



Bharatanatyam: Dance of Emotion, Melody and Rhythm

An exploration of 8 days / 7 nights through temples and
introduction to a popular Indian dance.

'Bharatanatyam, in my opinion is not just a fine art to which children are exposed as a routine. It is a way of life which nurtures many related subjects which the average child may not come across in a school curriculum. Dance teaches them the core of our civilisation. They learn mythology, music, spirituality and languages. The body becomes a tool for expressing our culture in its myriad forms. When dancers as young as those I saw performing, walk through a temple, they learn about sculpture, painting, architecture and heritage. The lessons they learn are not from text books, but are experiences of Art. This augurs well for a future which can rely on a large number of youth who, having gone through the discipline of learning dance, will learn to respect all art forms. They will certainly stand up for a wide range of important aspects of culture which are getting slowly eroded with massive ignorance and indifference. They will be the custodians of our heritage, not just dance, because they have been exposed to the links that have held many streams together.'

Lakshmi Vishwanathan



Dance is an integral part of Indian culture and traditions, and Bharatanatyam is one of the important classical dance forms in India which originated in Tanjore district of Tamil Nadu in India. It is believed to have originally been performed by temple dancers in the Hindu temples of South India where it enjoyed Royal patronage and religious devotion. It has a history of over 2000 years old and believed to be revealed by Lord *Brahma* to *Bharata*, a sage who codified this sacred dance in Sanskrit text called *Natya Shastra*; one of the fundamental treatises on Indian drama and aesthetics. It is performed by women, mostly, and men to traditional South Indian Carnatic music accompanied by a vocalist and instruments like the violin, flute and the *mrudangam*.



Bharatanatyam costumes resemble Indian Saris, but are specialised to allow the dancer to perform with ease. These saris are bright and colourful. The ankle bells, or the *salangai* in Tamil, along with other jewellery like bangles, rings are worn. The ankle bells allow the audience to hear the rhythmic footwork of the dance. Red dye is applied on the hands and feet of dancer to emphasise the hand and feet movements.

Come join us on this unforgettable journey, celebrating this ancient dance form of Bharatanatyam. We explore some of the primary dance schools and academies, in India, who have been educating, practicing and promoting this art for several decades. Along with that, we will visit several temples, of ancient (of 1000s of years old) India, which are closely associated with this dance form.



Journey of Dances and Temples

Day 1

After a good nights rest and traditional breakfast, embark on a walk and experience the hustle bustle of a typical South India Bazaar. Take in the sights and sounds. Enjoy a filter coffee. Get enlightened and admire the architecture of the famous houses of worship. Post lunch try shopping or visit a factory that wheels out motorbikes. Relax; dinner and overnight.

Day 2

Early start to visit the premier dance institute of the South. Learn about the traditional gurukul style of teaching. Next stop a visit to the living museum of arts, architecture, crafts - a living picture. Enjoy lunch and visit a local established dance school for a performance and interaction. Bargain at a souvenir store or buy books on dance from a colonial aged book store. Dinner and overnight.

