SUNDAY 22 NOVEMBER 2026

Body-conditioning and Kuttitta Adavu practice

Took part	6 to 10	Where	aikyam space, Fort Kochi
Run by	Thudippu Dance Foundation and Aparna NS	Facilitated by	Aparna NS

Audience
The women's batch aged 30 and above.

Steps
- The class included body-conditioning and strengthening exercises.
- The class covered the Kuttitta Adavu.
- The teacher guided students to engage their core and pay attention to their technique while practising the Adavu, with care for their knees and backs.

Response
The students took part in the conditioning exercises. They also practised the Kuttitta Adavu, with a focus on core engagement and technique.

Materials
- Body-conditioning and strengthening exercises
- Kuttitta Adavu practice
- Cues to engage the core and maintain attention to posture and technique

Other outputs
- Body-conditioning and strengthening exercises practised.
- Kuttitta Adavu taught and practised with attention to core engagement.

Evidence
The students practised the Adavu with a specific focus on core engagement and technique. The session also incorporated conditioning exercises into the batch's practice. This reflected the students' age and body-condition considerations in class planning.

People told us this.

Learnings
Planning with the students' differing physical needs in mind helped shape the session. Pairing the Adavu with cues about core engagement kept attention on technique while they practised.

Kind of learning: went well

What we would do differently
I would continue checking how each student is managing the exercises and Adavu. Where needed, I would adapt the practice or offer variations.

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