

The Art of Indian Dance

with Prem Siri Kaur

With dance steps and
choreography inspired by
the story of the Goddess Kali!

Next 8-week series:

March 13 - May 1

Tuesdays

7:30 - 8:45pm

8 classes: \$99

pre-registration
required

**Free Intro to
Indian Dance!
Tuesday, March 6th
7:30 - 8:45pm**

Practice classical Indian dance technique from the ancient Odissi tradition to warm-up the energetic pathways in the body. Learn beautiful mudras, powerful footwork, and deep torso bends. This 'yoga in motion' creates a meditative framework for the fun and sensual Bollywood dance moves to follow. Each class will also contain a Bhangra sequence, a dance style which originated in Punjab, India. This style is an extremely effective workout for the whole body, including the glands and nerves. Each class will finish with a gentle yoga cool down and short mantra meditation. All of our Indian Dance classes are presented with a reverence for Shiva Nataraj, the cosmic dancer, representing and honoring all of the cycles of creation, preservation, and dissolution in our lives.



The Yoga Loft
521 E. 4th St., 3rd Fl
Bethlehem, PA 18015
610-867-9642

TheYogaLoftOfBethlehem.com