

# Samāhita

Embracing wellbeing through classical movement paradigms

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Kuchipudi Workshop - 6<sup>th</sup> - 9<sup>th</sup> Oct 2025, IIT KGP

by

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Explore and experience movement, emotion, theory, and theatre through the Kuchipudi dance idiom.

## Day 1 : 6<sup>th</sup> Oct 2025

- Inaugural lighting of the lamp and introduction of artiste
- *Namaskaaram* – the Kuchipudi namaskaaram is a coordinated set of eight steps that is a seminal obeisance to the Earth before session begins
- An introduction to Kuchipudi and its origins, warm-ups, basic slokas and mudras (hand gestures)
- Movement – Kuchipudi steps are demarcated into seven distinct series comprising 150 odd steps. Here we'll look at some steps from series #1.
- Cool-down stretches

## Day 2 : 7<sup>th</sup> Oct 2025

- Warmups
- Invocatory shlokas and mudras run-through
- Series #1, #2, #3 steps continued.
- Engaging with the core and lower back – through Kuchipudi and allied movement grammars
- Start with choreography
- Cool-down stretches

## Day 3 : 8<sup>th</sup> Oct 2025

- Warmups
- Invocatory shlokas and mudras run-through
- Series #4, #5, #6
- Basic expressional exercises
- Continue with choreography
- Cool-down stretches

## **Day 4 : 9<sup>th</sup> Oct 2025**

- Warmups
- Invocatory shlokas and mudras run-through
- Series #4, #5, #6 and #7
- Continued expressional exercises
- Choreography presentation
- Cool-down stretches
- A hand-written essay to be submitted by students on their experience of engaging with the Kuchipudi style. Submission before 11<sup>th</sup> Oct.