

## **Khaita Training on the 50 Dances**

Date : June 27, 2017

**Requested for the exam for Khaita instructors, led by Salima Celeri and other expert dancers**



More than 20 people attended the first part of the exciting course organized by [Merigar West](#) and the Shang Shung Foundation from June 16 to 22 aimed at acquiring a precise knowledge of the fifty dances Chögyal Namkhai Norbu has selected for the [Khaita](#) instructors' training. Salima Celeri led the course and a couple of sessions were held by Lena Dumcheva to pinpoint the most relevant geographic and historical aspects of Tibet. The course was open to people who simply wished to learn the dances, to dancers aspiring to become instructors, and to instructors who wished to refresh their practice going more into details, updating possible little changes and deepening the sense and the beauty of choreographies.

The course was rather intensive with two sessions a day: on the whole 23 dances were explained and longer time was dedicated to the more complex choreographies learning how to respect one another's space, collaborating and putting into practice the famous three principles emphasized over and over again by Rinpoche on several occasions, particularly '*GRIG, that is to say coordinating your movements and working harmoniously with the group you are dancing with*'. Every dance was repeated over and over again and Salima patiently checked all dancers, correcting, clarifying doubts, and asking participants in turn to lead the dances to make sure that everybody was confident enough to practice a dance without imitating and following others. Once again I felt that through Khaita we can really integrate inner harmony with the harmony of the space and the harmony of the group, a wonderful practice indeed!

Everybody participated actively enjoying the course and the atmosphere was really in keeping with the spirit of Khaita, sharing the happiness of practicing and collaborating together.

The teaching strategies Salima applied were really amazing and stimulating, an inspiration for everyone who intends to become an instructor and for practitioners who are already teaching Khaita dances around the world and who can have the chance of improving their teaching techniques.

Personally I was really impressed by her loving kindness and care for everybody and I am sure to interpret the feeling of everyone by saying I am looking forward to our next appointment July 17 to 23 for the second part of the course.

*Elisa Copello*

