



Classical Dances of India



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⇒ The first well-known source to address classical dances is **Bharat Muni's work Natya Shastra**.

Two basic aspects

Lasya

- Signifies **bhava, rasa, abhinaya**, and **grace**.
- Symbolic to the **feminine** features of dance.

Tandava

- More focus on **movement** and **rhythm**.
- Symbolic to the **male aspects** of dance.

Three main elements (Nandikeshwara's Abhinaya Darpan)

Nritta

- Basic dance moves.
- Rhythmically performed.
- No emotion or expression at all.

Natya

- Dramatic representations.
- The dance performance elaborates on the story.

Nritya

- Sentiment and the emotions evoked through dance.
- Different methods of expression or mudras in the dance.

⇒ There are **108 primary mudras**, each of which is used to express a different emotion.

⇒ According to the **Sangeet Natak Akademi**, there are **eight classical dance forms** in India.



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