SUNDAY 1 NOVEMBER 2026

Introducing Eye, Neck and Eyebrow Exercises



Took part	7	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Aparna NS	Facilitated by	Aparna NS

Input

What went in

- Introduced sadhakas for the eyes, neck and eyebrows
- Demonstrated the movements and guided students through practice
- Encouraged students to try movements that felt challenging

Time

1.3 hours

Activity

On Sunday, as most students in the adults' batch were absent, we used the session to introduce new sadhakas (exercises) for the eyes, neck and eyebrows. The students who attended were eager and enthusiastic to learn. Some movements felt difficult at first, but they kept trying.

In Bharatanatyam, eye and neck movements are an important part of expression and dance technique. Practising these exercises helps students build familiarity and control, supporting clearer and more confident movement in dance.

Outcome

Knowing the art form | Coordination

Students were introduced to a new set of dance exercises and attempted the movements, even when they felt difficult at first. Their eagerness and effort were visible throughout the practice.

(We observed it)

Learnings

Eye and neck movements are an important part of Bharatanatyam practice. Regular, patient practice can help students become more familiar with these movements and use them with greater control in dance.

Run this activity yourself. You are free to copy, change and share this write-up, as long as you credit aikyam space. Photos are not included. (Creative Commons licence CC BY 4.0: https://creativecommons.org/licenses/by/4.0/)