



Colleena Shakti

— MOVE DEEPER —

presents

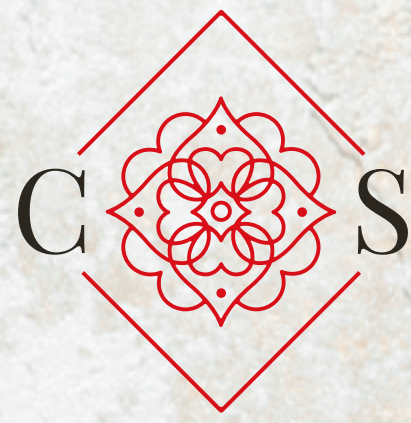
Indian Fusion Formation

AN ACCREDITED DANCE TRAINING PROGRAM

RASA
रस

A UNION OF INDIAN &
MIDDLE EASTERN INSPIRED MOVEMENT





- **Introduction:**

- Colleena Shakti & Shakti School of Dance presents.
- What is Indian Fusion Dance
- What is IFF – What is Unique about THIS program
- Objectives – WHY? Why enroll in this course

- **The Path:** Levels 1-4

- **Holistic Curriculum:** Each program includes

- **Foundation ~ Level 1: Course Details**

- Basic information on 2020 IFF Dates world wide – When / Where
- What is included
- Prerequisites
- Time Commitment
- Testing
- Preparation for Level 1
- Accommodation options
- Prices & Payment Policies.
**Official cancellation / Refund Policy*
- Application form
- Contact

- **FAQ:**

- Why a program with levels?
- What is the difference between a retreat and IFF.
- Can I participate and progress in the program long-distance?
- How long will it take for me to achieve L4?
- I'm a professional dancer and teacher. Can I begin with Level 3?
- What topics are covered in this program?



Indian Fusion Formation



Indian Fusion Formation

AN ACCREDITED DANCE TRAINING PROGRAM

RASA
रस

Welcome to my dance world, where beauty is savored, culture is celebrated and we dance the last drops! I invite you to immerse in the arts of India and beyond through our Indian Fusion Formation program.

This dance is rich in symbolism and detail, with deep meanings waiting to be unveiled.

Our holistic dance approach involves refined technique, strong work ethic and intellectual inquiry.

Indian Fusion Formation is my new program in which I present my combined dance knowledge of well over 2 decades of study and research.

I invite you to a world of RASA ~ Indian Fusion Formation.





Introduction



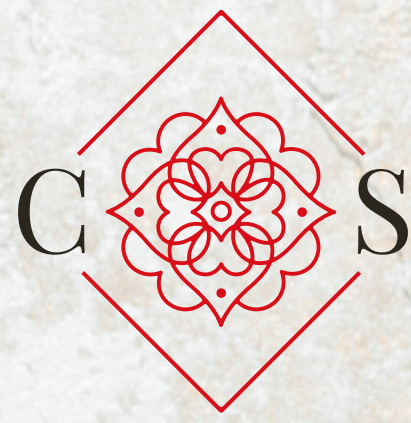
INDIAN FUSION DANCE

Stylistically speaking, Indian Fusion movement vocabulary is inspired by cultural dances of India and the Middle East (including its modern evolutions). This dance bridges modern and folkloric Belly Dance vocabulary with extensive postures and spins of North Indian classical and folk dance, intricacies of eyes, hands and facial expression from Eastern Indian classical dance and draws in elements of Central Asian dances as well.

Woven seamlessly together, Indian Fusion Dance is both Ancient & Modern - expressing timeless qualities and values.







INDIAN FUSION FORMATION

Indian Fusion Formation is a structured dance training program designed to progressively impart the techniques, training methods and theories behind this beautiful dance form - Indian Fusion Dance as developed by Colleena Shakti.

Indian Fusion Formation is not just a dance program, it is also a cultural immersion. Intellectual inquiry, aesthetic reflection and creative explorations are nurtured through the structured coursework and exercises defined in the program syllabus.

This program differs from other programs in its aim to prepare students with a deep understanding of the relevant cultural values, so they can create meaningful dance experiences with the Indian Fusion Dance vocabulary.

