

# Corporate Dance



# About us

Guitargaurav is academy for teaching people music and providing employee engagement activities in Mumbai, Pune & Delhi NCR.

Guitargaurav is group of artistic people from different verticals of Indian film Industry, united together to start an entrepreneurial group to present a very interactive platform between industry professionals and aspirants of India.

Looking after the great demand of employee engagement activities and teambuilding activities in corporate, we have chosen activities to provide recreation and removing monotony from regular routine. With an innovative concept, we have been serving the clients who are best in class, belonging to corporate world of major metropolitan cities of India.

## Profile overview:

- Associated with more then 35 blue chip companies such as Wipro, Reliance, L&T etc.
- 'A' grade music faculty to provide world class training.
- Certified training to serve corporate, which are best in class.
- Awarded by Brooklyn Business Success Inc.
- Memeber of CTEA (Cine & Television Education Association).



# Dance as an Art

Dance is a type of art that generally refers to movement of the body, usually rhythmic and to music, performed in many different cultures and used as a form of expression, social interaction or presented in a spiritual or performance setting.

Dance may also be regarded as a form of nonverbal communication between humans, and is also performed by other animals (bee dance, patterns of behavior such as a mating dance). Gymnastics, figure skating and synchronized swimming are sports that incorporate dance, while martial arts karate are often compared to dances. Motion in ordinarily inanimate objects may also be described as dances.

Definitions of what constitutes dance are dependent on social, cultural, aesthetic, artistic and moral constraints and range from functional movement (such as folk dance) to virtuoso techniques such as ballet. Dance can be participatory, social or performed for an audience. It can also be ceremonial, competitive or erotic. Dance movements may be without significance in themselves, such as in ballet or European folk dance, or have a gestural vocabulary/symbolic system as in many Asian dances. Dance can embody or express ideas, emotions or tell a story.

Every dance, no matter what style, has something in common. It not only involves flexibility and body movement, but also physics. If the proper physics are not taken into consideration, injuries may occur.



# Dance Styles we Offer

## Bollywood



Bollywood dance has become the latest dance craze! Taking inspirational largely from the older north and south Indian dance styles it allows liquid fluidity and expression of the dancer's rhythm, passion, sensuality and boldness. A beautiful array of sequences, spectacular display of colour and culture and hand-eye co-ordination at its best, this dance craze captures both the audience as well as the performers entirely.

## Hip hop



Hip hop is a dance style, usually danced to hip hop music. Majority of hip hop moves are done standing up. The dancing represents body movements that go with the beat and rhythm of hip hop music. There is breaking, popping, locking, and free styling in hip hop dances. The jumps, breakages, and rotations in the movements are combined in such a way that the dance style becomes an informal and explosive one.

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# Dance Styles we Offer

## Belly



Belly dancing is the oldest form of dance natural to a woman's bone and muscle structure with movements emanating from the torso rather than in the legs and feet. The dance often focuses upon isolating different parts of the body, moving them independently in sensuous patterns, weaving together the entire feminine form. Belly dancing is generally performed barefoot, thought by many to emphasize the intimate physical connection between the dancer.

## Salsa



Salsa dancing is a dance style associated with the salsa style of music now popular worldwide. Salsa dancing is done on eight-beat music, with dancers moving on three beats. Salsa dancing is mostly a stationary dance, with little movement around the dance floor. Instead, dancers rely on the subtle movement of their legs and upper bodies to convey the energy of the dance.



# Corporate curriculum

Content	Details
Corporate price	Rs. 3600/- Per Head (quarterly)
Class duration	1.30 hour (Once in a week)
Total sessions	12*8
Course duration	3 Months *8
Quorum	8 to 15 Students



# Benefits of Dance on Health

1. It gives strength to the lung and the heart.
2. It strengthens the body muscles.
3. It minimizes the chances of the disease osteoporoses as it makes the bones stronger.
4. It increases the flexibility, agility and the coordination in the body.
5. It boosts the awareness of spatial.
6. It enhances physical confidence.
7. It enhances the functionality of mind and the nervous system.
8. It enhances the expenditure of energy and its flow in the body.
9. It can help you loose weight.
10. It enhances the overall well being.
11. It increases the levels of self-esteem and confidence.
12. It improves your social outlook.



# FAQ's

**Q.1 I have never danced before – what will you help me with?**

**Ans.** We will help you through the basics of dancing and present you with the information and guidance you need to do.

**Q. 2 Will I have an experienced dance teacher?**

**Ans.** Yes. One of the greatest benefits of working with us is that all of our teachers must complete the same training regimen and must be certified to teach.

**Q. 3 What if I miss a session?**

**Ans.** No problem! You can either drop in on the same session or a different batch of your class or you can take a free private "mini" lesson at a convenient time.

**Q. 4 The classes conducted shall be in your premises or ours?**

**Ans.** The class will be held in your premises only, Also we do have many branches and jam rooms where you can come and join us in your free times.

**Q.5 I have a question not covered in the FAQ's?**

**Ans.** Write us on [info@guitargaurav.com](mailto:info@guitargaurav.com) or call us on +91 9664999477 for any kind of support.



# Thank you



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