

2026 സെപ്റ്റംബർ 21, തിങ്കളാഴ്ച

## Every First Step | A Beginner's Bharatanatyam Journey



പങ്കെടുത്തവർ 18  
എവിടെ ഐക്യം സ്പേസ്, Fort Kochi

ഫെസിലിറ്റേറ്റർമാർ 2  
നടത്തിയത് Aparna NS, Thudippu Dance Foundation എന്നിവർ

This Sunday started like a regular practice day. Our students were practising what they had learned the previous Saturday Kuthithu Mettu Adavu, repeating the steps until their bodies slowly remembered them.

Then, three new members walked in with warm smiles and joined our community class.

The first day is always a mix of emotions excitement, curiosity, a little nervousness, and of course, the pain that comes with making those first few movements!

They learned their first Namaskaram and got a little introduction to Bharatanatyam, its movements and the history behind the form.

Small steps, lots of repetition, a few mistakes, and plenty of smiles.

And that's the beauty of learning everyone starts somewhere. For them, this Sunday was simply the beginning.