

TUESDAY 15 SEPTEMBER 2026

Applying spatial awareness to Bharatanatyam



Took part **8**
Where **aikyam space, Fort Kochi**
Facilitated by **Thudippu Dance Foundation**

Facilitators **1**
Run by **Aparna NS**

On Sunday, the class focused on directions and spatial awareness, an important part of learning dance. While practising the "Tha Thai Thai Tha" adavu, the third set of steps in Bharatanatyam, the students faced an interesting challenge.

When I demonstrated the movements facing them, many students naturally tried to mirror my actions. However, in this exercise, they often needed to move in the opposite direction. This caused some confusion, and there were a few mix-ups with right and left turns.

Instead of seeing these mistakes as a problem, we used them as a learning opportunity. We discussed what was happening, tried different approaches, and practised repeatedly. Sometimes I turned around and demonstrated the movements with my back facing the students, while at other times they consciously tried the opposite side to understand the directions better.

Slowly, the students began to figure it out. By the end of the session, they were moving with much more confidence and awareness. The class showed that learning dance is not just about memorising steps it is also about understanding space, directions, and learning through trial and error.