Different than a retreat or workshop, the program's holistic curriculum empowers the student to grow within a shared movement vocabulary which aims at professional mastery. By progressing through the level system (1-4) students will gain access to teaching techniques and tools in the last level (L4). Upon successful completion of the program students will have the tools to present this dance with confidence and receive the blessings to teach this material.



THIS PROGRAM IS FOR YOU IF...

- **You love** studying cultures, art history, theory and holistic – mind/body movement.
- **You love** formal **structured dance study** aiming for mastery.
- **You love to travel** and experience cultures, to step out of preconceived ideas and see life from new perspectives, gaining deeper insights into **your own evolution**.
- **You seek** deeper meaning, **precision and intention** in your dance practice.
- **You seek** a dance **community** who values honest hard work, positivity, accuracy and **respect of culture and art**.
- **You seek** discovery of your source of **strength and feminine grace** through dance.



Objectives

OBJECTIVES OF INDIAN FUSION FORMATION

Build - a rich and unique Indian Fusion movement vocabulary shared by others.

Refine - nuanced techniques through a structured path of study, going deeper than workshops.

Body Awareness - Establish deep body awareness and strong dance posture.

Grace - Develop effortless precision and poise of the Indian Fusion movement vocabulary.

Presence & Embodiment - being 'in the moment' is the space where art and healing can occur.

Move Deeper - Discover deeper meaning in personal artistic experience and presentation. Find meaning in aesthetics and savoring art.

Celebrate Culture - Celebrate timeless truths and beauty preserved in culture and artistic traditions. Study and enrich your knowledge of dance cultures from India and beyond.

Values - Identify artistic values.

Connect - with our global "Shakti" community who shares a common vision of art, practices and movement vocabulary.



The Path

LEVELS 1-4

LEVEL 1:

Pratisthana – प्रतष्ठान
Foundation, foot, ground.

LEVEL 2:

Avartana – आवर्तन.
Practice, turning, revolving, studying, churning,
repeating, repetition, stirring anything in
fusion.

LEVEL 3:

Mādhurya – माधुर्य
Sweetness, charm, grace, exquisite beauty,
nectar, honey.

LEVEL 4:

Drsti – दृष्टि
Vision, point of view, clear vision, theory,
wisdom, attitude.



LEVEL 1

Pratisthana – प्रतष्ठान ***“Foundation, foot, ground”***

STANDING ON FIRM GROUND

Discover and establish yourself in the inspiring world of Rasa, Indian Fusion and Shakti School of Dance through studying its vision, values and theoretic components that weave together to create the formation. Students will receive a clear and systematic break down in preliminary yoga practices, warm ups, postures, dance vocabulary, phrases and repertoire. Most importantly students learn how to practice (techniques for practice, drills and creative explorations). Basic Belly Dance experience required.

*It is possible to attend as a beginning belly dancer if completing selected online instruction videos.

“Establish yourself in what you find truth in.”



LEVEL 2

Avartana – आवर्तन.

***“Practice, turning, revolving, studying,
churning, repetition, stirring anything in
fusion”***

ESTABLISHING ALL THE ELEMENTS

Dancers inspired to move deeper will continue to firmly root and refine L1 vocabulary as well as adding a lot of new material and compositions in L2! Choreography and manipulations will offer more creative variety to dancers within the aesthetic of Indian Fusion. L2 includes the opportunity to experience traditional training in Indian Classical dance to gain experience in a traditional Indian dance context. Technical understanding will advance in all theory topics (anatomy, kinesiology, movement principles, training techniques, musicality and cultural context). Passing score on Level 1 test and completion of homework assignments is required to join this course.

“Repetition is the road to mastery”



LEVEL 3

Mādhurya – माधुर्य ***“Sweetness, charm, grace, exquisite beauty”***

THE SWEETNESS THAT ARISES AS MASTERY BEGINS TO GRIP

Through careful, repetitive practice a dancer matures artistically making room for subtlety, complexity and bhav - the things of which art is made. Expectations of the student shift from basic movement memorization to precision, quality of movement and strength. L3 introduces mature techniques for performance, presentation and creation such as expression and conveying themes. In addition to exploration of L1 & L2 techniques, students will train in more advanced vocabulary and phrases, as well as complex spins and applied musicality. Theory studies will focus on Natya Shastra and highly authentic texts with more advanced philosophy. Passing score on Level 2 test and completion of homework assignments is required to join this course.