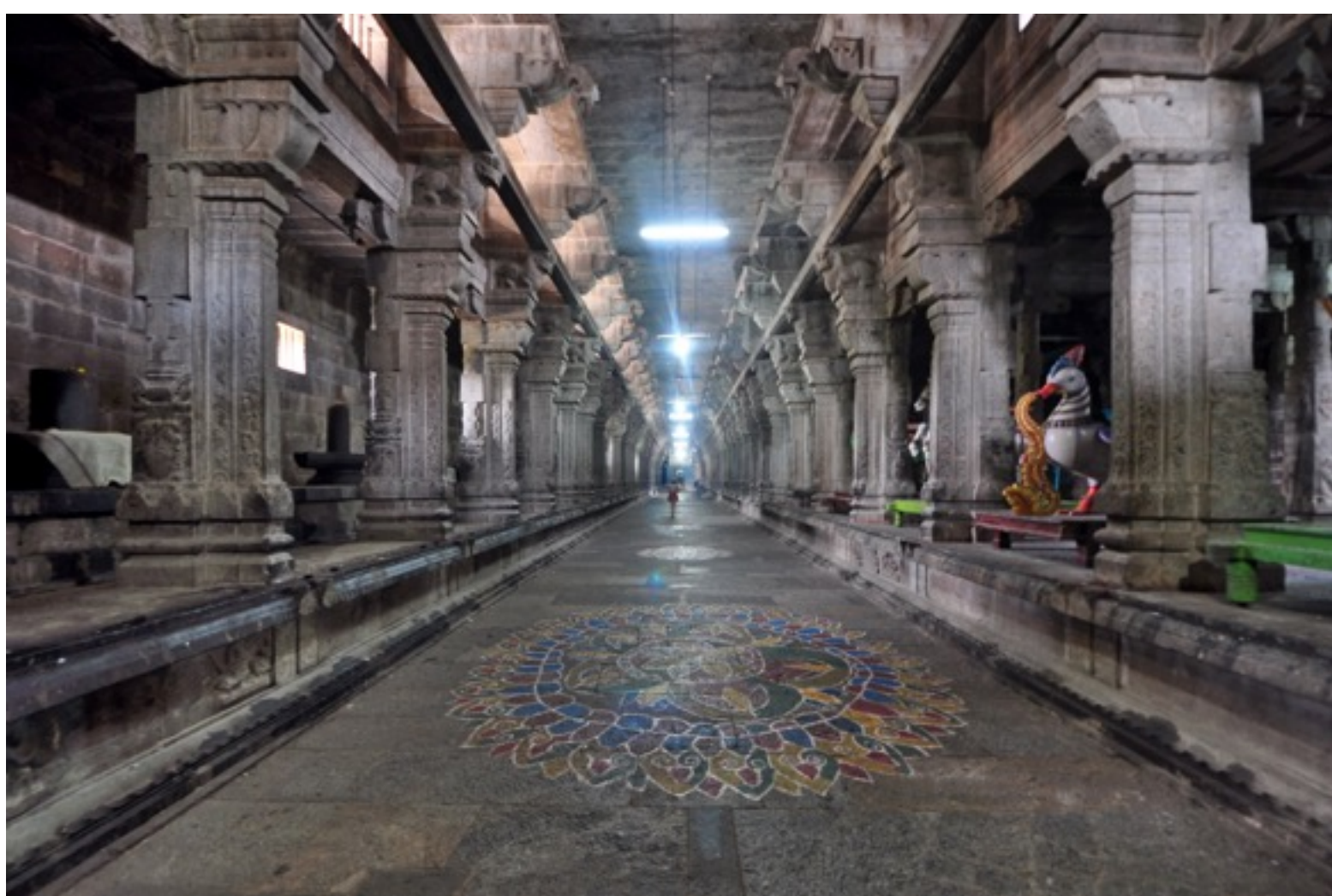
Day 3

Post breakfast, visit a reptile bank. Drive to a quaint coastal town that is famous for giant open air reliefs, rathas (temples in form of Chariots) and mandapas (cave sanctuaries). Lunch at the beach. Witness a wonderful sunset; relax with dinner and overnight.

Day 4

A sumptuous breakfast later, drive to a French Colony with a picturesque town. Visit an experimental township. Enjoy a performance of folk dance by local youth group. Lunch and enjoy a walk along the promenade. A rangoli session - learn all about these intricate designs drawn in front of homes. A night at theatre and dinner awaits. Overnight.





Day 5

Post breakfast; leave for another temple town but first visit the mangroves in a forest. Visit a famous temple and after lunch drive to the Dutch town. Relax and overnight.

Day 6

Drive to next destination. Check in to a hotel built around a brahmin village. Seek blessings from a famous temple. Visit an ancient UNESCO heritage listed temple built during medieval India and served as a capital of a dynasty. Dinner, cultural program and overnight.

