Session 1: Explore Southern India

Session 1: focuses on the Arts of southern India. Enjoy a deep dive into Yoga, Carnatic Music, or Konakol Bharatanatyam.

Week 1: (June 23, 24, 25)
Animals of India
Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the Animals of India. Participants will learn mudras, music, and movement through Yogic poses and Carnatic music. Classes are led by our team of Mandala instructors under award-winning directorship.

Week 2: (June, 30, 1, 2)
Landscape of India
Participants will enjoy an immersive virtual cultural experiences. Young children will use yoga and dance movements to build understanding of India’s Landscape. Participants will learn the rhythmic patterns of Kathak, which enhance the movements of the Yogic pose with our team of Mandala instructors under award-winning directorship.

Session 2: Explore Northern India

Session 2: focuses on the Arts of northern India. Enjoy a deep dive into Yoga, Hindustani music, vocal and parans, Kathak dance styles, or Visual Arts.

Week 1: (July 7, 8, 9)
Landscape of India
Participants will enjoy an immersive virtual cultural experiences. Young children will use yoga and dance movements to build understanding of India’s Landscape. Participants will learn the rhythmic patterns of Kathak, which enhance the movements of the Yogic pose with our team of Mandala instructors under award-winning directorship.

Week 2: (July 14, 15, 16)
Animals of India
Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the Animals of India. Participants will learn mudras, music, and movement through Yogic poses and Carnatic music. Classes are led by our team of Mandala instructors under award-winning directorship.

Session 3: Explore Cross Continental India

Session 3: focuses on a combination of dance and music representative of southern India and northern India.

Week 1: (August 4, 5, 6)
The Best of India Subcontinent Culture
Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the best of Indian Dance and music, which are combined for a cross country tour of the Indian subcontinent culture. Participants will work along with Mandala’s team of instructors under award-winning directorship.

Week 2: (August 11, 12, 13)
The Best of India Subcontinent Culture
Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the best of Indian Dance and music, which are combined for a cross-country tour of the Indian subcontinent culture. Participants will work along with Mandala’s team of instructors under award-winning directorship.
Session 1: Explore Southern India

Session 1: focuses on the Arts of southern India. Enjoy a deep dive into Carnatic Konakol Bharatanatyam.

**Week 1:** (June 23, 24, 25)

*Landscape of India*
Participants will enjoy an immersive virtual cultural experiences. Participants will use Konakol rhythms and Bharatanatyam dance movements to build understanding of India’s Landscape. Participants will learn the details of mudras and talamas, with our team of Mandala instructors under award-winning directorship.

**Week 2:** (June, 30, 1, 2; July 14, 15, 16)

*Animals of India*
Participants will enjoy an immersive virtual cultural experiences. Participants will use Konakol rhythms and Bharatanatyam dance to explore the Animals of India. Participants will learn the details of mudras and talamas with our team of Mandala instructors under award-winning directorship.

Session 2: Explore Northern India

Session 2: focuses on the Arts of northern India. Enjoy a deep dive into Yoga, Hindustani music; vocal and parns, Kathak dance styles, or Visual Arts.

**Week 1:** (July 7, 8, 9)

*Animals of India*
Participants will enjoy an immersive virtual cultural experiences. Through visual arts and music the participants will explore the myriad landscape of Indian subcontinent. Vibrant colors of India come alive with our team of Mandala instructors under award-winning directorship.

**Week 2:** (July 14, 15, 16)

*Landscape of India*
Participants will enjoy an immersive virtual cultural experiences. Participants will use visual arts and Hindustani music to explore the Animals of India. Vibrant colors of India come alive with our team of Mandala instructors under award-winning directorship.

Session 3: Explore Cross Continental India

Session 3: focuses on a combination of dance and music representative of southern India and northern India.

**Week 1:** (August 4, 5, 6)

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Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the best of Indian Dance and music which are combined for a cross-country tour of the Indian subcontinent culture. Participants will work along with our team of Mandala instructors under award-winning directorship.

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Participants will enjoy an immersive virtual cultural experiences. Young children will use music and movement to explore the best of Indian dance and music, which are combined for a cross country tour of the Indian subcontinent culture. Participants will work along with our team of Mandala instructors under award-winning directorship.
MANDALA ARTS | Meet Our Instructors
Session 1: The Arts of Southern India
The Animals and Landscape of Southern India
Ages 4-6 Mornings CST 9:00 – 10:00 AM
Yoga and Carnatic Music
Ages 6-10 Afternoons CST 1:00-2:00 PM
Konakol and Bharatanatyam

ZENworks Yoga

ZENworks Yoga is dedicated to providing high-quality yoga and mindfulness programming to children, based in Northeast Ohio. Founded by Sonya Bapna, ZENworks teaches children the necessary skills to transfer the social and emotional behaviors of mindfulness, self-control, self-esteem, and stress reduction learned through yoga and mindfulness to other aspects of daily life, while having fun!

