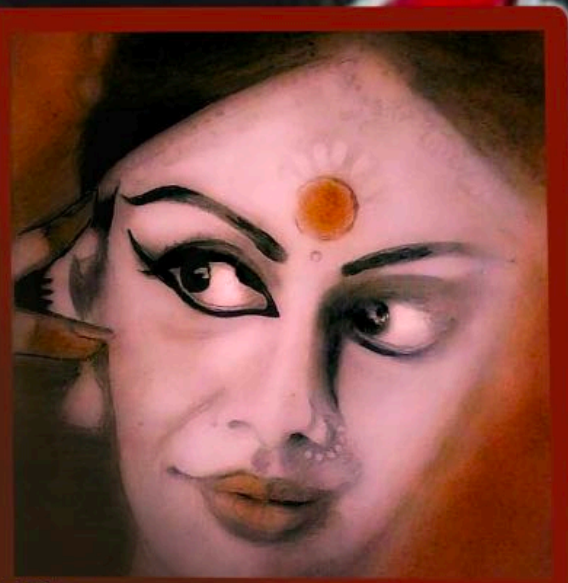


GOVARDHAN

School Of Classical Dance

NATYAŚĀLA



GOVARDHAN

SHATAKSHI GOYAL

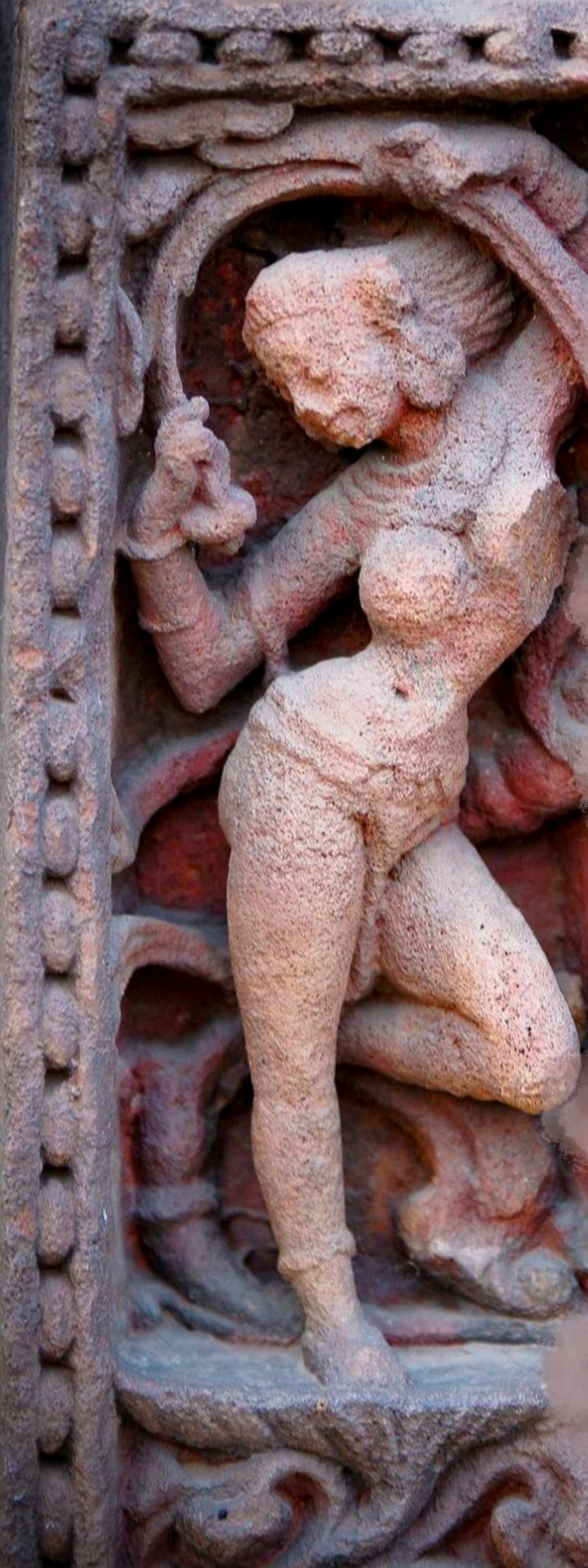


NATYAŚĀLA

ਠਵੀਝਝੀ ਝਾਟ ਝੁਝਾ

Govardhan Ecovillage serves students from every part of the world as a temple of learning for the performing arts and spirituality, which are strung together upon the thread of the ancient vedic culture. These students share this classical art-form with the communities in their own countries through the organization of dance, music, and cultural festivals. In this way Govardhan Ecovillage strives to preserve, promote, and share this rich cultural heritage of India all over the world.

On the occasion of Sharad Purnima, 2020 Govardhan Ecovillage inaugurated, Govardhan School of Classical Dance in collaboration with Natyasala Academy founder & director, Shatakshi. She was homeschooled in Boise, ID and inspired by H.H. Hanumat-Preshaka Maharaj and H.H. Radhanath Maharaj as a young child to “dance for Krishna”. The Odissi dance style is rooted in the Vaishnava traditions and Shatakshi has been working for over 20 years to make an inspiring curriculum.



କୋହାଟି ଇଓ ଠବୌଓଓିଓ?

