



Bollywood Dance Workshops and Stage Shows

• corporate groups • schools • senior citizens • group bookings

ignite **Bollywood**[®] *Light up with dance!*
Dance Company





ignite Bollywood® Dance Company

Group Bookings

We are available for all kinds of group bookings including corporate wellbeing sessions, senior groups, schools, hens parties, festivals, weddings and special events. We also specialise in film and television choreography and stage shows.

Contact

For bookings and enquiries call us on (03) 9583 1336 or 0423 080 724

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*“There is a bit of
insanity in dancing
that does everybody
a great deal of good.”*

~ Edwin Denby





“There are short-cuts to happiness, and dancing is one of them.” ~ Vicki Baum

About us

Ignite Bollywood Dance Company is all about lighting up!

We aim to ignite your sense of fun and adventure while promoting self-expression and harmony. Our customised Bollywood dance workshops not only enhance physical and mental wellbeing but also promote multiculturalism and diversity.

Amongst our many clients are **corporate and government organisations; senior citizen groups; primary and secondary schools; and fitness centres**. Our Bollywood stage shows and workshops are a popular feature at special events such as **weddings, corporate functions, festivals, birthdays and hens parties**.

Since every organisation's requirements are unique we spend the time to understand your specific needs and customise our services for you. So if you have any ideas, no matter how outrageous, discuss them with us!



Our Signature Workshops

Bollyyoga is our very own unique workshop that combines Bollywood dancing, yoga and meditation to bring a greater sense of balance, dynamism and energy to your people. It can serve as a powerful introspective process, team building exercise, cultural experience, and stress buster. Bollyyoga may be offered as a once-off or regular workshop.

Bollyrobics™ is a fun cardio-based Bollywood dance session designed to improve physical health and fitness. Participants shed their inhibitions and embrace new possibilities through this interactive and vibrant session. Bollyrobics is recommended as part of your ongoing wellness program.

What is Bollywood dancing?

Bollywood dancing is a colourful, dynamic and highly theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more contemporary western forms such as hip hop, jazz and funk. Having no set rules, Bollywood dancing is the perfect means to encourage freedom of expression.

Corporates

Are you an organisation that values its people? Do you wish to stay ahead of your competition? Are you open to new ideas to engage and inspire your staff?

If your answer is 'yes' then let us show you how we can assist with your objectives.

We believe that one of the greatest competitive advantage is a happy and inspired workforce! We realise that unnecessary stress and poor morale are often obstacles to optimum performance for any organisation. Therefore, it is imperative that your staff have the understanding to manage stress, take accountability for their outlook, and develop cohesive relationships. This is why we offer an extensive range of carefully tailored personal development programs in the form of Bollywood dance, yoga and meditation workshops that can improve the energy of your members and organisation. All our workshops are customised to suit your needs.

What we offer...

Corporate Bollywood Dance Workshop

Our Corporate Bollywood dance workshops are interactive, hilarious and a great way to reward your team. Especially designed to de-stress your staff members and promote team building and self-expression. The workshop can serve as a fantastic ice-breaker for in-house training sessions or an exciting addition to your next conference!

Corporate Wellbeing - Bollyyoga Workshop

This is our signature workshop that explores two essential elements of human nature – stillness and dynamism. We believe that action without reflection can be harmful and reflection without action can be stagnating. So to help promote harmony within people, we have created a very unique workshop that combines elements of yoga, meditation, dance and movement. This workshop can allow your people to create valuable changes in their work and lives.

Corporate Stage Shows & Bollywood Parties

Spice up your next work party with Bollywood stage performances and an interactive audience participation workshop. To create a complete Bollywood theme for your corporate event, we can provide Dhol players (Indian drummers), Bollywood DJs, henna tattoo artists and roving dancers to greet the guests in traditional Indian style.



What you didn't expect...

Corporate Training Services

Did you know that our services extend beyond dance and yoga workshops?

We are able to conduct a training needs analysis for your department, then design and deliver customised **corporate training programs** for senior executives, middle managers or frontline staff. Topics range from cross-cultural assimilation, leadership, lateral thinking, sales, marketing and customer service.

That's right! We have **certified corporate trainers** on our team who also have yoga and dance instructing experience. Our trainers are creative and passionate about finding 'out of the box' solutions to your training needs.

