

**Course Content: \***

This course is open to students of all art forms of all levels. Those 10 years of age and over may apply.

This intensive, full time residential course will cover:

1. Origin, development and underlying philosophy of Bharatha Natyam.
2. The basics, both in practical and theoretical aspects of Bharatha Natyam.
3. Bharatha Natyam Repertoire Class.
4. South Indian Carnatic Music, singing lessons.
5. Lectures covering various aspects of Indian cultural heritage.
6. An insight into the ancient, traditional Gurukula (apprenticeship) method of study.
7. Guided meditation, Bhajan and yoga.
8. An insight into the doctrine of good living—once a week participation at Satsang.
9. Bhagavad Gita chanting

\*Groups will be divided according to levels, by the teachers.

**Dress Code:**

Females:

Casual attire - Sari, Salwar, Kameez, long skirt and blouse.

Dance attire - Kurta (fitting not baggy) and Pyjama/Dance Sari (4 sets).

Yoga attire - Loose fitting T-shirt and long pants (2 sets) + 1 white set for yoga presentation.

Males:

Casual attire - Pyjama and Kurta, Dhoti

Dance attire - Sleeveless or fitting short sleeved t-shirt and 3-4 yards Dhoti (4 sets).

Yoga attire - Loose fitting T-shirt and long pants (2 sets) + 1 white set for yoga presentation.

**Certification:**

On completion of the full course a performance by students will be held at the Ashram, and certificates will be awarded.

**Facilities and Food:**

Comfortable accommodation in Salagramam Ashram situated in serene surroundings along the banks of the Karamana river, in Kundamankadavu. Facilities include guest rooms, meditation hall, classrooms, dining hall, satsang hall, library and cultural center. Wholesome vegetarian meals will be served daily. Fruit drinks, milk and fruits will also be provided.

Apart from the dress prescribed, other items to be brought by the children 1) Night wear 2) Sufficient sets of under clothes 3) Bed sheet 4) Towel 5) Toilet kit with tooth paste and brush, soap and comb.

**Supervision and Safety:**

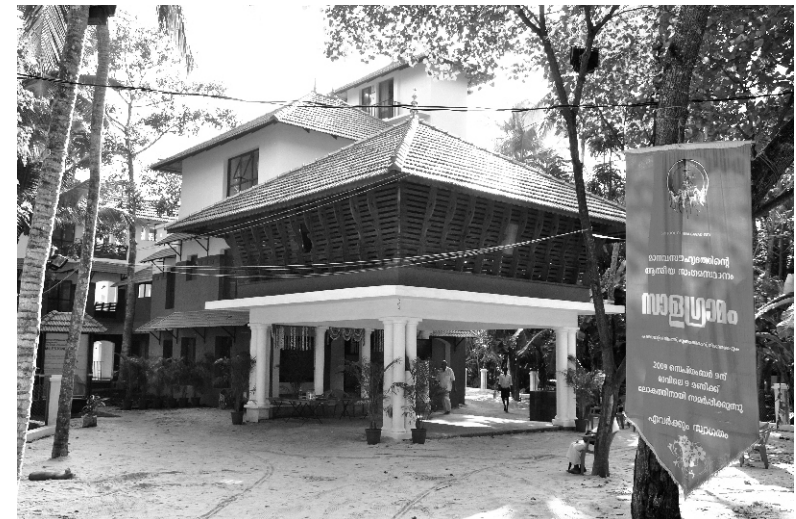
We fully appreciate the concerns of parents when their children are away from home. Parents may rest assured that the camp and the children will be under the supervision of adult volunteers and coordinators. There will be a Doctor on call and first aid facilities are also available.

## NAATYA ADHYAYANA GURUKULAM SUMMER CAMP 2010

25<sup>th</sup> April to 5<sup>th</sup> May 2010

Registration on 24<sup>th</sup> April

Classes start on 25<sup>th</sup> April, Sunday at 9 am



### SĀLAGRĀMAM

*Temple of Knowledge*

### SCHOOL OF BHAGAVAD GĪTĀ

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#### **MESSAGE FROM SWAMI SANDEEP CHAITANYA**

Indian culture perceives the practice of art as the path to Self-realisation. It is an expression of the Divine in the human. This is more apparent in Natya- in fact the Natya Shastra of Bharatha muni underlines the spiritual aspect of Bharathanatyam. The Original Guru, Shiva, is the Lord of Dance as Nataraja. Bharathanatyam is a yoga – the union of body, mind and the Supreme. And the practice of yoga requires discipline and dedication. The Dhananjayans, renowned and revered Acharyas of Bharathanatyam have amply demonstrated all this through their lives and work. Deservedly, they have been recognized the world over for their contributions.

I am very happy that the Natya Adhyayana Gurukulam under the enlightened guidance of the Dhananjayans is being held in Salagramam. My best wishes and prayers as School of Bhagavad Gita joins hands with Bharatha Kalanjali in serving the cause of our precious heritage.

#### **SCHOOL OF BHAGAVAD GITA, SALAGRAMAM**

The School of Bhagavad Gita, envisaged and founded by Swami Sandeep Chaitanya, is devoted to the understanding and spread of pure Knowledge.

It stands for the universality of the Bhagavad Gita, the spiritual heritage of India and the non-sectarian values that it propagates. Modelled on the lines of an international foundation, it provides a popular open forum and aims to initiate free thinking and discussion, especially on matters that need re-thinking.

Registered under the School of Bhagavad Gita Trust, it supports a wide range of initiatives and projects committed to exploring Indian philosophy as a living tradition, faithful to its origins, yet compatible with the current world. The doors of the School of Bhagavad Gita are always open to any sincere seeker of knowledge, regardless of his religion, nationality or educational background.

Salagramam Ashram– the Temple of Knowledge- houses the headquarters of SOBG in Thiruvananthapuram, Kerala.

#### **Shri V.P. Dhananjayan Smt Shanta Dhananjayan**



Shri **V.P. Dhananjayan** and his wife, Smt **Shanta Dhananjayan**, popularly known as the Dhananjayans, is a celebrated dancing couple of India. Disciples of the legendary Rukmini Devi of Kalakshetra, the Dhananjayans founded **Bharata Kalanjali** in 1968 so as to accommodate a unique teaching style and philosophy that incorporated not only what they had learnt, but also explored new directions.

The institution has moulded countless artistes and today many of them are teachers who run natya schools in different parts of the globe. The Dhananjayans' pursuit of perfection is uncompromising and they instill the highest values of our tradition and culture in succeeding generations of aspirants. The countless recognitions that have come their way, including Padma Bhushan and the recent G. D. Birla award are acknowledgements of their excellence. They are not only great artistes, but social activists and environmentalists.

The Dhananjayans always represent themselves as true ambassadors of Indian culture not only in their art but also behavior, character, dress code and other habits, inspiring all who interact with them.