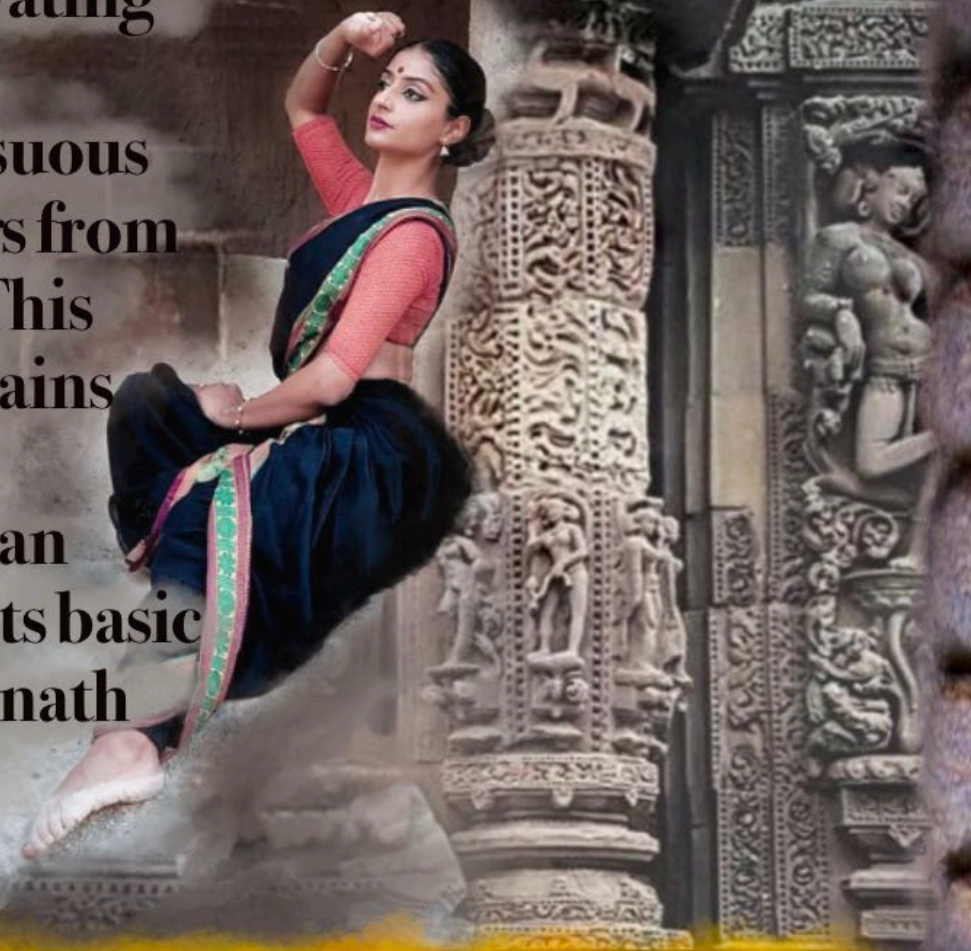
Odissi is one of the most ancient, graceful, captivating classical Indian dance styles with its beautiful sculptural poses, charming gestures and sensuous bends of the body resembling the ancient carvings from the caves of Udayagiri and Konark Sun Temple. This dance-form has evolved over centuries, yet it remains carefully preserved. The specialty of Odissi that distinguishes it from other forms of classical Indian dances is its mood of service to Lord Jagannath. Its basic postures are based upon the image of Lord Jagannath (*Chowka* position) and Lord Krsna (*Tribhanga* position).

ତ୍ରିହ ଠବାର୍ଲ ଠି ଠବୌଓଓିଓ

The charm and aesthetics of Odissi dance are delicately interwoven with a unique lifestyle that unveils a profound and spiritually fulfilling experience for the artist. It is a spontaneous medium to absorb oneself in meditation on the ever-enchanting pastimes of the Supreme Personality of Godhead. Because His pastimes are perfect, any emotion experienced while performing His pastimes is so blissful and heart-touching for both the audience and the performer. This special exchange of *bhāva* (consciousness) renders Odissi a very graceful way of sharing spiritual bliss with audiences of all types.

ତ୍ରିହ ଲାସ୍ପୁା ଓଓଓଓଓଓ

Odissi kindles a special feminine flowing grace (*lasya*) within its dance items. This element of *lasya* in Odissi distinguishes it from other dance styles. *Lasya* was brought down from the heavens by Usha, the wife of Aniruddha (grandson of Krsna). Goddess Parvati taught Usha this heavenly charming dance full of delicate movements as her father, Banasura was a great devotee of Lord Shiva. It is believed that Usha then taught this dance form to the women of Dwarka. On the other hand, Odissi inherits its intense and strong nature (*tāṇḍava*) from Lord Shiva's *līlā* of killing Tripurasura. Though the fierce element of *tandava* is prominent in Bharatanatyam, Odissi is a perfect blend of these two moods of *lasya* and *tāṇḍava*.





nātyaśāla acadēmy

Nātyaśāla is a concept formed by the Artistic Director & Director of Education Shatakshi Goyal. Shatakshi is an Odissi danseuse, choreographer, writer and researcher. Raised in the US, Shatakshi trained in classical Indian dance since the age of 3. After pursuing her education and obtaining national recognition as one the top 5 Electrical & Computer Engineers in the USA, Shatakshi worked as a lead with 2 contracting companies under her at Hewlett-Packard where she finally resigned at the age of 20 to pursue her dream of training in Odissi dancing in India in the modern gurukul system of Nrityagram under the tutelage of Guru Surupa Sen, Guru Bijayini Satpathy, and Guru Pavitra Reddy. Nātyaśāla Academy's main focus is on student development. Our training program is designed for excellence and has developed and refined over the past 25 years of research, rigorous training and performing, furthering it from where the founding gurus had left it.

purī's temple tradition

The Jagannath temple in Puri was established by King Indradyumna of the Malava dynasty. Over time, the tradition of offering dance for Lord Jagannatha's pleasure became a part of the temple service. Srila Jayadeva Goswami composed poems to which danced his wife Padmavati, one of the first *devadāsīs* or temple dancers. Jayadeva Goswami took the classification of eight types of heroines and heroes from Odissi's ancient textbook Nātyashastra of Bharata Muni and proved that Radharani and Kṛṣṇa are the crest jewels of all eight and portray each most perfectly in their pastimes. He named this meditation *Gīta-govinda*. Since then, almost all the *abhinaya* (emotive) items of Odissi have been choreographed on Jayadev Goswami's meditations (*Gīta-govinda*, *Daśāvatara-stotra*, etc).

