

Rasikai Presents

THE YOGA OF INDIAN DANCE

September 10, 2011 @ 6:30p - 8:30p



You are invited to a lecture demonstration on the de-construction of the language of Indian classical dance to reveal its roots in the scientific practice of Yoga in terms of form, content and experience.

This session of interactive talk laced with performance in the Mohini Attam style will be presented by well known dance exponent and scholar Mandakini Trivedi.

Ms. Trivedi has extensively researched this connection between dance and Yoga in her two books, "Yoga of Indian Dance" that reveals how Indian dance is at once aesthetic, symbolic and yogic and "Sutras on Dance" which are reflections on performing. This thought provoking lecture-demonstration will add value to serious students of all classical dance styles, students of allied art forms and the lay-person alike.



Natya Academy is privileged to host this event at:
594 E. Chatham Street, Suite 120
Cary, NC
Tel: 919.427.4903

This event is free to the public

For more information:

<http://www.NatyaAcademy.com/yoga.asp>
<http://india-foundation.org/culturalprograms/rasikai.html>
http://www.artists-india.com/resume/mandakini_trivedi.php

