

## Facilities details

### Facilities activities and performances :-

A complete health check up on arrival  
Free international calls everyday for 15-20 minutes  
Unlimited internet surfing  
swimming in a pool of International standards  
Ayurvedic body massage  
Yoga and Pranayam practice  
Video coverage of Performances, Stage shows  
Facility of a well equiped airconditioned inhouse gym  
Round the clock efficient security  
Laundry and parlour (men /women)facility is available on a regular basis.

1. Stage Shows & Public Performances.
2. Wildlife Tours.
3. Cultural Tours
4. Tribal Tour and interaction with tribals.
5. Scenic Tours
6. Sprituals Tours.

### Accommodation & Food:

Air conditioned rooms with proper security system, on a twin sharing basis.  
There are separate boarding facilities for men and women.  
Hot water is also provided.  
Hygeinic Odissi, Indian (North & South), Continental, Chinese and Tandoor food  
Safe/Packaged drinking water.  
Soft drinks (Coke, Pepsi), Soda, Milk, Fresh fruit juices & tea / cofee provided at regular intervals.  
Menu is prepared keeping learners preference in view.

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# Insideorissa

Learn Odissi Dance  
at its Land of birth



# Insideorissa

Dream Dance Discover

## About Insideorissa

Insideorissa is not just another music and dance institute, in the temple city of Bhubaneswar; it has talented teachers and outstanding Gurus as its faculty resources. With learning avenues open for foreign students. The members of insideorissa have regaled the global audience from glamorous capital cities of the world by their scintillating performances.



Our objectives are to preserve, promote and project the rich cultural heritage of Orissa and to infuse cultural awareness in the minds of all.

Schedules are specially planned for students coming from abroad. In sum and substance, a multi-faceted training module is followed for the overall development of a pupil. Stage Shows & Public Performances, Wild life Tours, Cultural Tours & exchange, Tribal Tour and Tribal culture, Scenic Tours, Photographic Tours, Spiritual Tours - these all are comes in the process of our learning programme.



It will be a unique lifetime experience for learners, can be treated as dance holiday, dance therapy, Yoga treatment tours, cultural tours, photography tours, university cultural project or serious research work.

## About Orissa & Odissi

Orissa, an eastern state of India, spread over an area of 1,56,707 sq.kms. neighbouring West Bengal and Jharkhand in the north, Andhra Pradesh in the south, Bay of Bengal in the east and Chhatisgarh in the west, with her beguiling charm, rural tranquility and 482 kms. of coastline dotted with some spectacular virgin beaches, lakes and lagoon, hundreds of temples, wild life sanctuaries and national Parks, indigenous tribal people and their varied culture, colorful and vibrant cultural festivals, hospitable environs offers almost everything on a platter, any visitor expects from a dream destination.



Odissi is an ancient, breathtakingly beautiful form of sacred dance, which was originally developed in the temple of Lord Jagannath in Orissa, East India, as a form of worship and meditation.

As the temples are the bases of cultural life in this state, Odissi form of classical dance has been closely connected with their day-to-day activities.

Strongly linked with the religious movements of Orissa, Odissi shows traces of Buddhism, Tantrism (Buddhist and Brahmanical), Saivism, and Vaisnavism, not only in the figures depicted but also in the messages conveyed.



## Courses Details



**PRATHAMA - Beginner (30 Days)**  
Prathama begins with Exercises, stretching & yoga Asanas followed by various techniques of body movements, Mudras, poses, eye, neck, head movements with different foot positions including elementary uses of "talas" or rhythm. learners will be able to perform on stage a small piece of dance recital "Mangalacharan"

**Fees: Premium USD 3500, Standard USD 2000**

**MADHYAMA - Intermediary (60 Days)**

After the basic techniques one learns in "Prathama" level, dancers move on to acquire the skills of executing different dance pieces gracefully to the variations in rhythmic structure, for example pure dance like "Batu", "Pallavi" etc

**Fees: Premium USD 6250, Standard USD 3750**

**UTTAMA - Proficient (90 Days)**

In this level the understanding of pure dance and that of Abhinaya or expressional dance goes for in-depth analysis. Each segment of pure dance flows with grace and sculptural perfection. One needs the master the grammar to execute the dance pieces with clarity and it should be aesthetically pleasant.

**Fees: Premium USD 9000, Standard USD 5500**