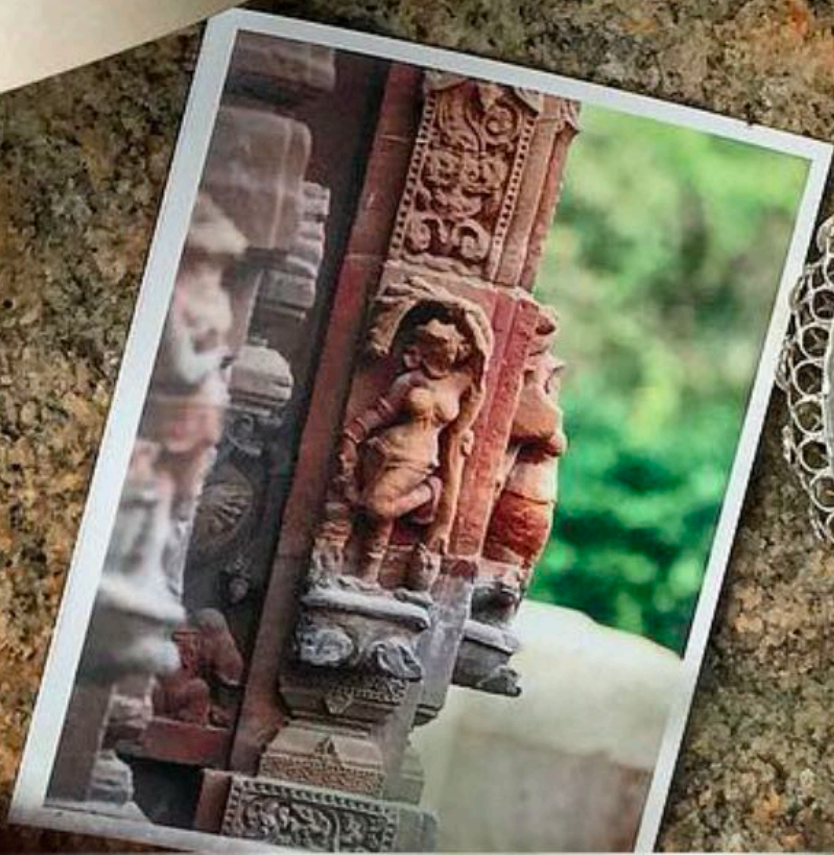


the natyaśāla method

On demand training program for Odissi, streamed to your own home computer! The Nāṭyaśāla method is a systematic educational training program crafted by Shatakshi Goyal after extensive pedagogical research and restructuring to prime the Odissi dancer in physical, technical, creative, rhythmic, theoretical, artistic and spiritual aspects. Learn or rework your dance technique to perform Odissi. Learn the basics of psychosomatic movement along with technical conditioning training, your fundamentals in the art of Odissi movement through conditioning training, dance technique, theory and repertoire classes! "Odissi in 96 hours", "Glimpse of Odissi", "Stretch & Workout" are just a few of the courses being offered online. After intense deliberation, the prerecorded, professionally shot and edited lecture hybrid of pre-recorded as well as live sessions giving opportunity for personalized corrections from instructor to simultaneously maintain efficiency in learning and student-engagement. The prerecorded, professionally shot and edited lecture videos are crafted such that the student incrementally can follow along, learn and retain. The program will accelerate your progress in Odissi, bringing visible improvement in your stamina, physical alignment, strength, flexibility, balance, and isolated-limb-articulation, if you are self-disciplined and sincerely follow along.

