

ASSOCIATION FOR INDIA'S DEVELOPMENT MIT & BOSTON CHAPTERS



Workshop: Bollywood Dancing



About the Workshop:

Bollywood dancing, Bhangra and Indian folk dances are one of the hottest dances around. The dances are a fusion of traditional, folk and classical Indian dances with the influence of some hip hop and modern dance. It's fun and very expressive and there's a lot of deep meaning behind music in the films. You can actually express what the music means, through the graceful movements of the body... Many people are drawn to Bollywood Dance classes for the fast paced movements and the upbeat music. This lively form of dance encourages movement of all parts of the body, weaving in basic dance moves with intricate choreography.

Profile: Amulya Deepak

Amulya Deepak has been dancing since the age of 5. Belonging to a family of artists, Amulya has learnt different forms of folk dances and western dances for the past 11 years and has been performing for the past 10 years. Amulya founded **Vividha School of Dance** in 2005. A mother of 3, Amulya wanted her children to grow up with Indian art culture and heritage, and found other parents who were looking to do the same. Amulya also wanted to spread the joy of dancing. As time has gone Bollywood Dancing has become one of the most popular dances for workouts. Amulya has adapted the bollywood dancing technique and created workouts for all ages. She has been teaching in the US for the past 4 years.

Learn more: Vividha School of Dance

<http://www.vividhadance.com> or 617-774-0204

5:00—5:40pm

Other Programs in the Festival:

Music workshops, dance workshops, peace workshops, art contest, photo exhibits, delicious food, indoor games, kids activities, peace mural painting, performances, community dance (garba-dandiya) and much more..

Association for India's Development is a volunteer movement promoting sustainable, equitable and just development. AID supports grassroots organizations in India and initiates efforts in various interconnected spheres such as agriculture, energy, education, health, livelihoods, natural resources including land and water, women's empowerment and social justice. More information about us at www.aidboston.org or www.aidindia.org.