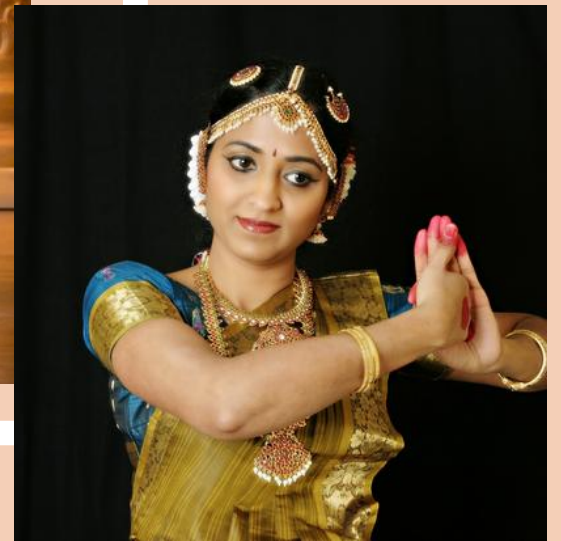


MUDRA PRANAVAM

CURRICULUM FOR LEVEL 1



NAMASKARAM

A Bharatanatyam dancer, always starts and ends, every session of dance, with a namaskaram. The dancer prostrates to the earth and asking for forgiveness and pays her respect to Ashtadikpalakas. Katakamukam refers to flowers, Shikara is referring to Asta dikpalas.

ARAIMANDI

For performing the Bharatanatyam, the araimandi posture is very important. It makes a lot difference in the appearance when the dancer uses the perfect araimandi posture while she dances. In this posture, the dancer has to compress her height to at least 3/4th of her original height and turn the feet to both sides keeping a 180-degree between.

When the araimandi is beyond the threshold point there is an involuntary urge for lifting your heels, which will result in an imbalance.

Araimandi is also mentioned as ardhmandalam or aayatham.

GURU SHLOKA

Guru Brahma Guru Vishnu
Guru Devo Maheswaraha
Guru Sakshaad
Parambrahma Tasmay Shri
Guruveh Namaha

Meaning: Lord Brahma, Lord Vishnu, Lord Shiva I bow to you, the ultimate Lord.

DHYANA SHLOKA

Aangikam Bhuvanam Yasya
Vachikam Sarva Vangmayam
Aharyam Chandra-Taradi Tvam
Namaha Sattvikam Shivam

Meaning: You, whose limbs are the Universe, You, the Originator of all speech, you, whose adornments are the moon and stars, You are The Truth.

PRANAVAM 

PUSHPANJALI

Vighnaanaam Naashanam karthum
bhoothaanaam rakshanaaya cha
Devaanaam Thushtaye chaapi
prekshakaanaam vibhoothaye
Shreyase naayakasyaatra
paathrasamrakshanaaya cha
Aachaarya sikshaa siddhyartham
pushpaanjali mathaarabeth

Meaning: Offering of Flowers: To remove evils, to protect living creatures, to please Gods, to bring enlightenment to the spectators for the welfare of the leader or the hero of the play, for the well being of the character and to make the teaching of the teacher fruitful.

PAATHRASYA PRAANAHA

Javah sthiratvam rekha cha
brahmari Drishtir ashramaha
Medha shraddha vacho geetham
paathrah praana dashah
smrithaha Evam vidhena
paathrena nrithyam kaaryam
vidhaanathaha

Meaning: Javah - Agility Sthiratvam -
Steadiness Rekha cha - Beauty Brahmari
- Fast circular movements Drishti - The
glancing eyes Ashramaha - without
tiredness Medha - Memory Shraddha -
Devotion towards the art Vacho - clear
speech Geetham - Good singing power
Paathrapraana dashah smrithaaha -
These are the ten qualities of a dancer

NAATYAKRAMA

Aasyenaalambayedh geetham
hasthenartham pradarshayeth
Chakshurbhyaam darshayeth
bhaavam paadaabhyaam
thaalamaachareth Yathohasthas
thatho Drishti yatho Drishtis
thatho manaha Yatho
manasthatho bhaavo yatho
bhaavasthatho rasaha

Meaning: The dancer should be able to sing. She should be able to express the meaning of the song through hand gestures, she should be able to express her emotions through the eyes and the facial expressions, the foot movements should co-ordinate with the beats or the rhythm of the song, wherever the hand goes the eyes must follow, wherever the eyes go the mind should be there, wherever the feelings are expressed the sentiment arises.

HANUMAM STUTHI

**Buddhir Balam Yasho
Dhairyam Nir Bhayatvam
Arogata Ajatyam Vak
Patutvam Cha Hanumat
Smarana Bhavet**

Meaning: By remembering Hanumanji, one can gain wisdom, strength, success, courage, fearlessness, lack of ill health, lack of sluggishness, and eloquent oratory skills.

PRANAVAM 

ASAMYUTHA HASTHAS

(Single Hand Gestures - 28 hand
gestures)

Pathaakas Tripathaako Ardhapathaakas

Kartharimukhaha Mayuraakhyo

Ardhachandrascha Araala

Shukathundakaha Mushtischa

Shikharaakyascha Kapittha

Katakamukhaha Suchi Chandrakala

Padmakosha Sarpashirasthatha Mrugasheersha

Simhamukhaha Kaangulascha

Alapadmakaha Chathuro Brahmaraschaiva

Hamsaasyo Hamsapakshakaha Sandamsho

Mukulaschaiva Thaamrachudah Trishulakaha

PRANAVAM 

SAMYUTHA HASTHAS

(Double Hand Gestures - 24 hand
gestures)

Anjalischa Kapothischa Karkata
Swasthikasthatha Dolahastha
Pushpaputaha Utsanga

Shivalingakaha Katakavardhanaschaiva
Karthariswasthikasthatha Shakatam
Shankha Chakrecha Samputah Pasha
Keelakow Matsya Kurmo Varaahascha
Garudo Naagabandhakaha Khatva
Bherundakakyascha
Avahitthasthathaivacha

SHIRO BEDHA

(Head Movements)

**Samam Udhvaahitham
Adhomukham Aalolitham
Dhutham Kampitham Cha
Paravruttham Utkshiptham
Parivaahitham**

DRISHTI BEDHA

(Eye Movements)

**Samam Alokitham Saachi
Praalokitha
Nimeelithe Ullokitha
Anuvrutthe cha Thatha
Chaivavalokitham**

PRANAVAM 

GREEVA BEDHA

(Neck Movements)

**Sundaricha thirascheena
thathaiva
parivarthitha Prakampithacha
bhaavagner gneya greeva
chathurvidha**