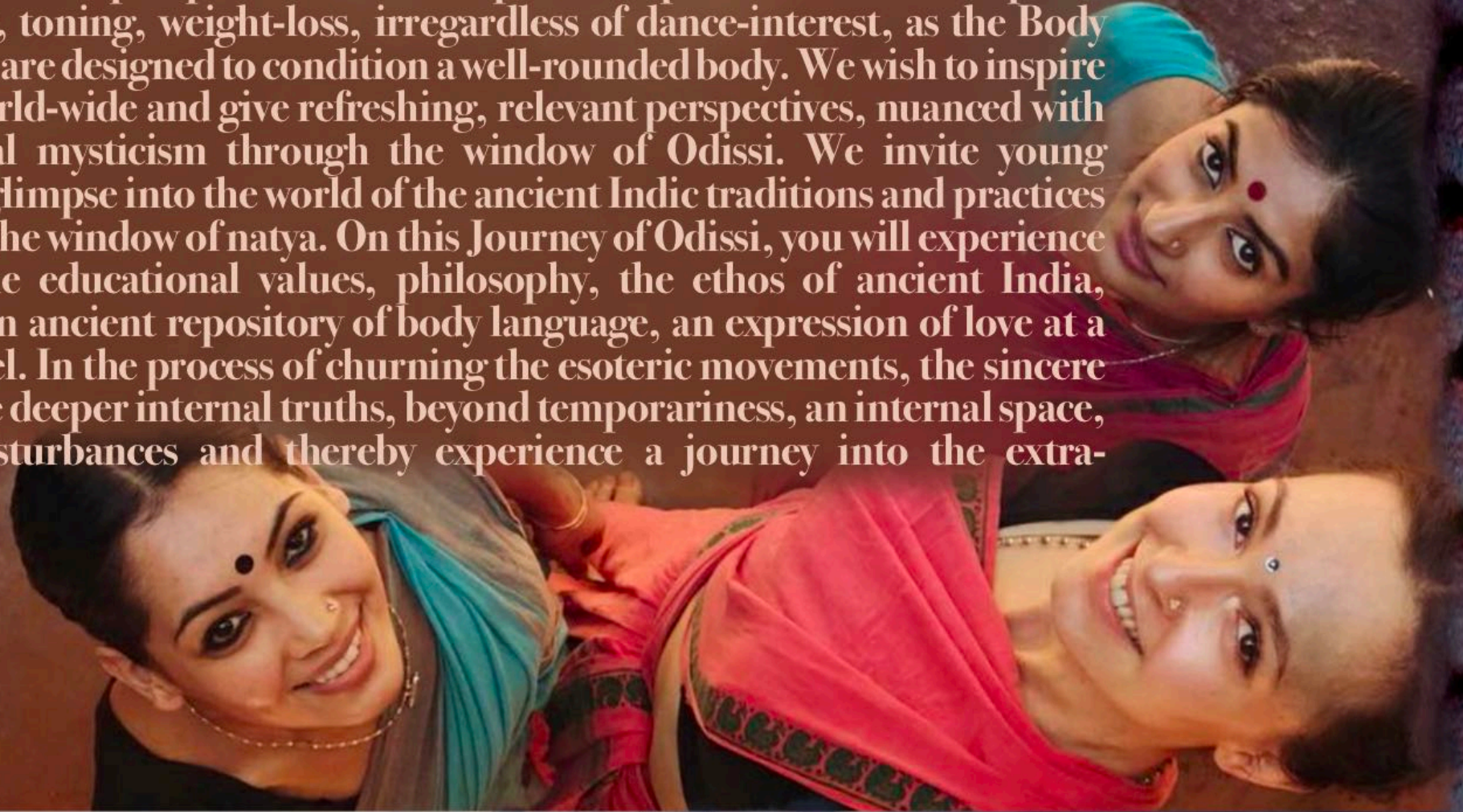
why is the natyaśāla method unique

The Nāṭyaśāla Method is unique because it expands the traditional vocabulary of Odissi and conditions our bodies, trains our mind and engages our soul in order to be able to execute it. All necessary qualities and skills are rigorously worked upon through physical, mental, creative, spiritual, theoretical exercises and prepare the dancer for choreographic execution. Furthermore, our classes are offered as professionally pre-recorded videos, and therefore are logistically more efficient than live videochats. We encourage the students to submit their own videos following along for personalized corrections, thereby trying to most closely reproduce the 'in-class' experience.



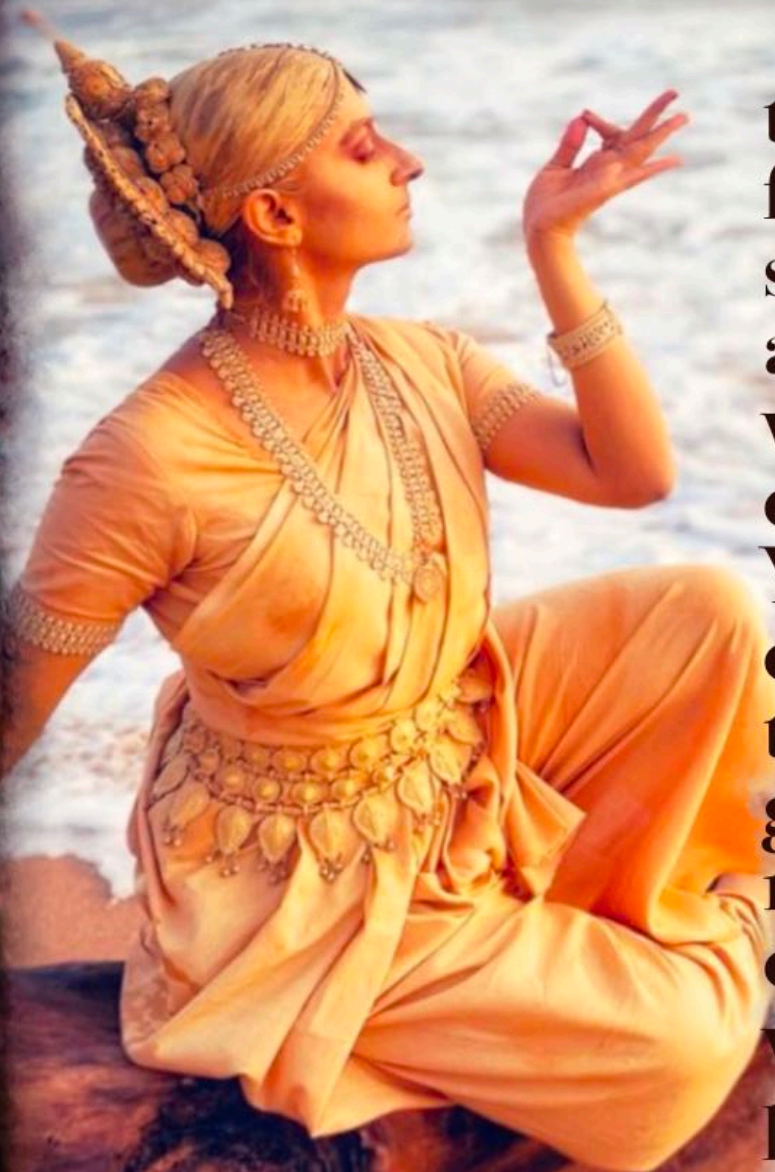
କୌଣସି ଲାଭ ମିଳିବ ନାହିଁ

This program is meant for any beginner, intermediate or advanced student of dance who may or may not have access to a teacher, but needs guidance and clarity. Each student will receive corrections pertaining to his/her own level and depth of understanding and practice. The courses are paced and will act as a guide in your daily practice and growth. You will be able to set clear goals and develop a sound foundation in Odissi. Although the program is specifically designed for students of the Odissi style, the awareness-heightening routines will greatly benefit practitioners of any other Indian classical dance-forms like Bharatanatyam, Kuchipudi, Mohiniattam and Kathakali, which share similar understanding of alignment, plié positions and sculptural inspirations. It is also apt for overall fitness-training, toning, weight-loss, irregardless of dance-interest, as the Body Conditioning exercises are designed to condition a well-rounded body. We wish to inspire young practitioners world-wide and give refreshing, relevant perspectives, nuanced with aesthetics and spiritual mysticism through the window of Odissi. We invite young practitioners to take a glimpse into the world of the ancient Indic traditions and practices of happiness, through the window of natya. On this Journey of Odissi, you will experience a living practice of the educational values, philosophy, the ethos of ancient India, engraved in its very own ancient repository of body language, an expression of love at a very deep universal level. In the process of churning the esoteric movements, the sincere student may experience deeper internal truths, beyond temporariness, an internal space, free from external disturbances and thereby experience a journey into the extra-mundane.



