

# Dhanashree Deshmukh

About Her  
Her Dance Styles  
Courses, Workshops &  
Programmes





# Who is she?

**A human**

**A woman**

**A daughter**

**A wife**

**A sister**

**A friend**

- **Performing Artist**
- **Content Creator & Influencer**
- **Creative Movement & Dance  
Therapy Practitioner**
- **Choreographer**
- **Dance Educator**
- **Fashion Lover**
- **Actor**



# More About Her

The famous saying Your core passion always drives you in your life can be exemplified by pointing toward Dhanashree. Having a master's in Commerce being unable to resist her desire & passion to dance took her on a journey of inducing herself with multiple dance forms namely **Indian classical, Semi classical**, and various Western Dance forms.

Dhanashree being learning various dance forms for over more than a decade and has an astounding command over **Bollywood, Belly Dance, Kathak, contemporary, and Jazz**. She is a proud Founder of Euphoria Dance Studio and a highly trained and profound Contemporary Dancer who has a motto of giving Motion to your Emotion. With this, she has made promising students and Passionate dancers who have not only learned but have worked in Choreographic creations of her.

To top all this with a cherry she is a **Certified Dance Movement Therapist from the Creative Movement Therapy Association of India(CMTAI)**. Has collaborated with ArtSphere with the Founder Anubha Doshi and **India's First Dance therapist Tripura Kashyap**.

Dhanashree with all the above inside her becomes that element that transcends the Music into movements.





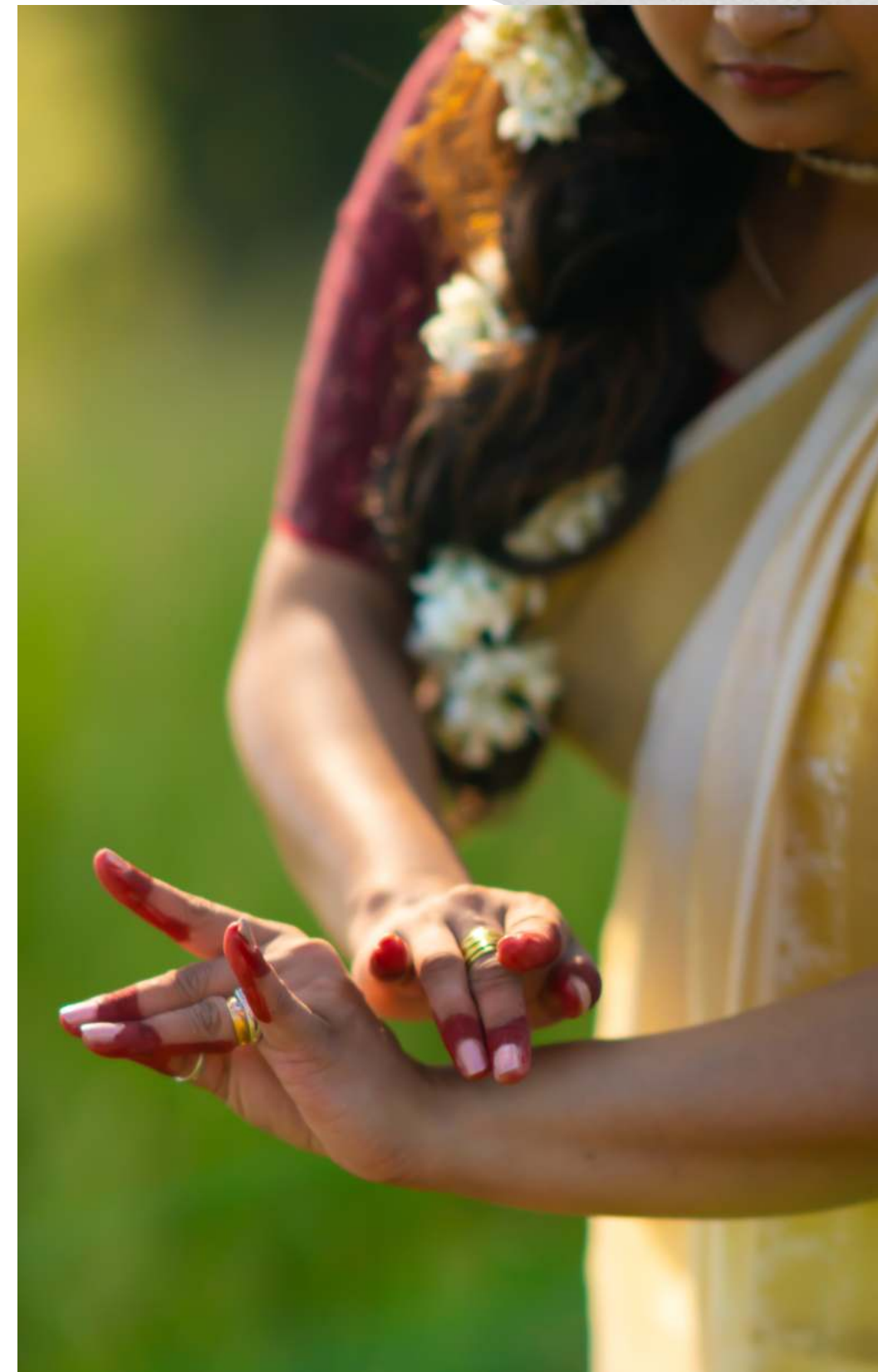
# What is DANCE for her?

