



Ministry of Culture
Government of India

सत्यमेव जयते



राष्ट्रीय आधुनिक
कला संग्रहालय
NATIONAL GALLERY
OF MODERN ART



Indian Council for Cultural Relations
भारतीय सांस्कृतिक संबंध परिषद्



National Gallery of Modern Art Bengaluru
(Ministry of Culture, Government of India)

in collaboration with

Indian Council for Cultural Relations
(Ministry of External Affairs, Government of India)

cordially invite you to

NAVAGRAHA

Ms. Yamini Muthanna along with her senior dancers and Yoga practitioners will present this Choreography
celebrating INTERNATIONAL DAY OF YOGA 2022

"Navagraha" is a dance production which distinguishes itself as a unique presentation, because of its subject which is a blend of both Yoga and Bharatanatyam. The choreography starts with a traditional salutations to the Adi Deva "Surya" with Surya Namaskar mingling with a beautiful piece of traditional Alaripu which shows the brilliance of the Sun - Surya Alaripu. The Choreography moves on with the Salutation to the Chandra with Chandra Namaskara from the Yoga traditions. The choreography then moves to present beautiful asanas, telling interesting stories featuring the movement of the other 7 Grahas. The music is traditional, which intermingles Vedic Mantras with the Rhythms of the Jathis and Swaras making it very lively and powerful. The production takes the audience through a complete experience of how the body is connected to the nature of the universe, and the energy channels of the body called the "nadis" are connected to the constellation called the "Navagraha"

In summary the practice of Yoga Asanas becomes an healing experience because of the movement in these Nadies which are governed by the Grahas.

on Tuesday, 21st June 2022 at 6.00 pm

at National Gallery of Modern Art,
49, Manikyavelu Mansion, Palace Road, Bengaluru - 560052

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All COVID19 protocols are applicable, so please don't forget to wear your mask.
Entry free on a first-cum-first-serve basis. Tea and coffee will be served from 05:30 PM

