



PRASHANT MORE

Interdisciplinary
Dance Artist

ABOUT

Prashant More is an interdisciplinary artist from India working across performance, choreography, teaching, and dance filmmaking. He creates intimate and immersive performances grounded in experimental artistic practice, where poetry, humour, ambiguity, and honesty inhabit the work. Moving between structure and spontaneity, his work allows vulnerability and presence to shape each piece.

His works have been presented at festivals and platforms in India, Hong Kong, the United Kingdom, and South Africa.

ARTISTIC PRACTICE

Prashant's practice explores the body as a site of lived experience and inquiry. Through performance and film, he investigates human behaviour, internal tensions, and the subtle psychological landscapes that shape everyday life. His work often emerges through improvisation, embodied research, and compositional experimentation, creating spaces where presence, vulnerability, and imagination can unfold.

EDUCATION & TRAINING

- Attakkalari Centre for Movement Arts, Diploma in Movement Arts, India 2012
- Intensive training in choreography and experimental physical performance.
- Flying Low Intensive.
Amsterdam · Hong Kong · Berlin

**CHOREOGRAPHIC
WORKS**

- Fools & Labour- 2025 
- Weight of Time- 2023 
- Third is Fluidity- 2022 
- 3AM- 2019 
- Another Day- 2016 

**TEACHING &
PEDAGOGY**

Prashant facilitates open and rigorous environments that support authenticity, curiosity, and embodied awareness. Guided by the belief that “Creation begins with play,” his pedagogy approaches play as a mode of inquiry where curiosity, discipline, and exploration coexist. [Class Video](#)

Breaking Points: Research-based movement practice focused on developing authentic physical flow and expanding movement vocabulary.

AATTAM IDAM- a place for playing: Movement practice centred on play, improvisation, and creative exploration. [Class Video](#)

He teaches workshops, intensives, and research-based programs across dance centres, universities, and independent platforms in India and internationally.

**DANCE
FILMS**

- Oscillate- 2026
- Roots- 2025 
- Conversation Part 1- 2024 
- Romance- 2021 
- Pods- 2020 