Day 7

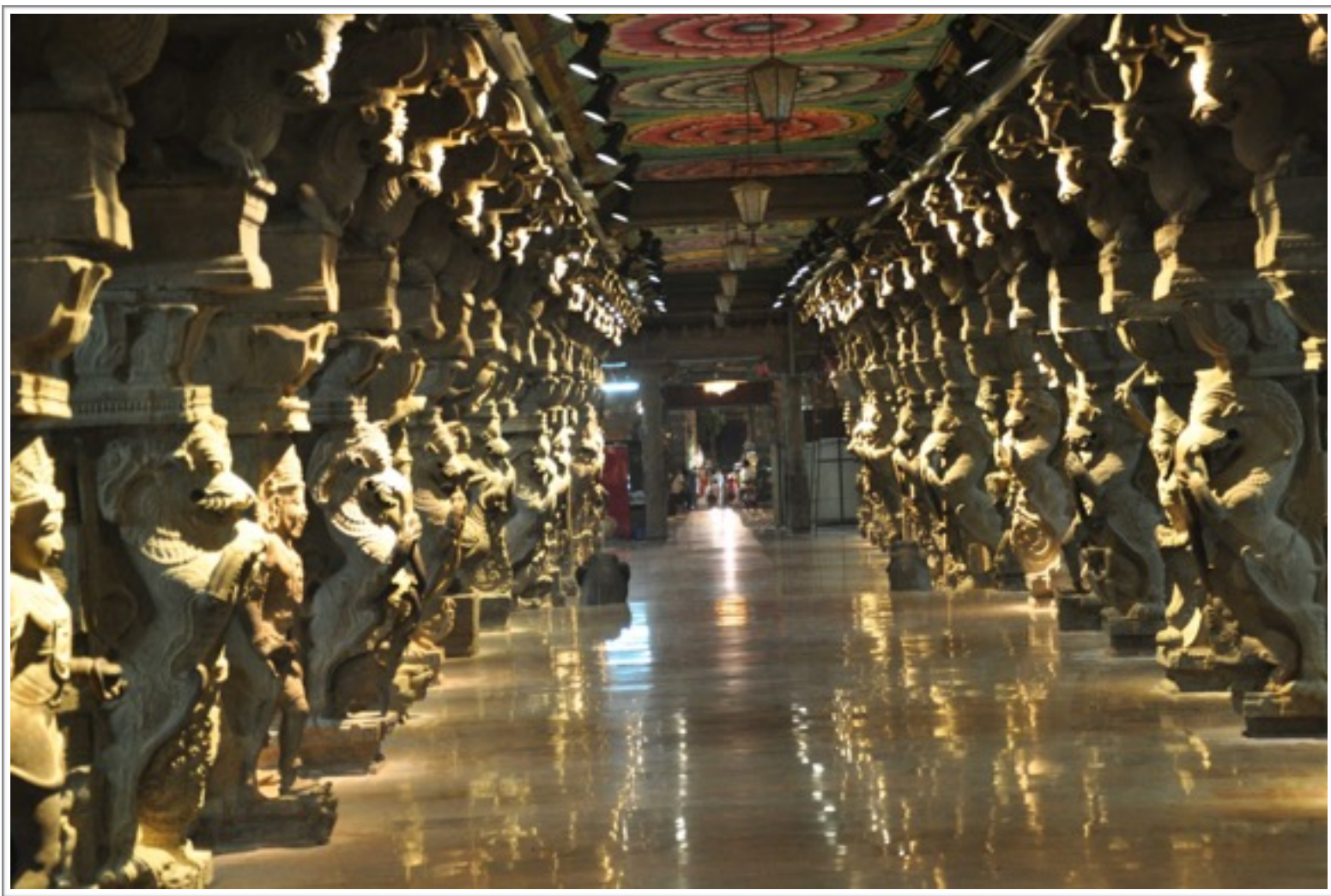
Stop at a temple and head to the city of rock fort and temples. Post lunch learn about Churchill's favourite cigarettes that are still produced. Enjoy the evening by shopping or relaxing or just taking in the sounds and views of the city. Dinner and overnight.



Day 8

Enjoy traditional breakfast and drive to the final temple town. Be in awe of the architecture. Enjoy lunch. See the 1000 pillared hall drive to airport to catch flight back. Overnight.





Journey Inclusions

Airfare

Airport Transfers.

Sightseeing.

Accommodation is arranged for a twin sharing basis in a standard double room in 4 star hotels (or similar standard) with all meals included.

Driver fees, toll, parking.

Same driver will be there with you for the entire trip.



Journey Exclusions

4% service tax.

Sightseeing Cost/Entrance fees.

Hotels

All hotels are at 4 star quality. If in case of unavailability, good 3 star hotels with excellent reviews are arranged.

The above journey, currently tailored for a week, can also be extended for a much relaxed (with more touristic places) exploration for 14 or 18 days, depending upon the need. For more information, please contact us, info@tripalfresco.com or yuvrajharsha@tripalfresco.com.



Additional Features and Tours

Learn different Indian cultural and artistic practises, like rangoli, mehendi, classical dance, classical music, flower garland making and many more... These traditional customs have been a part of our every day lives from several centuries with an in-depth reasoning. Explore some of the short courses while on this Bharatanatyam tour.



Visit the famous temple of world's longest corridor supported by an over 1000 pillars, in an island town on a peninsula. Ramble on the tracks of a bridge that has been an engineering marvel to pave through sea. Spend a couple of days to appreciate the peace as well as feel the isolation of this town, a part of which was almost devastated by a major storm. Experience the reverence of ancient structures and a temple of lord Shiva. As the southern most tip of India, the town holds a major religious place since the era of Ramayana. Explore this magical ancient town, immersing yourself in to the history dating back to 1000s of years old.

For more details on these additional activities and tours, please contact us, info@tripalfresco.com or yuvrajharsha@tripalfresco.com.

