

# DANCE THERAPY

Few of us need introduction to dance as a form of artistic expression. But did you know that it's therapeutic too?

**G**erman contemporary dancer and regular Bangalore visitor Angela Boeti uses dance to heal women with breast cancer. Using simple rhythmic movements she tries to make them regain their confidence and express repressed feelings. Artists like Angela collaborate regularly with acclaimed dancer Madhu Nataraj, director, Stem Dance Kampni, one of India's leading contemporary dance groups.

Trained in Kathak by her mother, Guru Maya Rao, Madhu learnt contemporary dance in New York, before returning to India and developing a unique dance vocabulary of her own. Blending Kathak, Yoga and martial art techniques like Kalaripayattu from Kerala and Thaang Ta from Manipur, Madhu has created a dance form that merges both contemporary and traditional movements.

We at [metromela.com](http://metromela.com) spoke with Madhu on how you can use dance to relieve stress and attain a toned body. Here are her thoughts.

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