training ପ୍ରକ୍ରିୟା

The course is designed to condition your body through a series of lessons for the necessary flexibility, breath control, core conditioning, strengthening, point practice, hip joint articulation, isolation, mind-body connection as well as balance training, knee protection and self care that you will need for your dance training. You will simultaneously train in the fundamentals of the Odissi style (layers of opposition, rhythmic time lag, upper and lower body connection, gravity of hip, weight transitioning without hip movement, basic body positions, concept of axis, organic torso deflection) and build your Odissi vocabulary designed to help you understand psychosomatic movement. Having taken this course you will be able to render difficult parts of dance choreography with more ease through a thorough training resulting in enhancing your abilities as a dancer!



Student orientation

You will be given a unique schedule of lecture attendance and video submissions depending upon the nature of your enrollment. The instructional videos will be provided via private youtube links. You will be required to set up a camera giving full visibility from head to toe at all times and follow lecture instructions while recording yourself. Please ensure instructional video audio is audible in your video so your rhythmic understanding can be assessed. You will then upload your videos onto YOUTUBE as 'unlisted' videos ([tutorial](#)), select privacy setting at the end as 'unlisted', and email the corresponding links to natyasala.info@gmail.com. We will then correct you via email, audio message, or video, depending upon the nature and depth of the correction. Please use the following sequence to title of each video: <InstructionalVideoName.NameOfStudent.MM/DD/YY>. You will receive a certificate from Nāṭyaśāla Academy upon completion of the course(s). We also offer certification through Gāndharva Mahāvīdyālaya University, Delhi Prārambhik-Alankar (Undergraduate-Masters). (Please let us know in advance if you would like to pursue this).

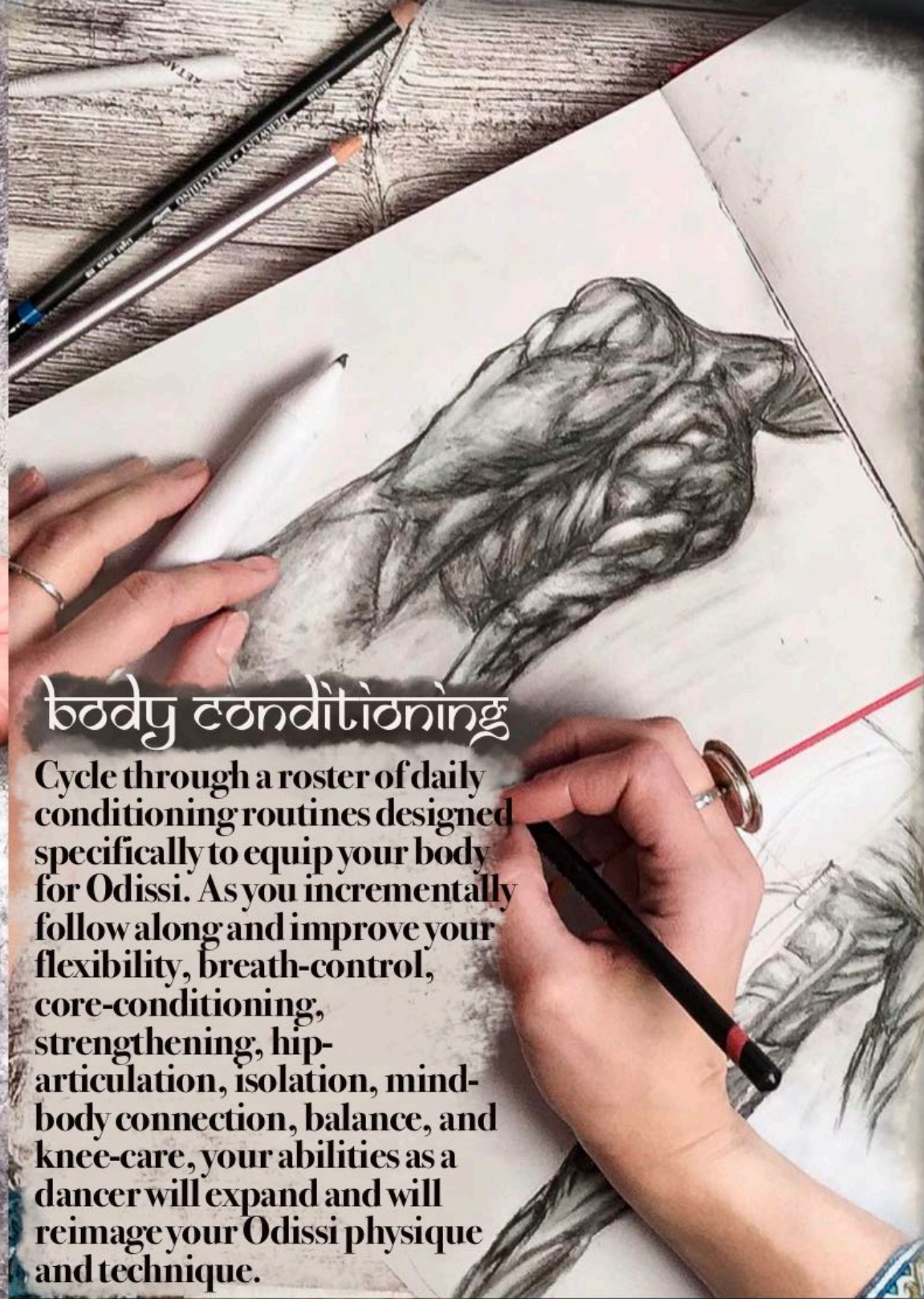
requirements

Body conditioning: t-shirt and leggings/joggers.
Odissi Classes: kurta-pyjama and sash tied around waist.
Bring a water bottle, notebook, pen, yoga mat and strap. Participants must inform instructor about any injuries before starting the class.