“Like churning butter, the cream rises to the top”



LEVEL 4

Drsti - दृष्टि ***“Vision, theory, wisdom, attitude”***

HOLDING THE VALUES AND SHARING THE VISION

L4 dancers show leadership qualities through their firmly established values and can transmit the essence of Indian Fusion through their dance presentation with precision and ease. For dancers who want to build community, create intelligent fusions which celebrate culture, share the transformative power of what they love and move always deeper on the path of art, L4 prepares them to teach Indian Fusion dance material and its vision. Creation labs will develop new material which aligns with the formation. Graduates are invited to be continuing contributors and ambassadors of Indian Fusion Dance. Passing score on Level 3 test and completion of homework assignments is required to join this course. Exam is given at the completion of Level 4.

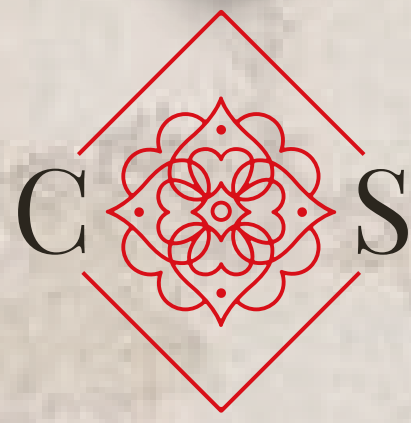
“The art is bigger than the artist”

Further Training & Collaboration:

Graduates are active contributors and ambassadors of Indian Fusion Dance as it continues to grow and expand.



Holistic Curriculum



HOLISTIC CURRICULUM AT SHAKTI SCHOOL OF DANCE INCLUDES:

➤ STRONG DANCE TECHNIQUE:

Detailed study of Indian Fusion Formation techniques, postures, movement principles, isolation gestures, 'moves', dance phrases, traveling steps and spins.

➤ INTELLECTUAL INQUIRY:

History, culture, art theories, Ayurvedic/Yogic perspectives on wellness, ancient and contemporary texts - studied through lectures and presentations, reading assignments and Q&A.

➤ AESTHETIC AND ARTISTIC REFLECTION:

Through learning choreographed dance phrases, a variety of cultural dance forms and reflective writing.

➤ CREATIVE EXPLORATION WITHIN A DEFINED AESTHETIC:

Through dance exercises and response to theme, group work creating and re imagining choreography.

INDIAN FUSION FORMATION IS NOT ONLY A DANCE, EACH COURSE COVERS THE FOLLOWING TOPICS:

PRACTICAL

Yoga: techniques and theory.

Warm-ups, strengthening, anga shuddhi, and supplemental exercises.

Gestures, isolation patterns and detailed micro-movements.

A common repertoire of Indian Fusion – Moves, movement principles, traveling steps, spins, transitions and phrases.

Choreography, choreographic tools & improvisation.

Costume & Adornment.

THEORY

Indian Aesthetic Theory, Traditions & Cultural Context.

The art of being a Student / Teacher (Advanced dance skills for teaching).

