

## *Tandavam Events: Beginner Dance Schedules (In Times of Corona) March 2020*

Time	Activity
8am - 9am	Wake up and get some breakfast
9am - 9:30am	Do <a href="#">some stretches with Karina</a> or some <a href="#">Yoga</a> for kids!
9:30am - 10am	Practice your basic dance steps
10am – 4:00 pm	Go have fun, read, draw, whatever you like!
4:00 pm – 4.30pm	<a href="#">Watch a couple of dance videos</a> <ol style="list-style-type: none"> <li>1. Pay attention to how they smile while they perform</li> <li>2. Watch their postures</li> <li>3. See if you can spot any of the mudras you know</li> </ol>
4.30pm – 5.00 pm	Now you try and see if you can create your own dance steps
5.-00pm – 5.15pm	Refresh and recite your slokas or mudras/ hastas
5.15pm-10:00pm	Make sure you mark the tracker and have fun & get 8 hours of sleep!

*Change things up and add more time to whatever you enjoy more of. Just try and spend an hour to 1 – 1.5 hours in dance and music, it truly helps!*

*Happy Dancing!*

[TandavamEvents.com](http://TandavamEvents.com)

[Instagram.com/tandavam\\_events](https://www.instagram.com/tandavam_events)