Our approach is off-the-beaten-track, just like the best journeys in life. So if you're an organisation that continually seeks to find new ways to challenge and inspire its people, then what we have to offer may interest you. Whether you want a 2-hour sales workshop or a 2-day leadership retreat, let's work with you to achieve your organisational objectives.

3 Reasons to contact us now!

- Make your corporate training session more engaging
- De-stress and rejuvenate your staff for improved productivity
- Spice up your corporate event

"When I dance, I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole, that is why I dance."

- Hans Bos

Schools

Can you believe that children laugh an average of 300 times a day, while adults a mere 20 times a day?

This is why at Ignite, we love working with children. It's a reminder for us to take ourselves more lightly. To laugh more and stress less. Play more and analyse less.

We work with **primary and secondary schools** across Melbourne to bring Bollywood dancing to children of all ages. Our workshops offer a fun and colourful way to explore the Indian culture and stay active. They also instill important human values of **diversity, self-confidence, friendship and mutual respect**. We ensure a safe and judgement-free environment to allow children to shine and express themselves openly.

Our professional Bollywood dance instructors can vary the style of workshop based on your schools objectives. You can choose a once-off workshop or ongoing weekly sessions.

Educational Package

Bollywood dance and movement is used as a teaching tool to achieve specific learning objectives in disciplines such as arts, English, math or science.

Concepts are conveyed in an interesting and colourful manner with reference to relevant Indian customs, festivals, food and costumes.

Fun & Fitness Package

Bollywood dance sessions offered as an extra-curricular health and wellbeing activity for your staff or students.

Entertainment Package

Live Bollywood stage show followed by a short interactive Bollywood dance workshop. Perfect for a school assembly!

"I see dance being used as communication between body and soul, to express what is too deep to find for words."

- Ruth St. Denis





Dance and Your Curriculum

Have you thought of teaching 'fractions' using Bollywood dance? We have.

Dance can play a pivotal role in learning because of its power to engage children with all types of learning styles. Since dance involves visual, auditory and kinesthetic elements, it is a tool that can deepen one's learning experience of almost any subject matter.

At Ignite, we offer a very unique service that will help you make your classroom sessions even more stimulating, and provide students with a better understanding of the concepts being taught. Our dance instructors will first consult with you to develop a lesson plan relevant to your class. They will then deliver an informative and entertaining dance workshop that addresses your chosen learning outcome within the **Victorian Essential Learning Standards (VELS)**.

We can help achieve learning objectives in any of the three strands:

- Physical, personal and social learning
- Discipline-based learning (ie. Arts, English, humanities, math and science)
- Inter-disciplinary learning

Are you curious to know more?

Then talk to our team who will work closely with you to find stimulating learning solutions for your students.

3 Reasons to introduce Bollywood dancing at your school!

- Make your discipline-based learning more effective
- Add colour to your next school assembly
- Promote diversity, teamwork and self expression



“For me, it’s not just dancing. It’s a great way for my brain to remember steps and my body and mind to be more flexible.” - happy senior participant

Seniors

For the over 60s, all we have to say is ***‘You’re never too old to be a Bollywood Star!’*** Our Seniors’ Bollywood Dance Workshops are full of laughter, colour, friendships, and did we mention laughter?

These workshops are especially designed with **low-impact movements** to make it easy for any participants with limitations including mental or physical disabilities. We say, “If you can’t swing your hips, tap your feet. If you can’t tap your feet, shake your neck!” We have a dance step for everybody and all it takes is your willingness to participate.

Our senior participants have found that Bollywood dancing is an **invigorating cultural experience**. It helps **improve physical mobility, concentration and co-ordination**.

Aside from the physical benefits, our prime reason for bringing Bollywood dancing to senior groups in Australia is to **revive their spirit** and offer an engaging activity that instils a **sense of belonging, self-worth and liveliness**.

Positive Ageing

We work closely with local councils, retirement villages, nursing homes, Probus groups, Senior citizen clubs and other organisations that promote positive ageing.

With so many benefits, your members simply can’t afford to miss this uplifting experience!



*“Dance, even
if you have
nowhere to
do it but your
living room.”*

-Kurt Vonnegut



*“Dance first. Think later.
It’s the natural order.”*

- Samuel Beckett

Contact

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