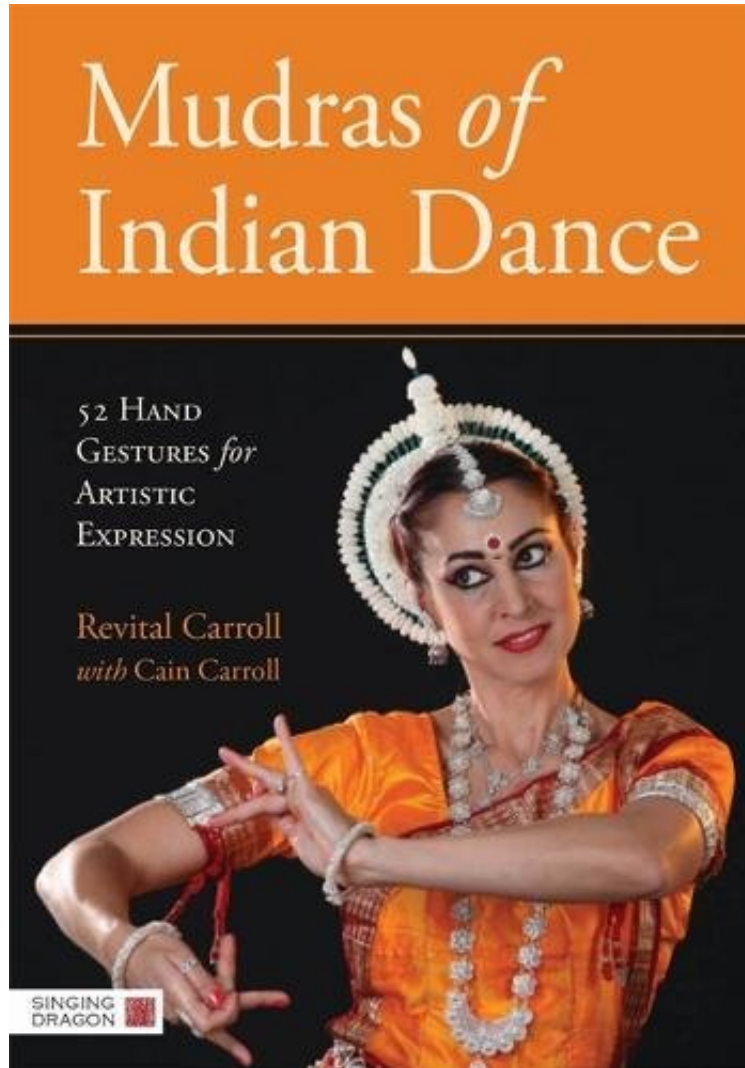


(Free and download) Mudras of Indian Dance: 52 Hand Gestures for Artistic Expression

Mudras of Indian Dance: 52 Hand Gestures for Artistic Expression

Revital Carroll

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Drawn from two of the most important ancient texts on the subject, the Natya Shastra and the Abhinaya Darpana, this

attractive set of user-friendly cards shows the 52 fundamental hand mudras used in Indian dance and theatre. These gestures provide the basis for an entire language of hand articulation. Each card presents a full-colour image of the mudra with Sanskrit name, transliteration and English translation, as well as concise information on origins and applications. The cards are arranged in the traditional order with 28 single-hand and 24 joined-hand gestures, as described in the Abhinaya Darpana. From storytelling to representations of human emotion to spiritual symbolism, hand mudras are one of the most potent and expressive features of Classical Indian Dance. This card set will enrich the practice of students and teachers of Classical Indian Dance and theatre, and will be invaluable to anyone interested in Indian mudras.

About the Author Revital Carroll has been dedicated to the study of Indian spiritual arts since childhood. Intensive practice of yoga and meditation in the Himalayas led her to discover her passion for Indian dance. She is the creator of three instructional DVDs: Temple Goddess Workout, Odissi Dance Foundations, and Odissi Dance Spins Choreography, and co-author of the book Mudras of India. Revital offers workshops and performances worldwide. www.shaktibhakti.com. Cain Carroll is a pioneering teacher, speaker and author in the field of self-healing and embodied spirituality. He is co-author of Partner Yoga: Making Contact for Physical, Emotional Spiritual Growth and Mudras of India, and creator of three self-healing DVDs: Pain-Free Joints, Heal Neck Shoulder Pain, and Digestive Power. www.caincarroll.com.