

## PROGRAM ELEMENTS



- Tour Nepal visual presentation.
- Exploration of cultural background through dance, music, and storytelling.
- Q&A, audience participation in guided demonstrations of hand movements, footwork, and basic steps.
- Supplemental teaching materials are also available.



Choose from a variety of options: performances and interactive demonstrations, enrichment programs, workshops, and structured classes for dance and music.

We invite you to learn more about us by visiting:

[www.nepaldanceschool.com](http://www.nepaldanceschool.com)

"It is we who should be giving thanks here. Your years of practice and planning led to the masterful contributions you shared with our audience."

Phil Nash  
Curator  
Smithsonian Institution

"I would like to wholeheartedly extend our thanks for your participation in the 2010 Smithsonian Folklife Festival...It was an honor to work with you...Your efforts have helped us to live up to the Smithsonian's mission, which is the "increase and diffusion of knowledge."

Stephen Kidd  
Acting Festival Director  
Smithsonian Institution

"Cordula and Anil Dahal of the Nepal Dance School have been working with me for several years and have shown amazing talent, skill, dedication and power in working with students of all ages. I have had only positive reviews from their teacher and student evaluations."

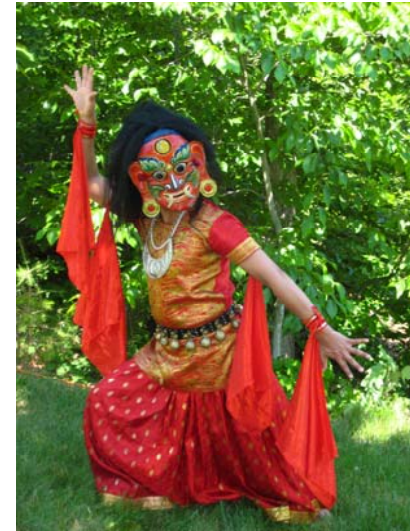
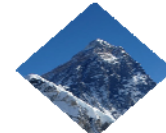
Michael Kerry Williams  
Artistic Director  
Young Audiences, Arts For Learning, Virginia

"With words as well as choreography you took us magically into the rich culture of Nepal reflected in delicate gestures, lovely dance, tinkling bells, and flashing costumes!"

Donn B. Murphy  
President, Executive Director  
The National Theatre



# Nepal Dance School



*Nepal lies surrounded by the Himalayan mountain ranges at the rooftop of the world. Discover the traditions, customs, and heritage of the land known as the Last Shangrila. Experience the heritage of Nepalese, Tibetan, Bhutanese, and Indian peoples through the adventure of dance and music.*

[www.nepaldanceschool.com](http://www.nepaldanceschool.com)

Email: [info@nepaldanceschool.com](mailto:info@nepaldanceschool.com)  
Phone: 703.346.5877

## GODS AND DEMONS

Follow the legend and lore of Himalayan Buddhist gods and demons through



dance and music with the masked Lakhe, king of demons, bodhisattva Manjushree, god of wisdom, and the Vajra yogini, a fierce goddess who



destroys the evil and ignorance of men. Learn the meaning of intricate hand gestures and postures while listening to their remarkable stories, including the founding of Kathmandu and the surrounding Valley.

## VILLAGE LIFE IN NEPAL

Nepal Dance School takes you on a magical journey to see and understand what village life is like in the Himalayan area.



See how community gatherings and religious festivals form an important part of Nepalese culture and tradition. Hear tales of supernatural creatures and



ghostly spirits, and meet the yeti, the Abominable Snowman. Learn dance steps to the beat of the madal, and participate in a dance with the artists.

## FROM THE ROYAL COURT TO THE SILVER SCREEN

Kathak is one of the most difficult classical Indian dances, famed for its



speed, power, fantastic spins, and footwork. Dancers wear up to 200 ghungharoos, or bells, per leg. Follow the route of ancient temple dance, and how it gradually helped to develop one



of the most popular dance forms today: the high-energy and intricately choreographed style of Bollywood dance.