



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध परिषद्

HINDI

Teacher — Ajay Kumar

Venue — Hindi room

Day of the week	Timing and Level
Monday	Beginners 11:00-12:00; 12:00-13:30; 14:00-15:00 Intermediate 15:00-16:00; 17:00-18:00 Advanced 16:00-17:00 Express course 18:00-19:00
Tuesday	Beginners 12:00-13:30; 14:00-15:00; 17:00-18:00 Intermediate 11:00-12:00; 15:00-16:00 Advanced 16:00-17:00 Express course 18:00-19:00
Wednesday	Beginners 12:00-13:30; 14:00-15:00; 17:00-18:00 Intermediate 15:00-16:00 Advanced 11:00-12:00; 16:00-17:00 Express course 18:00-19:00
Thursday	Beginners 12:00-13:30; 14:00-15:00; 17:00-18:00 Intermediate 15:00-16:00 Advanced 18:00-19:00 Express course 11:00-12:00; 16:00-17:00
Friday	Beginners 11:00-12:00; 12:00-13:30; 14:00-15:00 Intermediate 15:00-16:00; 17:00-18:00 Advanced 16:00-17:00 Express course 18:00-19:00





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SANSKRIT

Teacher — Sergei Lobanov
AYUSH room

Day of the week	Timing
Thursday	14:00-17:00 18:00-21:00





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YOGA

Teacher - Savita Harish

Venue - Yoga room

Day of the week	Timing
Monday	10:30-11:45 Yog therapy - 12:00-13:15 15:30-16:45 16:45-18:00 18:00-19:15
Tuesday	10:30-11:45 12:00-13:15 15:30-16:45 16:45-18:00 18:00-19:15
Wednesday	10:30-11:45 Sanskrit – 12:00-13:15 15:30-16:45 16:45-18:00 18:00-19:15
Thursday	10:30-11:45 Yog therapy – 12:00-13:15 15:30-16:45 16:45-18:00 18:00-19:15
Friday	10:30-11:45 Meditation – 12:00-13:15 15:30-16:45 16:45-18:00 18:00-19:45





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कलकल
संस्कृत



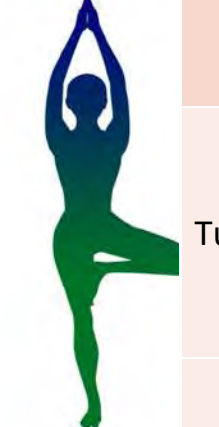
Sunday

**Raj Yoga (By the Heartfulness Way of Meditation)–
11:00-13:00**

TABLA

**Teacher - Ashish Mishra
Venue - Music room**

Day of the week	Timing and level
Monday	Beginners - 12:00–13:30; 14:00-16:45 Intermediate - 17:00-18:00 Advanced — 18:00-19:00 Vocal — 16:00-17:00
Tuesday	Beginners - 11:00-12:00; 14:00-16:00 Intermediate - 17:00-18:00 Advanced — 18:00-19:00 Vocal — 12:00-13:00; 16:00-17:00
Wednesday	Beginners - 11:00-12:00; 12:00-13:30; 14:00-16:00 Intermediate - 17:00-18:00 Advanced — 18:00-19:00 Vocal — 16:00-17:00
Thursday	Beginners - 11:00-12:00; 14:00-16:00 Intermediate - 17:00-18:00 Advanced — 18:00-19:00 Vocal — 12:00-13:00; 16:00-17:00
Friday	Beginners - 11:00-12:00; 12:00-13:30; 14:00-16:00 Intermediate - 17:00-18:00 Advanced — 18:00-19:00 Vocal — 16:00-17:00



ब्रह्म
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KATHAK

Teacher - Ashish Kathak

Venue - Kathak room

Day of the week	Timing and level
Monday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30, Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Tuesday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Wednesday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Thursday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55
Friday	Beginners - 11:00–12:00, 12:00–13:00, 13:30–14:30 Intermediate - 14:30–15:55 Advanced - 16:00–16:55, 17:00–17:55



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OTHER DANCE STYLES (For more information, please call us +7 495 78375 35 ext.323):

- ◆ **BHARATANATYAM**
- ◆ **ODISSI**
- ◆ **KUCHIPUDI**
- ◆ **BOLLYWOOD/ FOLK**

Style	Teachers
Bharatanatyam	Dmitry Zmeev
	Irina Iskorostenskaya
	Yulia Terekhovskaya
	Nadezhda Kovriga
Odissi	Vitalina Lobach
	Irina Komissarova



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Daria Larina

Nadezhda Frolova

Kuchipudi

Padma Puttu

Vera Krishnaraj

Bollywood Folk

Ashish Kathak

Sofiko Shonia

Natalia Odegova



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