

# Tandavam Events: Senior Dance Schedules

## (In Times of Corona) March 2020

(Not that any of you need a schedule, but here's one just in case!)

Time	Activity
8am - 9am	Wake up and get some breakfast
9am - 9:30am	Do some <a href="#">Yoga for tweens and teens</a> OR try <a href="#">stretches for dancers</a> 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 one fun/favorite item, and then work on the most recent one. Pay attention to posture, and expressions. Refine them and get into the details. Use a mirror or record yourself
10:30am – 4:00pm	Do whatever, yes, including those AP/SAT or online schoolwork
4:00 pm – 4.30pm	<a href="#">Watch a couple of dance videos</a> Including <a href="#">SDN</a> and <a href="#">IndianRaga</a> <ol style="list-style-type: none"> <li>1. Watch different choreographies for the same music. How are they different? How are they similar? How would you make it different?</li> <li>2. Watch established and professional dancers use the stage, bring their own style to the dance, what are their favorite postures, etc</li> </ol>
4.30pm – 5.30 pm	Create your own dance project. Challenge yourself. Create a dance journal and take notes, be methodical, do more of what you love!
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](http://TandavamEvents.com) for different project ideas and make it your own!

*Happy Dancing!*

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