

Tandavam Events: Junior Dance Schedules (In Times of Corona) March 2020

Time	Activity
8am - 9am	Wake up and get some breakfast
9am - 9:30am	Do some Yoga for tweens and teens OR try stretches for dancers It's super important to stretch and strengthen our muscles and warm them up before we do any hi-impact exercises, like dancing!
9:30am – 10:30am	Practice basic steps and then one item that you recently learnt. Pay attention to posture, and how you hold your body/arms/head – Use a mirror or record yourself
10:30am – 4:00pm	Go have fun, read, draw, whatever you like!
4:00 pm – 4.30pm	Watch a couple of dance videos <ol style="list-style-type: none"> 1. Pay attention to how dancers use the stage 2. Watch their postures and expressions
4.30pm – 5.30 pm	Listen to any semi-classical pieces & see if you can find a beat to them. Try and add your own steps to a piece and see how they fit in. (or create your own project! Look at the website for more ideas)
5.30pm-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! [Check TandavamEvents.com for different project ideas](http://TandavamEvents.com) and make it your own!

Happy Dancing!

TandavamEvents.com

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