CARNATIC MUSIC

Chethan is a vocalist and multi-instrumentalist from the Chicagoland. His talent has been recognized internationally; Chethan won first place in the Swarganga Crescendo national Hindustani Music competition (2014) and was selected as an IndianRaga fellow (2016). Chethan has performed across the U.S. and India, and as an educator, offers a traditional music learning experience with a new generational perspective.

KONNAKOL

Uma hails from a family of dancers and musicians and learned the art of Konnakol (nattuvangam) from her late grandfather, Dr. C.G. Balachandran. For the past 15 Years, Uma has shared her passion for South Indian art forms and has performed across the U.S., including the United Nations. With an understanding of the rarity and beauty of her form, Uma now instructs a new generation in Konnakol with energy and enthusiasm.

Bharatanatyam

Ashwaty is a Bharatanatyam artist and principal with Mandala Arts. Ashwaty’s choreography has been presented throughout the midwest (Symphony Center, Art Institute of Chicago, Hill Auditorium) where she has been recognized for bringing South Asian arts into the mainstream performing arts world. As an educator, Ashwaty lovingly supports students by building the tools to connect mind, body and culture.
MANDALA ARTS | Meet Our Instructors
Session 2: The Arts of Northern India
Explore the Animals and Landscape of Northern India
Ages 4-6 Mornings CST 9:00 – 10:00 AM
Ages 6-10 Afternoons CST 1:00-2:00 PM

ZENworks YOGA

ZENworks Yoga is dedicated to providing high-quality yoga and mindfulness programming to children, based in Northeast Ohio. Founded by Sonya Bapna, ZENworks teaches children the skills necessary to transfer the social and emotional behaviors of mindfulness, self-control, self-esteem, and stress reduction learned through yoga and mindfulness to other aspects of daily life, while having fun!

KATHAK DANCE

Shivani Jain is a Southern California-based Kathak artist and educator and has taught and performed across the West Coast. Shivani’s classroom values music, mythology, and cultural confidence as much as the dance. As an Indian-American, Shivani sees Kathak as being the main force connecting her to her roots.

HINDUSTANI MUSIC

Chethan is a vocalist and multi-instrumentalist from Chicagoland. His talent has been recognized internationally; Chethan won first place in the Swarganga Crescendo national Hindustani Music competition (2014) and was selected as an IndianRaga fellow (2016). Chethan has performed across the U.S. and India, and as an educator, offers a traditional music learning experience with a new generational perspective.

VISUAL ARTS OF INDIA

Nafisa is a visual artist and founder of Studio Nafisa in Aurora, IL. Before opening her studio, Nafisa left a career in engineering to pursue her love for the arts, where she envisions room for design, technology and STEM disciplines. Nafisa’s unique curriculum connects the dots between visual arts and the sciences, where critical thinking and expression meet.
MANDALA ARTS | Meet Our Instructors
Session 3: The Arts of Northern and Southern India
Explore Combination of Music and Dance from Across India.
Ages 4-6 Mornings CST 9:00 – 10:00 AM
Ages 6-10 Afternoons CST 1:00-2:00 PM

ZENworks Yoga

ZENworks Yoga is dedicated to providing high-quality yoga and mindfulness programming to children, based in Northeast Ohio. Founded by Sonya Bapna, ZENworks teaches children the skills necessary to transfer the social and emotional behaviors of mindfulness, self-control, self-esteem, and stress reduction learned through yoga and mindfulness to other aspects of daily life, while having fun!

Bharatnatyam

Veena is Bharatanatyam and Mohiniyattam artist based in Illinois. For the past 15 years, Veena has both performed and trained in the midwest and in Kerala, and is currently a company member at Mandala Arts. Veena’s passion for arts education allows her to work with students from diverse experiences and backgrounds; she has taught students from Chicago Public Schools to China and Thailand.

Music

Chethan is a vocalist and multi-instrumentalist from Chicagoland. His talent has been recognized internationally; Chethan won first place in the Swarganga Crescendo national Hindustani Music competition (2014) and was selected as an IndianRaga fellow (2016). Chethan has performed across the U.S. and India, and as an educator, offers a traditional music learning experience with a new generational perspective.

