

Ardhanarishwar – The Equilibrium

The world is full of dualities, often extreme opposites. Yet each extreme has the other inherent in it. Harmony comes in reconciling the two to realize the non-dual centre – **Ardhanarishwar**

Exploring Shiva and Shakti: Tandav and Lasya: the two main constitutes of dance movements – Tandav, the vigorous emerging from Shiva and Lasya, the gentle stemming from Shakti.

Logic and Intuition Tala and Bhava: Logic; Left brain is Shiva and Intuition; Right brain is Shakti. Dance is greatly based on structure with set forms and rhythmic cycles but it is the intuitive feelings and expressions that embellish it Rasa or aesthetic beauty. Dance amalgamates and balances these two to form a complete balance.

Stillness and Flow: Dance is a harmony of moments of stillness and control along with flow and movement. The Static, representing Shiva and the Dynamic representing Shakti. This section explores these qualities through movement improvisations weaving the stillness and flow.

