



Balinese Dance (Female)

Balinese dance is a mesmerizing art form that embodies grace, tradition, and storytelling. With its intricate gestures, expressive eyes, and fluid movements, each performance reflects centuries of cultural heritage and spiritual devotion. This class offers participants the opportunity to immerse themselves in the beauty of Balinese dance, learning the meaning behind every gesture while experiencing the harmony of ritual and artistry. Please note, this class is exclusively available for female participants.

Price

Rp350,000 per participant (individual bookings welcome)

Duration

60 minutes of the beauty of Balinese art admiration

Program Highlight

Step into the world of Balinese artistry through a graceful journey that celebrates movement, expression, and tradition. This session introduces participants to the refined beauty of classical Balinese female dance, where every gesture carries meaning and every glance tells a story. Guided by gentle instruction and accompanied by traditional music, you will explore the harmony of hand, eye, and body coordination that defines this iconic dance form. The experience invites you to slow down, connect with cultural heritage, and appreciate the elegance woven into each movement.

Program Overview

This 60-minute session offers an inspiring introduction to the foundations of Balinese dance, focusing on the signature movements, postures, and expressions found in classical female styles. Participants will learn how coordination, rhythm, and intention come together to create the distinctive storytelling language of Balinese performance.

Through guided practice, you will explore the cultural symbolism behind gestures, the importance of expressive eyes, and the poised strength that shapes each sequence. Traditional music and costume elements enhance the immersive experience, allowing you to feel the artistry and spirit of Balinese culture. By the end of the session, participants gain confidence in performing short choreographed movements and a deeper appreciation for the beauty of this timeless dance tradition.



Learning Outcome

By the end of this program, you will:

- Understand the basic foundations of Balinese dance, including hand, eye, and body coordination
- Learn signature movements from classical female dance styles
- Gain appreciation for the cultural meaning behind gestures, rhythm, and expression
- Build confidence in performing short choreographed sequences

Experience

Participants will be guided through the refined gestures, expressive eyes, and poised postures that define Balinese female dance. With traditional music and costume elements, the class offers an immersive introduction to the elegance and storytelling embedded in every movement.