ଠବିଈଈ ବାଈଟଈ

Learn about layers of opposition, rhythmic time-lag, upper and lower body connection, 'gravity in hip', weight-transitioning without hip movement, basic body positions, the concept of axis, organic torso deflection, wrist movement, aesthetic and geometric limb placement (*angasuddhi*) etc and build your Odissi vocabulary of psychosomatic movement.



body conditioning

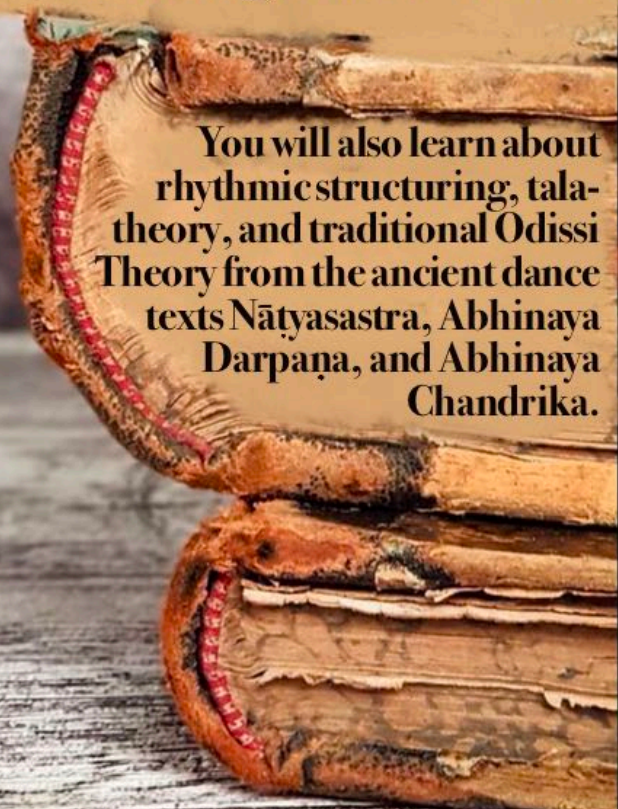
Cycle through a roster of daily conditioning routines designed specifically to equip your body for Odissi. As you incrementally follow along and improve your flexibility, breath-control, core-conditioning, strengthening, hip-articulation, isolation, mind-body connection, balance, and knee-care, your abilities as a dancer will expand and will reimagine your Odissi physique and technique.

ଠବିଈଈ theory

Analytically delve into thought-provoking, norm-challenging/ relevant topics like: Theology in Ancient Indian Dramaturgy, Aesthetic Theory from Nāṭyaśāstra, Bhakti-rasa-A Fusion of Theology & Aesthetic, Spiritual Significance of Odissi Repertoire,

Nāṭya a Deliberate Art vs. Contemporary, Owning Ancient Body Language, Ethos of an Ancient Civilization, Nāṭya & Man-Making in Present Times, Importance of Body Conditioning as Classical Dancers

You will also learn about rhythmic structuring, tala-theory, and traditional Odissi Theory from the ancient dance texts Nāṭyasastra, Abhinaya Darpaṇa, and Abhinaya Chandrika.



ଠବିଈଈ repertoire

You will learn traditional pieces choreographed by the founding Gurus of Odissi and the teachers will work personally with the dance student to help them master the individual items. The students should walk away with a fine-tuned aesthetic sensibility. In advanced repertoire classes you will learn pieces choreographed by Shatakshi and delve into analyzed, researched and refined technique and explore uncharted spectrum in Odissi movement.



