



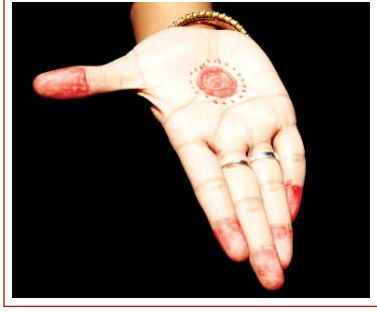
'Alapadma'
(to show a Flower)



'Bhramara'
(to show a Bee)



'Simha-Mukha'
(to show a Deer)



'Ardha-Chandra'
(to show the Moon)



MUDRAS

Imagination with Hands!

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Imagination with Hands!

Namaste!

The beautiful hand gestures expressed in Indian dances are a precious source of inspiration and creativity. They are known as *Mudras* (in the Sanskrit Language).

The *Mudras* which come from ancient times are full of rich meanings and history. They have been carefully passed on from generation to generation providing a wonderful way of communicating our moods and feelings.

There are 28 single handed and 24 double handed mystical and magical *Mudras* in the storytelling dance called **Bharata Natyam**.

Overleaf are some *Mudras* for you to try.

For more information please contact us on 01422 365103 or 209906.

Annapurna Indian Dance

E: info@annapurnadance.com

W: www.annapurnadance.com



West Yorkshire Grants