

July 28 - August 18, 2012

## Introduction to Kalaripayattu

Company: Lotus Music and Dance

Venue: Lotus Music and Dance

Location: New York, NY

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Introduction to Kalaripayattu with Pradhuman Nayak Saturdays, July 28th to August 18th 2-4PM 4 sessions prepaid: \$160; \$45 per session Kalaripayattu is a martial art form from Kerala, India. Considered by some to be the amother of all martial arts,a this ancient practice contains the roots from which sprang other forms, such as T'ai Chi, Kung Fu, etc. Crafted in ancient South India, Kalaripayattu draws inspiration from the raw power and sinuous strength of animal forms and movements. This workshop will introduce the basics of the art form, in preparation for a series of regular classes to be taught by Pradhuman at Lotus and at Anamika Navatman, also in NYC. This rigorous strength-building practice focuses on increasing the flexibility and stamina essential for dancers, actors, and others whose work is centered in the body.

Lotus Music and Dance

109 West 27th Street

New York, NY, 10001

(212) 627-1076

[http://www.lotusmusicanddance.org/store/product\\_info.php/cPath/28/products\\_id/473?osCsid=d16dba1c17171770b31f5045afc7ecd9](http://www.lotusmusicanddance.org/store/product_info.php/cPath/28/products_id/473?osCsid=d16dba1c17171770b31f5045afc7ecd9)

Schedule

July 28, 2012: 2:00pm

August 4, 2012: 2:00pm

August 11, 2012: 2:00pm

August 18, 2012: 2:00pm

[< back](#)

[previous listing](#) • [next listing](#)