There could be numerous descriptions to answer this question. But can we just say one single word – "**MOVEMENT**"? Any movement is a dance for us we believe that every "Human Body" is having its own rhythm we just need to acknowledge it and try to synchrony with our own body rhythm. This understanding makes it easier to get closer to this art. And those who say "They are not a dancer" can also start taking an interest by knowing this fact. But many times a big question comes to mind - "**Why do some people dance so well and some people cannot even catch a single beat? Why this is like that?**"

Some people are more aware of their kinesthetic ability they find all the body movements easier because they have the interest to think about their body coordination and they develop it and some are having different interest areas, they are more focused on that area, so they don't have that much awareness about their own body movement.

To present yourself you need to have a good vocabulary of your language, here we believe to move on to a song or to dance, we need to be aware of a good movement vocabulary after all your body is also having a language.

She believes to give a new aspect to this beautiful art form. **She has designed courses and workshops which are based on Dance and Creative Movement, where she focuses to enhance the movement vocabulary and the quality of movement. She also believes dance is the connection between your body and your mind.** The dance itself is very therapeutic and it helps to reduce your stress.





# Creative Movement & Dance Therapy

We were born with an instinct for movement. As babies, we used it to explore and learn about our environment and ourselves. Somewhere transiting from childhood to adulthood, we began to suppress our natural urges to move freely.

We generate our movement towards task oriented. Social norms and cultural conditions contributed to shaping our movement. Life, job, and status are several social factors conditions make attitudes towards our body.

**Dance Movement therapy measures where we are open and where we close our-self and how the body reacts to everything that happens to us. Dance Movement therapy guides and motivates people to have a dialogue with their bodies.**



*Dhanashree as a  
Creative Movement & Dance Therapy  
practitioner and facilitator*



# Dhanashree As a Dance Educator

- Designed and developed the **syllabus for pre-primary and primary school which mainly focused on kinesthetic learning methods and sensory skills**. Dance and Creative Movement techniques are very important elements of this syllabus.
- Successfully running this curriculum in more than **13+ schools and 50+ activity centers** pan India for the last 6 years.

## Some additional services for the schools

- Teachers training - learning methods and art-based therapy.
- Syllabus with a highly skilled trainer for an entire year.
- Designing and executing the school annual concert.
- Designing and executing the schedule of Extra School Activities.





# Dhanashree's Recent Project Folio

## *As Performing Artist*

### **Dance Drama**

- "Aakal Aur Uske baat" Hindi play.
- "The story of Adam and Eve" dance drama is based on one most important topics - Global Warming.
- "Chiu tai chiu tai dar ughad" Marathi musical play.

### **Dance Show**

- "Karwaan" program on old Hindi songs.
- "Love for DEV and SHAMMI" program focused on legendary Bollywood actors Dev Anand and Shammi Kapoor.
- "Laheja" program on old Ghazals and Thumri.

## *As Choreographer*

### **Dance Drama**

- "Aakal Aur Uske baat" Hindi play.
- "Katta on the rocks" Marathi play based on blog and poetry.
- "Break -Up" The musical dance drama

### **Big Screen (TV / OTT / Movie)**

- "The Bulbul" song from the "Moving Out" web series
- Music Video
- "Mujara" for the Marathi movie "Paanipat" (yet to release)



## *Recent Achievements*

- Semi-finalist of Dancing Queen- dance reality show by Zee Marathi
- Choreography for Music Video-"Parijaat"
- Saaz-o-raqs: A project based on Indian classical instrumental music
- "Discomfort": A solo act based on Contemporary dance style.
- "Shakuntala": the tale of one raised by birds (a concept-based photo series).
- Brand endorsements for Puma, Boat, etc. along with some local fashion brands.

