



## What is Bharata Natyam?



Where the hand goes, the eyes should follow  
Where the eyes go, the mind should follow  
Where the mind goes, there the expression is born,  
Where the expression is, there the 'rasa'  
or flavour will be experienced (by the audience).

**Bha** – **ra** – **ta** **Natyam**

**Bhava** (expression or mood)

**Raga** (melody)

**Tala** (rhythm)

**Natyam** (dance)

Bharata Natyam is a classical dance style from Southern India.

It is a composite dance style that weaves music, theatre, colour, movement, rhythm and poetry into a seamless whole. It has equal measures of strength and beauty. Intricate footwork, crisp hand gestures and expressive eye movements demonstrate its attention to detail.

If you would like to learn Bharata Natyam, please contact Lucy at Art Asia on 023 8022 6212 or [lucy.jenner@artasia.org.uk](mailto:lucy.jenner@artasia.org.uk)