



## THERAPEUTIC AND HOW

To look at dance as just a stage performance is a hackneyed idea. The personal joy one derives from dance is one of the benefits. Apart from being a performing art, dance is also therapeutic. It's simple. Dancing releases endorphins, making you feel good.

Dance also gives you the chance to express your emotions. If you have any ups and downs, it can be used to heal. For example, in the case of a cancer

patient, it can be used to heal emotionally, if not physically. Though it is hard to believe, dance therapy can also be used in a corporate environment. We have held workshops with top executives of an IT firm who have started the day looking all formal and stiff. By the evening, they are miming, moving without inhibitions. Dance is a good way to relieve stress.

## DANCERCISE

Dance is a great way to exercise! Learning and practicing any classical dance form can help you achieve a well-toned body and complete well-being. You need to try different forms and see what suits your body type. Contemporary dances are good workouts. They are also more athletic in form. A dance form like ballet is known to give you strong legs.

When you choose a class, remember that a good dance class starts with a breathing session, followed by warm-up and then dance. Loosening your muscles is a good thing but if you are uncomfortable doing something then stop.

## AGE vs DANCE

Can you take dance up at any age? I strongly believe you can. You will not become an expert in a day but you can slowly build up your stamina and pain threshold and be involved in something joyful and exciting.

## DANCE IN EDUCATION

Dance can be used in education. We have conducted programs with schools like Mallya Aditi International, using dance as a tool in education. It allows teachers to think out of the box.

## RECLAIM THE GODDESS WITHIN

Dance is a wonderful way to bring out your femininity. Along with holistic healer Bindu Narula, I created this workshop called Goddess Dances which was all about nurturing yourself. Women tend to do everything around the house, put themselves after everyone else and forget to take time out for themselves. Ours was a holistic healing, movement and experiential creativity workshop for women like these. The idea was to reclaim the 'Goddess within'.

## STEM DANCE KAMPNI

Acclaimed dancer Madhu Nataraj's Stem Dance Kampni has been holding classes for children every Saturday and Sunday for the past 10 years. The class on Saturday teaches Kathak the pure and traditional way. On Sunday the class teaches creative movement that incorporates martial arts, yoga and other dance forms. To know more about other interesting dance forms like belly dancing or ballet, log on to [matromela.com](http://matromela.com).

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