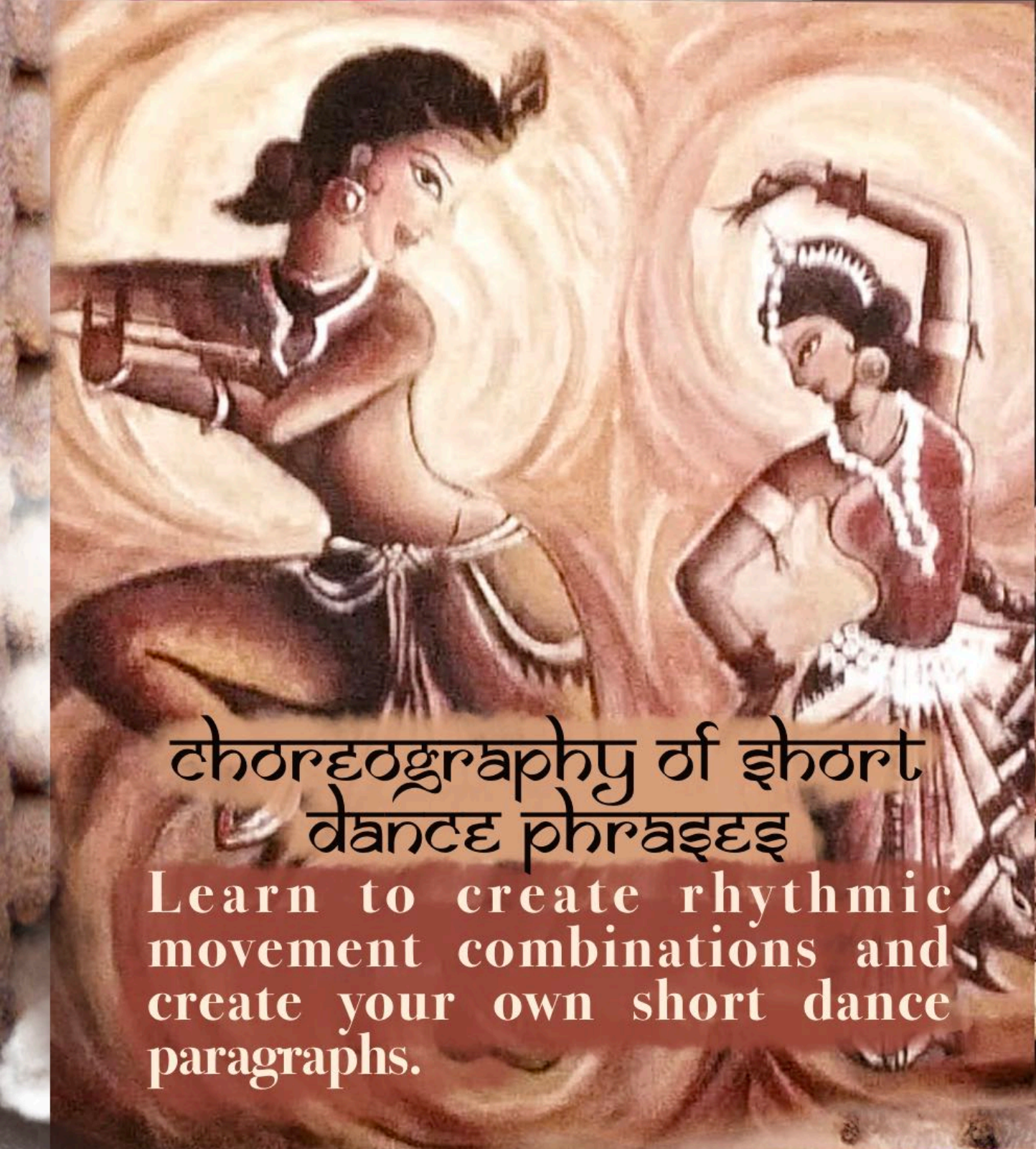
ଉତ୍ତରାନ୍ତରାଳ fundamental

Introduction to basic concepts of psychosomatic movement and fundamental concepts of Odissi: layers of opposition, rhythmic time lag, upper and lower body connection, gravity in hip, weight transitioning without hip movement, hip joint usage, basic stances, organic torso deflection translating upward from footwork.



ଉତ୍ତରାନ୍ତରାଳ ରୂପାନ୍ତରାଳ construct

Learn the various Karnataka and Hindustani talas used in Odissi music. Learn to use them to create short rhythmic paragraphs.



ଉତ୍ତରାନ୍ତରାଳ transition ଓ conjunction ଓ ଉତ୍ତରାନ୍ତରାଳ

How to make seamless weight transitions between various stances and movements to get a feel for the Odissi style

ଚିତ୍ରାନ୍ତରାଳ ଓ ଉତ୍ତରାନ୍ତରାଳ dance phrases

Learn to create rhythmic movement combinations and create your own short dance paragraphs.



build core & movement vocabulary

Learn to use, communicate and identify movement with technical vocabulary: spinal alignment, hip alignment and joint articulation, protraction, turnout, flexion, lateral rotation, balancing, strengthening, activating, drawing-in, opening, extension, release, knitting, threading etc. You will also learn about muscular nomenclature, develop and enhance psychosomatic/anatomical understanding, work on lean muscle development (agile and strong, not bulk), and muscle-specific strengthening/flexibility routines. You will also learn several āsanās, their muscular benefits for our dance bodies, nomenclature, as well as 'dos' and 'don'ts' for maximum benefit. You will develop a keen understanding of anatomically correct/incorrect movement, and recreate specificity in a variety of ranges of physical movement working with your mind to allow your body to move with ease through complex combinations.



build dance vocabulary

Learn basic movements: walks, jumps, spins, and stance-specific movements. Simultaneously we will work on your flexibility, core-conditioning, strengthening, point-practice, hip joint articulation, isolation, mind-body connection as well as balance and knee-protection and self-care. You will learn to apply these new-found/increased abilities in your dance, as we urge you to break the cycle of habit through frequent reminders and heighten your awareness, which is a whole new ball game in itself. Our dance training specializes in incorporating understanding of modern movement techniques in classical training pedagogy.



trio to the end

To experience an example class, use the following links:

[Example Body Conditioning Class](#)