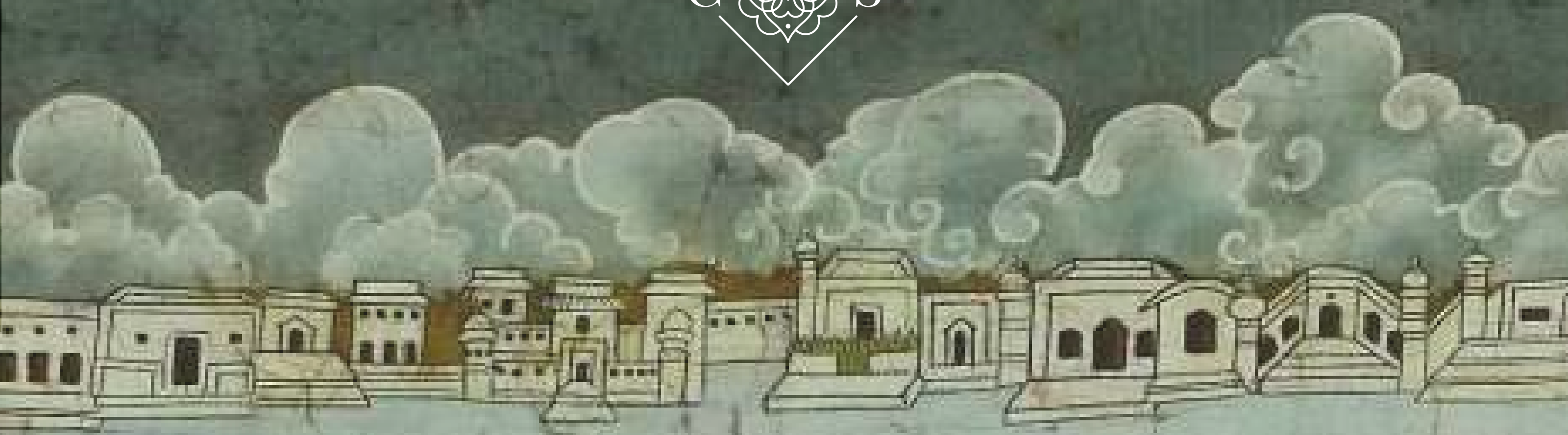
The Mind, Body & Spirit – a Holistic Vision: anatomy, kinesiology, Ayurveda self-care, and holistic yogic health.

Musicality (Indian Music, Middle Eastern Music, Fusion Music)

Bhav: Expression, storytelling and higher embodiment.

Vision, Mission, Values – creating your community and sharing your message.

Ethics (Fusion or Confusion, Cultural Appropriation, Disappearing Cultures, Orientalism, Dance in a Business world, etc)



Level 1 - Pratisthana



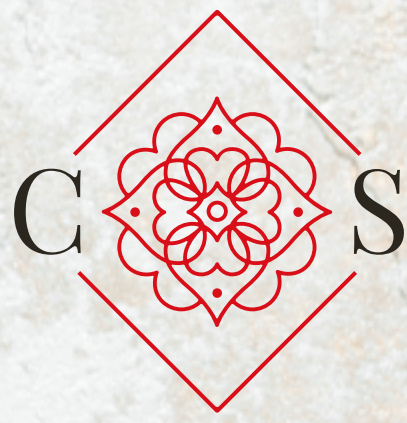
LEVEL 1

Pratisthana – प्रतष्ठान

Level 1 is 36 hours of training over 7 days, including the optional testing on the 7th day. The training is a combination of theoretical discussion and movement to understand and memorize Indian Fusion's codified dance language.

ATTENDANCE IN THE LEVEL 1 INDIAN FUSION FORMATION PROGRAM INCLUDES:

- Printed Course Book – Including a break down of key information presented.
- LEVEL 1 Certificate of Completion – Upon passing the test a certificate which shows you have completed Level 1 training successfully will be awarded to you.
- Access to private online study materials, archive and FB group.
- Discounted merchandise.



LEVEL 1

Foundation ~ Level 1: *Course Details*

Prerequisites to Join Level 1

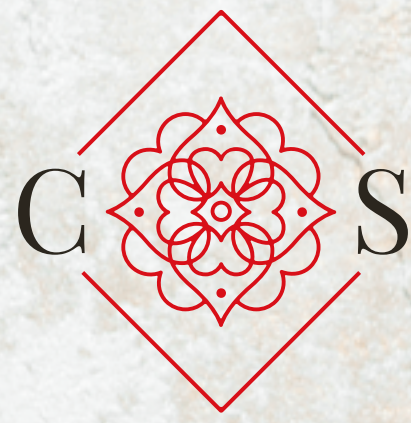
- Basic belly dance experience required.
- *It is possible to attend as a beginning belly dancer if student studies selected online instruction videos and has a proficiency in basic movements.
- Dancers should be physically capable to dance Indian Fusion material for at least 5 hours per day.
- Basic English proficiency.

