

HATHA YOGA DESHA PRESENTS

Nrtta Sadhana

(NATA YOGA)

16-19 Feb 2012



Photography Dan Lindberg

RHYTHMIC DANCE AND ITS PRACTICE

WITH Natanaga Zhander (Shandor Remete)

Nrtta is that sadhana through which the sadhaka (aspirant) rediscovers the rhythmic life currents hidden in the body's folds and limbs by means of unimposed natural positioning.

Out of the one hundred and eight karanas mentioned in the Natya Shastra, not more than thirty-six karanas are used for the purpose of self cultivation.

Difference between Nata and Nrtta

There is no difference between Nata and Nrtta - the former is a part of the latter. The sense behind the term Nata is a referral for the adaptation of slight bodily movements that are very important for the beginner. Nrtta embraces both slight movements of the limbs and large bodily shapes that are termed as 'Karana', including Angahara. These all come under the common umbrella - Nrtta. Therefore Nata yoga is a part of Nrtta Sadhana.

Natanaga Zhander (Shandor Remete) is the founder of Shadow Yoga and Nrtta Sadhana (Nata Yoga).

Nrtta Sadhana



This workshop is suitable for those with some background in Shadow Yoga.
For further information visit www.shadowyoga.com

Times	Thurs 16 – Sun 19 February 2012 6.30-8.30 am daily
Cost	\$400 incl GST (Early Bird offer \$370 incl GST for payments received by 16 January 2012)
Venue	Redfern Town Hall Main Hall 1st floor 73 Pitt Street Redfern
Transport	Walking distance from Redfern or Central stations & from Cleveland St. 309 and 310 buses to corner of Pitt & Redfern Streets. Limited 2 hour parking.
Bookings	Hatha Yoga Desha tel (02) 8230 0310 info@hathayogadesha.com.au www.hathayogadesha.com.au
Payment	Cheques/postal money orders payable to 'Penny Cuthbert' PO Box 581 Dulwich Hill NSW 2203

FEES NON REFUNDABLE