

# Kathaka: Dancing Rhythm and Stories of India

The ancient art of Kathak is one of the eight forms of classical Indian dance. Its name comes from the Sanskrit word for “story.” Kathak dancers use swift and precise footwork and graceful gestures to tell traditional Indian stories. Through movement, music and math, Kathakas perform “Kathak Yoga” – a technique which unifies the recitation of taal (rhythm), the singing of a melody and the dancing of complex footwork and rapid spins. Participants will learn to count out complex poly-rhythms to help the dancer keep time and a few volunteers may learn some basic Indian dance steps.

**Program Type** [Single](#)

**Time** 1 hour

**Audience Size** 300 max

**Language** English

**Audience** All Audiences

**Season** All Year

**Topic** Arts & Entertainment

**Region** Statewide

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