Kathak Dance

Shivani Jain is a Southern California-based Kathak artist and educator and has taught and performed across the west coast. Shivani’s classroom values music, mythology, and cultural confidence as much as the dance. As an Indian-American, Shivani sees Kathak as being the main force connecting her to her roots.
Yoga is exercise for the mind, body and our breath, it makes is feel good. Yoga is ancient science and medicine which helps us move our body more freely, make our bodies stronger, make us feel happy and makes our mind calm.

How do we learn kindness from yoga? By folding her hands and bowing our heads and saying Namaste which means “the goodness in me honors the goodness in you.”

What does meditation mean? By being still and paying attention to our breath, we can meditate and focus on the present.

What do we have to pay attention to practice mindfulness? Paying attention to our thoughts and feelings without judgement is mindfulness.

What are the twelve poses that make up sun salutation?

A swara is the selected pitches from which the scales, melodies and ragas are constructed.

What are the seven musical notes used in Carnatic music? The seven notes of the musical scale in Indian classical music are shadaj, rishabh, gandhar, madhyam, pancham, dhaivat and nishad. These seven swaras are shortened to Sa, Re, Ga, Ma, Pa, Dha, and Ni Sa.

Can a song be sung with a different thala rather than its original one?

Describe the patterns used in making the music?

Name a raga that goes with season of India.

Kathak is one of the eight major forms of Indian classical dance. The origin of Kathak is traditionally attributed to the traveling bards of ancient northern India known as Kathakars or storytellers. … Wandering Kathakars communicated stories from the great epics and ancient mythology through dance, songs and music.

What are the three famous gharanas of Kathak school from India? Jaipur, Lucknow and Varanasi.

What are the bells worn on the feet called? Ghungroo.

What are the three important aspects of Kathak? Footwork, hand movements and facial expressions.

What is Abstract art? Abstract art is art that does not attempt to represent an accurate depicition of a visual reality but uses shapes, colors and forms to achieve the effect.

What is Madhubani Art? The Madhubani painting is one of the most famous art forms from Northern India during its origin from the state of Bihar. The art was used to decorate the homes and seek blessings for peace and prosperity.

Participants will be able to understand concepts of patterns and its use in paintings.

What is Paper Collage? Paper collage is a technique of an art production where the artwork is created using an assemblage of different forms and shapes using paper.
Hindustani Vocal

A swara is the selected pitches from which the scales, melodies and ragas are constructed.

What are the seven musical notes used in Carnatic music?
The seven notes of the musical scale in Indian classical music are shadaj, rishabh, gandhar, madhyam, pancham, dhaivat and nishad. These seven swaras are shortened to Sa, Re, Ga, Ma, Pa, Dha, and Ni Sa.

Can a song be sung with a different thala rather than its original one?

Describe the patterns used in making the music?

Name a raga that goes with season of India.

What is Konnakol?

Konnakol (also spelled Konokol, Konakkol) (Tamil: கொண்டாக்கழம் koṇṭakǭḻ) is the art of performing percussion syllables vocally in South Indian Carnatic music.

It's an oral tradition learnt by listening, imitating and memorizing.
Written would be given in advance to aid the students
Today, students may use a recording device, recording their lessons to assist their progress.

At the end of the camp, children can answer the following questions

Name the 7 basic talam

There are 7 basic Talam and the 4 most common are Aathi Talam - 8 beats, Rupaka Talam 6 or 3 beats, Misra Chappu Talam 7 beats, and Kanda Chappu Talam 5 beats. (Chappu denotes cross rhythm and is used for the cycles of 5, 7 and 9.)

What are the five gathis?
The five gathis are once again the same as the above namely Tisra, Chatusra, Khanda, Misra and Sankeerna.

In what part of India did konakol originate?
The origin of the Tamil word Konnakol comes from the Telugu word (another Dravidian language) 'Koni' which means 'to recite' or 'to say'.

What is the meaning of Bharata natyam?

Bharatanatyam is a major form of Indian classical dance that originated in the state of Tamil Nadu hundreds of years ago. ...

The performance repertoire of Bharatanatyam, like other classical dances, includes nritta (pure dance), nritya (solo expressive dance) and natya (group dramatic dance).

Who is being honored when a Namaskaram is done in Bharatanatyam.
The earth, the universe and the teacher are being honored while doing Namaskaram.

What is a hasta mudra?
Students will be able to show 10 mudras with implied meaning through movement and say the Sanskrit word.

How can we tell stories without words?
Students practice how movement and expression can convey mood, character, and codes to create a narrative.

How do rhythms help us tell stories?
Students will be able to demonstrate footwork to create characters and create patterns to music.