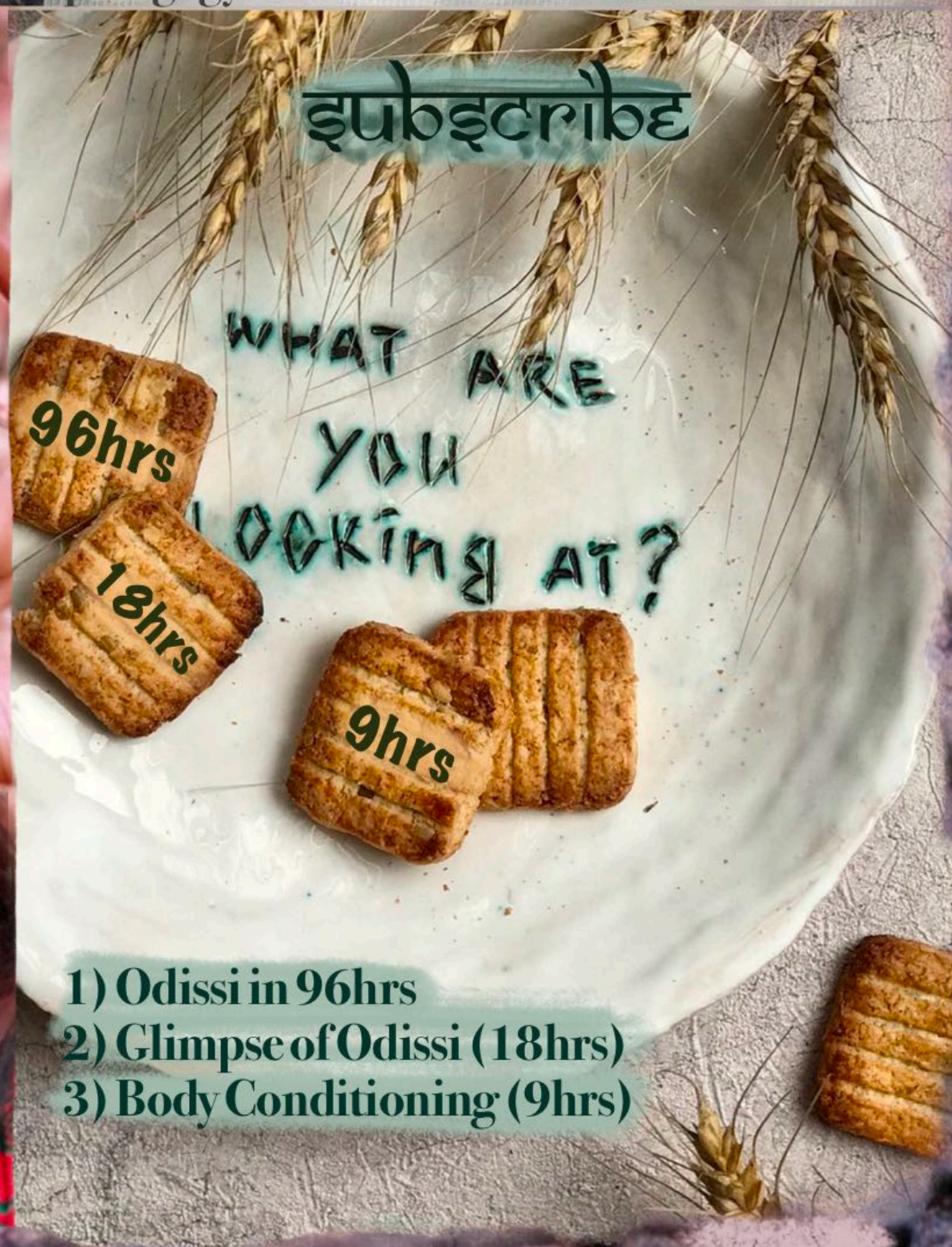
[Example Odissi Class 1 & 2](#)

[Advanced Choreography:](#)

[Nrsimha Pranam](#)

[Ami Jamuna](#)

[Radhe Jaya Jaya Madhava Dayite](#)



1) Odissi in 96hrs

2) Glimpse of Odissi (18hrs)

3) Body Conditioning (9hrs)



Phone: +91 9769436934

Email: Yoga@ecovillage.org.in

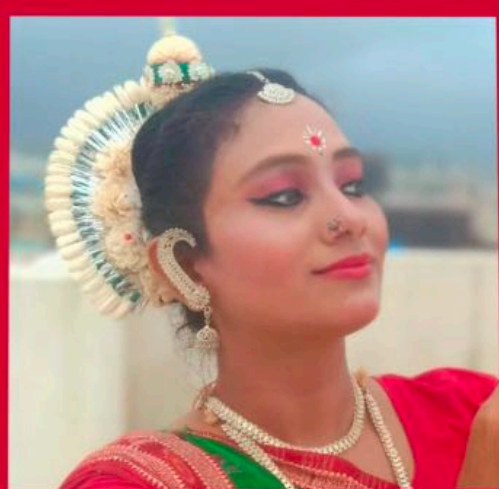
Website: <http://www.ecovillage.org.in>,
<http://www.natyasala.com>



You Tube

“I started learning Odissi after I watched Nritygram performance in NCPA. I always felt some pull towards Odissi but never found a proper institution to learn from and felt sad about it. Few days ago I got email from my friend where I found about echo-village program and then I visited Shatakshi mam’s Instagram and her dance style impressed me right away and I decided to join 96 hr program. I am extremely happy to join Natyasala.

-Pallavi Kumbhar



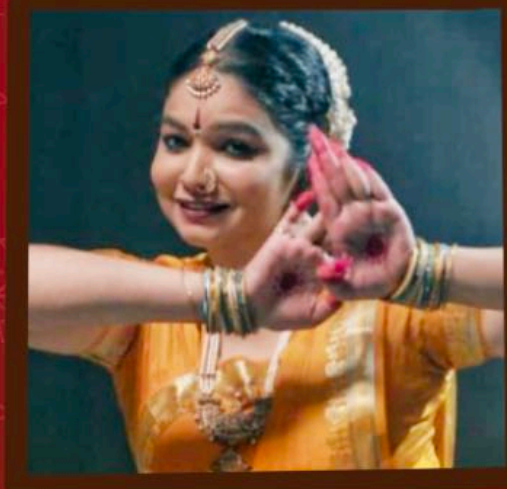
“This style is so unique and contemporary along with detailed classical base that I immediately got attracted to it and enrolled in it. I hope to embark on a new journey through this academy.”

-Suchandra Roy Acharyya
(IIT Guwahati ‘22)



“About a decade ago, I had the stamina, flexibility and strength required of a Bharatanatyam performer. I’d thought I wouldn’t be able to get back to that level of fitness, but your videos inspired me to give it another shot.”

-Urvija A Ghurye, Founder
Rasa Raaga Dance Institute



“Since enjoying the Odissi performance in UK, I do want to learn Odissi but I can’t find any classes in Hong Kong. Prerecorded video lesson is flexible. The video clips on Instagram looks professional. Shatakshi is experienced as well. So this certificate Odissi dance programme with body conditioning is exactly what I want and need now.”

- Kaka Yung