

**AMERICAN UNIVERSITY OF SPIRITUAL SCIENCES
TEXAS, USA**

CERTIFICATE COURSE IN DANCE – BHARATANATYAM

Academic Year: 2026-27

Beginner Level Course

THEORY

Unit	Title	Contents
Unit 1	Introduction to Dance	Introduction to Dance as a medium of expression; Role of dance in Vedic period, mention of dancing celestials with examples of ancient temples.
Unit 2	Bharatanāṭyam Basics	Introduction to Bharatanāṭyam and advantages of its components (Nṛtta, Nṛtya, Abhinaya); Importance of Namaskāra.
Unit 3	Dhyāna Ślokas	Dhyāna Ślokas: Gaṇeśa, Guru, Sarasvatī, Śiva.
Unit 4	Anatomy & Physiology	Explanation of body structure and functionalities (hands, legs, chest, spine, etc.) and their role in dance.
Unit 5	Physical Preparation	Preparing the body through simple workout exercises: stretching and strength building without artificial materials.
Unit 6	Āḍavu & Korvai	Introduction to Āḍavu (basic steps), Dashavidha Āḍavus, Introduction to Korvai (joint Āḍavu).
Unit 7	Jāti & Hasta Mudras	Constituents of simple Jāti and knowledge about its application; Introduction to Hasta Prāna, Hasta Mudras (Asamyuta and Samyuta) as per Abhinaya Darpaṇa; Diagraming Hastas.

PRACTICALS

Unit	Title	Contents
Unit 1	Namaskāra & Dhyāna	Namaskāra with explanation; Dhyāna Śloka with actions.
Unit 2	Warm-ups & Bending	Basic warm-ups (neck, shoulders, arms, waist, thighs, knees, ankles, toes); Bending (side, back, front).
Unit 3	jumping & Strengthening	Strength building (Maṇḍala, Pūrṇa Maṇḍi/Mula Maṇḍi: slow practice with counts); Jumping (Samapāda jump, Half-sit, Full-sit); Simple stretches and gradual increase of range.
Unit 4	Complete Revision	Complete revisions (Namaskāra to stretches).
Unit 5	Āḍavus Practice	Āḍavus: Tattaḍavu (8 variations), Naṭṭu Āḍavu (6), Mettu (4), Tattu Mettu (Pancha Jāti), Kudittu Mettu/Egaru Mettu (8), Jaraḍavu, Mukṭāya (Alapadma & Kartari hasta with Trāyasra añchita), Mukṭāya-Front, Egaru Tattu (4), Bhramarī, Raṅgaparikrama, Maṇḍi, Mukṭāya (Kitathaka Tarikitatom).

Advance Level Course

THEORY

Unit	Title	Contents
Unit 1	Bāṇī / Paramparā	Various Bāṇī / Paramparā (styles) in Bharatanāṭyam, names of founders, and knowledge about the Bāṇī of the student.
Unit 2	Treatises & Classical Dance	Brief introduction: Nāṭyaśāstra, Abhinaya Darpaṇa; Introduction to classical dances of India.
Unit 3	Mārga & Deśī	Brief introduction to Mārga and Deśī.
Unit 4	Music in Dance	Importance of music in dance.
Unit 5	Śloka & Kautva	Introduction to Śloka (characteristics & importance); Introduction to Kautva (characteristics & importance).
Unit 6	Karnataka Music	Introduction to Karnataka music: constituents – Svara, Rāga, Tāla; Knowledge of units of Tāla (Laghu, Anudhūta, Dhūta) with symbols and depiction.
Unit 7	Contributions of composers	Contributions of Śrī Purandara Dāsa and Śrī Tyāgarāja to Karnataka Music (brief).

PRACTICALS

Unit	Title	Contents
Unit 1	Āḍavus	Other Āḍavus (Kattdavu, Bhramari/Suttadavu/Shutradavu, Egaradavu/Utplavan, Kartari adavu, Shikhara adavu, Mai adavu, Tandava Adavu, (can add more adavus)
Unit 2	Ślokas & Kautva	Ślokas of any two deities (with meaning); Kautva (with meaning).
Unit 3	Karnataka Exercises	Sarala Varase (7), Janti Varase (5), Alaṅkāras (3 in 3 speeds).
Unit 4	Bhedas Practice	Learning of Śirobheda, Dṛṣṭi Bheda, Grīvā Bheda, Bhrū Bheda with Śloka as per Abhinaya Darpaṇa.

Activities:

Diagramming Hastas

Drawing adavus in stick-figure (match stick figure)/Lipi system