TIME COMMITMENT

Each Level is 36 hours taught over 7 days. All Levels require students to complete homework and pre course work. Assignments will include reading and chapter summary, Practice Log and journaling, filming practices, performance reviews and more. Estimated time to complete required homework assignments varies from student to student. Please set a side at least 6 -10 hours before each level for the theoretical assignments, and at least 5 hours of online practical dance review.



Preparation



LEVEL 1

A pre-course email will be sent to all registered participants before the beginning of Level 1 which will include reading assignments and practical dance review homework.

Testing

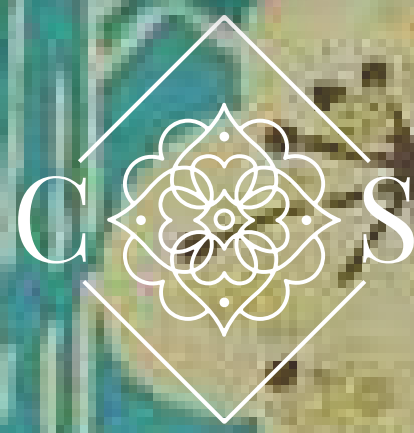
Students are required to receive a passing score on their final exam, attend all classes and complete all homework assignments to receive certification in Level 1 - Pratisthana of Indian Fusion Formation.

Only with this certification can the student proceed to the next level in the program. Testing will be available on the last day of the Level 1 course (7th day).

Testing will be overseen by Colleena Shakti and one administrator and will be both written and practical exam given in English. Students will receive a score based their responses with a 60% minimum to pass. Feedback on areas to improve will also be given. Non passing score will require students to re take level 1.



Faq



WHY A TRAINING PROGRAM WITH LEVELS?

In the 'workshop era', mastery is often an abstract after thought. Through structured coursework, a clearly defined path is presented to move one deeper into the vast world of Colleena Shakti's Indian Fusion Dance. A student who commits to a particular path, will only benefit from this focused study. By establishing techniques and their progression, students will more deeply embody this dance form and feel confidence when presenting this material.

WHAT IS THE DIFFERENCE BETWEEN A RETREAT AND INDIAN FUSION FORMATION?

In Colleena's regular retreats (such as previous retreats in Bali or Greece) there has not been a structured progression of techniques which is defined by levels. Workshops and retreats are a chance for students to challenge themselves and try out a style of dance for their own personal enrichment. Workshops and retreats are not sufficient trainings to base an entire dance career on. To train a dancer in a particular style takes time and a defined pedagogy. IFF is the first time Colleena is placing that responsibility on students to memorize a vocabulary and the opportunity achieve mastery within this dance technique.



CAN I PARTICIPATE AND PROGRESS IN THE PROGRAM LONG-DISTANCE?

No. You will need to attend the live trainings. We have online videos to support your practice after you complete the trainings.

HOW DO I MAINTAIN CERTIFICATION?

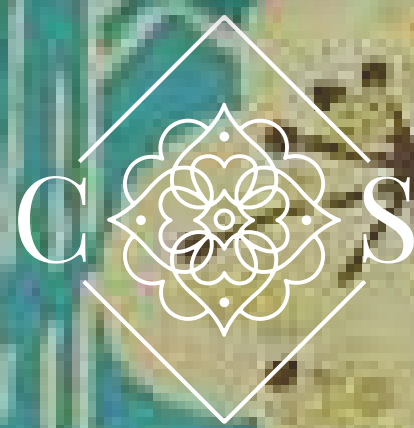
Once you attain the certificate of each level, it is yours to keep. We hope you keep practicing and developing what you have learned.

WHEN CAN I GET A TEACHING CERTIFICATION?

By Completing all 3 foundational levels, level 4 begins to discuss teaching techniques ethos and methodology. Completion of Level 4 qualifies you to teach the material presented in the Indian Fusion Formation program. Teaching, transmitting or advertising these techniques and approaches before attaining the Level 4 Certification is considered unethical and may compromise your admittance into future programs.

