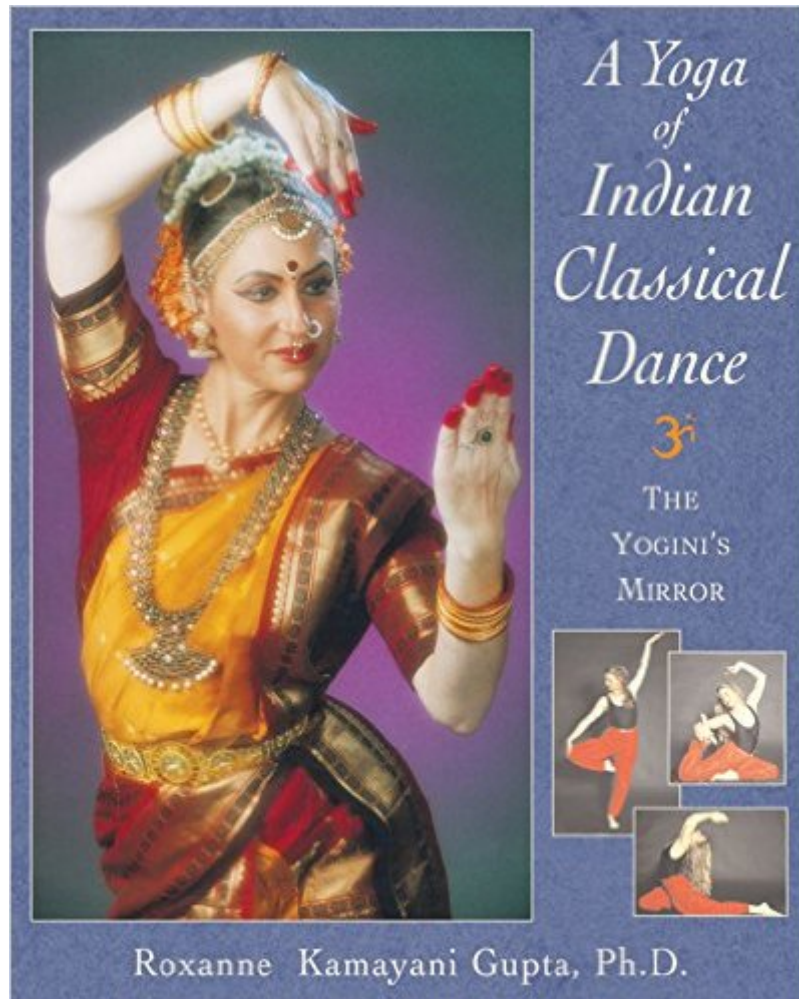


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# A Yoga Of Indian Classical Dance: The Yogini's Mirror



## Synopsis

The yoga and classical dance traditions of India have been inextricably entwined for millennia. The exacting hand gestures, postures and movements of Indian classical dance can only be achieved through yogic concentration. Conversely, the esthetics, symmetry, and dynamism of dance enhance the practice of yoga. These two traditions, so complementary and essential to one another, are united and explicated for the first time in *A Yoga of Indian Classical Dance*. Twenty-five years ago Roxanne Kamayani Gupta embarked on a journey of dance and yoga, yearning to unlock their mysteries and discover their common origins. As a twenty-year-old student from America she was miraculously and mysteriously absorbed into Indian culture, became a Hindu, and began an odyssey so unusual and unique that the reader will be enchanted by its telling. Choosing the path of the dancer, Roxanne Gupta accomplished what no Western woman had done before: being accepted and trained by Indian masters and then performing in the Indian classical traditions--from the palaces of maharajas to the arts festivals of Europe and America--while at the same time achieving a doctorate in the anthropology of religion and being initiated into a number of yogic traditions. Having mastered the classical form of Kuchipudi dance and studied with teachers of the hatha and kriya yoga traditions, she brings together these two great streams of consciousness and practice. In this tantric approach to yoga and dance, expressed through the body and through a yoga of emotions, we see the traditions embodied in a manner that embraces the totality of the human experience. The result is the dance of the yogini, the sacred feminine initiatrix who dances with one foot in nature and the other in the realm of the gods. With extensive photographs of innovative yoga routines, Roxanne Kamayani Gupta distills her experience into techniques for yogic study certain to assist students of all levels to achieve a dynamic, beautiful, and graceful practice.

## Book Information

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## Customer Reviews

It is indeed the first and - so far - the only book that attempts to introduce - to the western readership - the spiritual aspects of the classical Indian dance form of Kuchipudi. So, is it about Natya Yoga? The author is clearly not a Bharata Muni, Abhinavagupta, or even a devadasi or a Siddhendra Yogi, but is obviously a very intellectual (and often a bit too philosophical) lady and made the book easily understandable for the non-Indian readership. I have never watched Roxanne Kamayani Gupta dance, but, to judge from her book, she is (and has never been) not a contemporary Kuchipudi star like Varsha Ramesh who, true, cannot boast of a PhD and is too young to understand the western mentality. To have some idea of what is inside the book: I. Intro (Understanding Yoga and Indian Classical Dance) 1. Discipline and Desire (My Initiation into Indian Spirituality) - page 82. Dance of the Gurus (Meetings with Remarkable Men and Women) - page 323. Stillness at the Center (The Yoga of Indian Dance) - page 514. The Dance of Yoga (The sixty-Four Yogini Asanas) - page 595. Yoga of the Emotions (Spiritual Dimensions of Indian Dance) - page 1506. The Dance of the Yogini (Tantric Dimensions of Indian Classical Dance) - page 1627. Yoga of the Elements (Nature, Culture and Spirituality) - page 173 Half of the book is dedicated to the asanas but gives hardly anything beyond the instructions for the physical body. So, where is the Kriya Yoga element here then? The author fails to establish the connection between the asanas and the classical Indian dance. Of course, nobody in India performs the yoga asanas in those kind of tights - sitting in a garden on a deer skin.

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