**Awarded with "The Most Promising Work" in the Dance category by Lokmat Digital Influncer Award.**



# Courses, Workshops and Programmes

Based on Creative Movement and dance Therapy Techniques  
Designed by Dhanashree Deshmukh

## Courses (Custom Designed)

- **Let's Talk About Body:** Exploring the body as a powerful tool to be positive
- **Expressions:** Course for Children to develop sensory motor skills
- **Pro-Grace:** Holistic development course for adolescence

## Workshops

- **Let Go:** Stress Releasing workshop
- **You and I:** Relationship Enhancement workshop
- **Care It:** Parenting workshop based on art-based therapy
- **Ex-Tension:** Creative Movement sessions for corporates
- **Visual Magic:** Workshop based on therapeutic dancing and Visual thinking



## Programmes

- **Gupshup:** Non-judgemental platform to express
- **Katta-Kavita:** Platform to share poetry and blogs
- **Zero - Here I Stand:** Solo art prentation platform



# Conducting DMT-based programmes

Understanding the process behind...

## Stage 1

- Understand the requirement.
- Set realistic objectives.
- Details information of the participants.
- Design the activities according to the decided objectives.
- Prepare activity material.
- Design pre-tests for each participant.

## Stage 2

- Make a lesson plan.
- Conduct an actual session.
- Create a non-judgemental platform for all the participants.
- Setting up opening and closing rituals.
- Maintain the observation sheet of each participants

## Stage 3

- Mid-test: time to evaluate the decided session plan which helps us to understand the actual status of the course as we deal with the human body & psychology, there are chances, you need to do some changes to the current course material or redesign some working areas.

## Stage 4

- Collection of all the data and observation sheets.
- Record the summery.
- Analysis .
- Handing over.

What is the "pre-test":

Status of mental n physical health of an indivisual, willingness and approach for the workshop, working areas if any.

\*All the records and test are observed by an experts and it is highly conffidential\*



# Recent Workshops

## Workshops and Courses

- Conducted "Let's Talk About Body" at Zapurza-Art Museum in Pune (India).
- Teachers Training on kinesthetic learning for Bedrock and Angel Paradise primary school.
- Conducted "Let's Talk About Body" for more than 40 artists from different disciplines.
- Conducted "Ex-tension (Dance therapy workshop for stress releasing) for National Insurance Academy, India.
- Conducted multiple "Let's Talk About Body" courses for BNI (Business Network International) as well as SEED Infotech Ltd.





# Media Coverage

[Back to Navigation Page](#)





# Media Coverage - Links

## **world's Dance Day news article in Pune Mirror**

<https://punemirror.com/pune/others/SIZE-IS-NO-BAR/cid7276546.htm>

## **Lokmat news article**

[http://epaper.lokmat.com/articlepage.php?articleid=LOK\\_HPUN\\_20220904\\_3\\_6](http://epaper.lokmat.com/articlepage.php?articleid=LOK_HPUN_20220904_3_6)

## **Shakuntala : Concept-based photo series news article in Pune Mirror**

<https://punemirror.com/pune/others/%E2%80%98Paint-a-picture-that-doesn%E2%80%99t-already-exist%E2%80%99/cid6378244.htm>

## **Music Video**

<https://youtu.be/ttMkOXI2C3w>

## **"Let's Talk About Body" course for SEED Infotech Ltd.**

[https://youtu.be/jR\\_3vAq7tyM](https://youtu.be/jR_3vAq7tyM)

## **Song Choreography Video**

<https://youtu.be/zmQHt7d-l28>

## **Interview by TIB tales**

<https://youtu.be/CWH8gfzTAug>





# Dancing Queen - Dance Reality Show

Aired on Zee Marathi (TV Channel)





# Ever-growing Connects

**Stage Performances: 500 +**

**Events Done: 370+**

**People Educated: 10,000+**

**67 K +**

**Followers on Instagram**

<https://instagram.com/ddanceshree/>

**800 +**

**Subscribers on YouTube**

<https://youtube.com/channel/UCKJ2UirTQ9tjzdnuxbFY2TQ>

**2400**

**Connects on Facebook**

<https://www.facebook.com/ddanceshree>

**Thank You**