LANGUAGE

You will need to be proficient in English to study and test in this program. However, many international students who study with Colleena (in India and beyond), always remark at how easy it is to understand her clear and careful English.



I'M A PROFESSIONAL DANCER AND TEACHER. CAN I BEGIN WITH LEVEL 3?

This is much more than just a dance course. Our syllabus includes many important topics beyond the scope of any one dance modality. Even with a professional dance background we feel it is best if all students establish and agree on the basic foundations from Level 1 and progress accordingly.

WHAT SHOULD I BRING?

We suggest you to bring a notebook and or your laptop for extensive note-taking. Dance attire for the class can range from yoga leggings, belly dance hip scarf, large spinning skirt (for spinning classes), re usable water bottle and any required books from your reading list.

HOW MUCH OF THE COURSE WILL BE INDIAN DANCE AND HOW MUCH WILL BE BELLY DANCE?

Every movement Colleena presents in this program is steeped in the Indian dance mood and flavored by the philosophies studied in theory class. Belly Dance techniques presented in this style might refer to ATS, Tribal Fusion, Egyptian Folkloric or American Cabaret yet are often layered with Indian Fusion arms patterns and nuances. For that reason it is hard to separate out a percentage. Be prepared for reimagining both Indian Dance and Belly Dance.

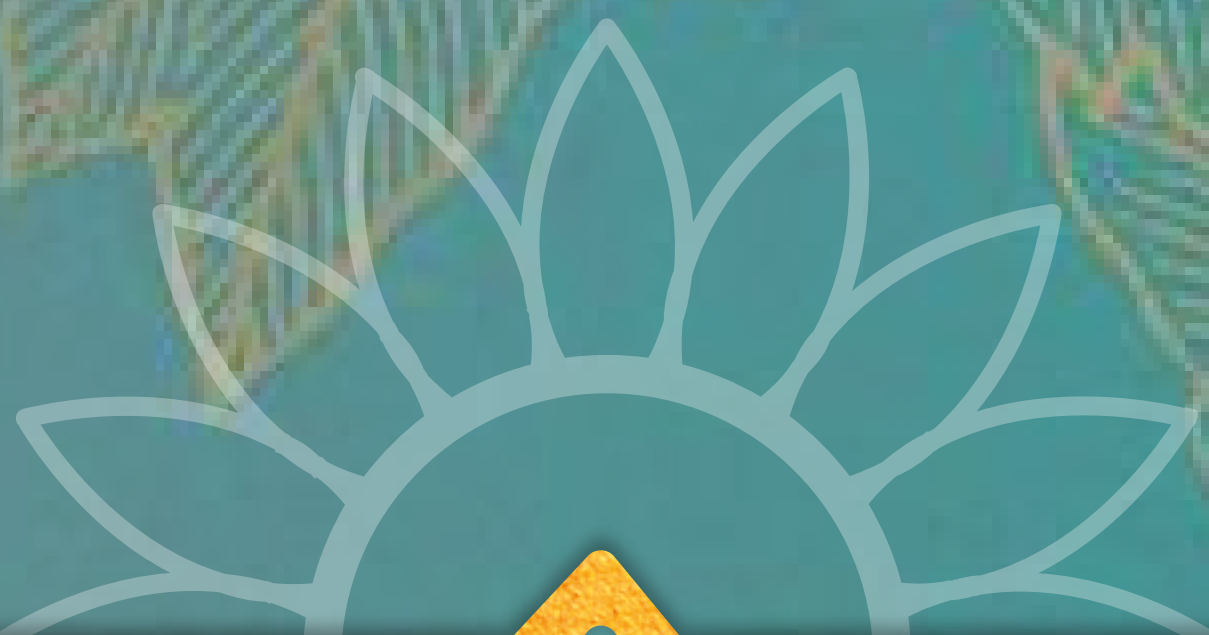


HOW MUCH OF THE COURSE WILL BE THEORY LECTURE AND HOW MUCH WILL BE DANCE OR MOVEMENT PRACTICE?

