

Indian Classical Dance-BHARATNATYAM

DAY	Class Level	Time
MON	Beginners	4.30pm-5.30pm
TUES	Beginners	4.30pm-5.30pm
SAT	Intermediate/Advance	8.00am-12.00pm



Bharata Natyam or **Bharatanatyam** is a classical dance form from the South-Indian state of Tamil Nadu, nowadays practiced predominantly by young girls. It is held as the national dance of India. The dance is accompanied by classical Carnatic music. Its inspirations come from the sculptures of the ancient temple of Chidambaram. Bharata Natyam is the manifestation of the ancient idea of the celebration of the eternal universe through the celebration of the beauty of the material body. Bharata Natyam proper is a solo dance, with two aspects, lasya, the graceful feminine lines and movements, and tandava Ananda Thandavam (the dance of Nataraja: The Divine Dance of the Cosmos). Bharata Natyam is considered to be a 'fire dance' — the mystic manifestation of the metaphysical element of fire in the human body. It is one of the five major styles (one for each element) that include Odissi (element of water), Mohiniattam (element of air), Kuchipudi (element of earth) and Kathakali (element of sky). The movements of an authentic Bharata Natyam dancer resemble the movements of a dancing flame. Contemporary Bharata Natyam is rarely practiced as Natya Yoga, a sacred meditational tradition, except by a few orthodox schools.