

YOUR GUIDE TO
BHARATANATYAM



Bharatanatyam is a style of Indian classical dance. It originated over 2,000 years ago in modern-day Tamil Nadu.



What is Bharatanatyam?

YOUR GUIDE TO BHARATA NATYAM

Bharatanatyam was performed in temples and courts as interpretive narrations of stories in Hindu text. These scriptures from Hindu text were not always available for non-elites to read, so dance arose as a way to share narratives with common people.

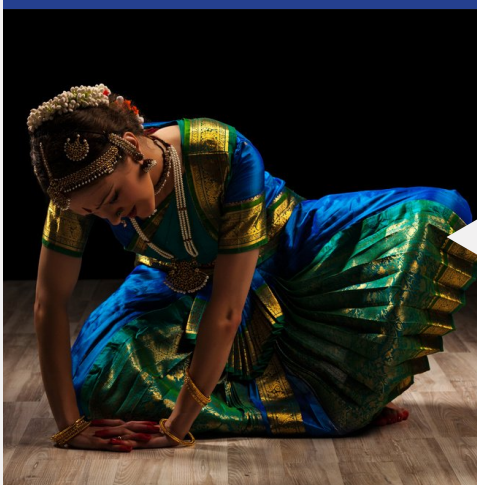
Bharatanatyam is known for expressive hands, eyes, and faces, along with a series of poses and gestures, each with a different meaning. Each hand gesture alone constitutes a mudra, which communicates specific ideas, events, actions, or characters.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at brooklynartscouncil.org

Bharatanatyam
includes expressive
gestures in your face,
body, and hands.

Healing with Bharatanatyam

Make your face as big as you can. Open your mouth, your eyes wide, raise your eyebrows. Then, scrunch up your face to make it as small as you can. Shut your lips, squeeze your eyes shut. Notice the difference in where your energy is focused.



Try to create one of these mudras you see the dancer make. Allow your hands and the rest of your body to move with the sound.

Each mudra holds a meaning, idea, or action. What do they make you think of?



For more resources on how traditional arts can heal Brooklyn communities,
visit our site at brooklynartscouncil.org



In support of Brooklyn traditional communities, BAC lists

Local Mutual Aid

Bed-Stuy Strong:
bedstuystrong.com
Instagram: @bedstuystrong

Bushwick Ayuda Mutua:
bushwickayudamutua.com
Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition:
preservebedstuy.org
Instagram: @preservebedstuy

Crown Heights Mutual Aid:
crownheightsmutualaid.com
Instagram: @crownheightsaid

East Brooklyn Mutual Aid:
campsite.bio/eastbrooklynmutualaid
Instagram: eastbrooklynmutualaid

Volunteers are paired with neighbors who need help.



For more resources on how traditional arts can heal Brooklyn communities, visit our website at brooklynartscouncil.org

Blogs, Podcasts and more, Online Now

EXPLORE + LEARN!



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

**WELLNESS
FESTIVAL
Coming in
June 2022**

For more resources on how traditional arts can heal Brooklyn communities, visit our website at brooklynartscouncil.org