There are 5 scheduled lectures and several sessions which require discourse on theories. We will be following a Course Book manual and establishing new terminologies through out the program so we will give time for specific note taking in dance classes. Be prepared for a pretty equal mix of dance and discourse as well as practice outside of class.

WHAT IS UNIQUE TO INDIAN FUSION FORMATION FROM ALL THE OTHER DANCE TRAININGS OUT THERE?

Colleena's journey as a dancer and fusion artist is an incredibly rare and unique story of immersive study and direct discipleship in some of the most profound dance, art, yoga and martial arts studies of India through out the last 2 decades. What is truly unique in her classroom is the bridging of Eastern and Western approach to the body/mind/spirit of the artist. It is rare to experience authenticity and commitment to tradition in the same curriculum which guides students through possibilities of new fusion creations. Her trademark is her well defined values and philosophical insights of Indian aesthetic theory that guide Indian Fusion Dance.





Indian Fusion Formation

DEBUT IN GREECE AT
SHAKTI SUMMER SCHOOL

AUGUST 5 - 12, 2020

ACCOMMODATION OPTIONS

Stay at Villa Shakti Double Share Room:

€ 1,200 / Early Bird Discount: €1,100

Includes:

- 36 hours Training in 7 days, Course Book & Optional testing on the 7th day.
- Double Share Room at Villa Shakti
- 20 Healthy Vegetarian meals per week (2 dinners at local tavernas are not covered).
- Transportation (2 Day trips, Airport Pick up and Drop off shuttle).

Stay at Village Apartments Dorm:

€ 1,120 / Early Bird Discount: €1,020

Includes:

- 36 hours Training in 7 days, Course Book & Optional testing on the 7th day.
- Dorm room at Village Apartments (10-15 minute walk from studio).
- 20 Healthy Vegetarian meals per week (2 dinner at local tavernas are not covered).
- Transportation (2 Day trips, Airport Pick up and Drop off shutt.

Stay Offsite

(Lunch included, Transportation NOT included):

€ 675 / Early Bird Dscount: € 600

Includes:

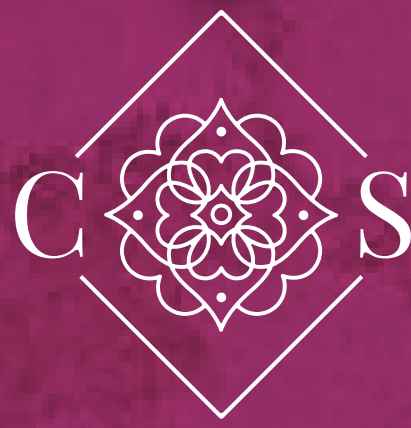
- 36 hours Training in 7 days, Course Book & Optional testing on the 7th day.
- 7 Healthy Vegetarian meals per week (1 meal per day at Villa Shakti).
- Transportation *NOT INCLUDED* (please rent a car or taxi to join day trips).



Application Dates

Applications Now Open!

Application period closes: May 15, 2020.
Late applications considered, but not guaranteed.



IMPORTANT INFORMATION

- Check in to Villa Shakti is August 4th between 5-7 PM.
- Orientation Meeting & Welcome Dinner at 7-9 PM.
- Classes begin on August 5th at 9 AM.
- Last class is on Aug 10th evening.
- Optional testing is scheduled on Aug 11th morning, followed by Day Trip in afternoon.
- Check out of Villa Shakti & Village Apartments is on August 12th at 11 AM.
- Everyday classes start at 9am and end at 7pm (except days with trips planned).
- 2 Day Trips are included to beautiful beaches and local Greek tavernas.





Steps of Application

Process & Payment



PROGRAM FILLS UP ON A FIRST COME, FIRST SERVE BASIS

› STEP 1: APPLY NOW!

Fill in Application completely - Partially filled out applications will not be considered. You should receive an email within a few days that we have received your application. Please make sure to list your first and second choice of accommodation options.

› STEP 2: ACCEPTED OR WAITLISTED

You will receive an email with a reply to your application within a week. Either: “ACCEPTED” to program, or “WAITLISTED” for this program. We are filling the program on a first come first serve basis, so please don’t wait to apply!

› STEP 3: INVOICE (PAYMENT DUE IN 1 WEEK FROM ACCEPTANCE)

If accepted to join the program, along with your acceptance letter you will receive an Invoice based on the accommodation option you chose in your application. If your first choice is full, we will try our best





to provide your second choice of accommodation. In order to keep your place in the program you will have 1 week / 7 days to pay your invoice in full or you will forfeit your confirmed place and be put on the waitlist.

If “waitlisted”, don’t worry there are always people who adjust their plans last minute and often spaces will open up. We will email you with news as soon as we can.

➤ **STEP 4: REGISTRATION COMPLETE! PACK YOUR BAGS FOR GREECE!!!**

Upon completion of your payment you are fully registered for the first ever Indian Fusion Formation at Villa Shakti Crete!!!! You will receive an informational email with a PDF about how to prepare for the program and for Shakti Summer School - Greece. Another email will be sent to participants before the program starts with more information about arrival and updates.



OFFICIAL CANCELLATION POLICY

The Shakti School of Dance /Shakti Summer School cancellation and refund policy is in place to guarantee the fair allocation of slots in the program to students who have been accepted and are ready to commit.

Your registration payment to SSD/SSS is not refundable, returnable or transferable to a future workshop or to another person. No exceptions. Even in the case of medical or family emergencies, etc. Because there is an application and selection process, students can not 'sell their spot' in the program to another person.

PLEASE REGISTER WITH FULL AWARENESS OF THE AGREEMENT YOU ARE ENTERING INTO.

Payment (via Paypal), as well as this 'Mandatory Waiver Form' must be completed upon acceptance in the given time period to guarantee enrollment in the Intensive sessions.

Health/Safety: Student agrees to inform SSD/SSS Administration of any health conditions or important medications they are taking. Student assumes full responsibility for her/his safety and all risks of participating in this training and while enrolled at SSD/SSS. We hold no responsibility for any such illness or injury that a student sustains while enrolled in the program.

Students who cancel will not be eligible for refunds as per our official cancellation policy.

***By completing your payment, you have agreed to our refund terms and conditions already.**

Application Form

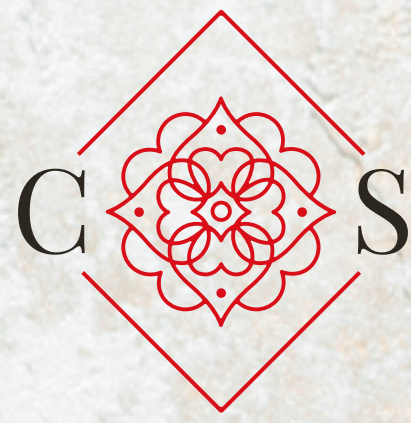
Please click here to APPLY NOW!

<http://bit.do/shakti-summer-school-iff>



CONTACT: SHAKTISCHOOLOFDANCE@GMAIL.COM





2020

INDIAN FUSION FORMATION OPPORTUNITIES

Greece - Shakti Summer School: August 5-12, 2020

Indian Fusion Formation Debut - 36 hours of training over 7 days. Join us this summer for the first ever Indian Fusion Formation program at Villa Shakti Crete!

Chile - Santiago: More info coming soon!

Indian Fusion Formation Debut - 36 hours of training over 7 days. Join us this December for the first ever Indian Fusion Formation program in South America!



2021

INDIAN FUSION FORMATION OPPORTUNITIES

Greece - Shakti Summer School ~ Greece:

Join us NEXT summer for Level 1 and the Debut of Level 2 Indian Fusion Formation program at Villa Shakti Crete!

India - Shakti School of Dance ~ Rajasthan:

Join us NEXT year for Level 1 and the Debut of Level 2 Indian Fusion Formation program at Shakti School of Dance in Rajasthan, India! (Look out for scholarships available for Indian residents!)

USA - Indian Fusion Formation:

Join us NEXT year for Level 1 and the Debut of Level 2 Indian Fusion Formation program in Colleena's home country! If you are interested in bringing this program to your area, feel free to contact our team at: KirvaniProductions@gmail.com





www.colleenashakti.com