



An introduction to  
**Bharata Natyam**  
with Swapna Sridharan & Tahya  
Sunday, Jan 15<sup>th</sup> & Feb 26<sup>th</sup> | 1-4 pm

Tahya partners with Swapna Sridharan to offer this program for adults who wish to "dip their toes" in the ancient and enduring art known as Bharata Natyam.

- Bring pleasure to your heart/mind as you experience an introduction to this art
- Experience Mudra (hand gestures) and Adavus (basic steps & movement patterns)
- Gain a deeper appreciation for the art and culture



**Swapna Sridharan:** Director & Guru, Mayura Academy of Dance, strives & focuses on imparting quality dance education and disciplined training to her students. Swapna started learning Bharata Natyam at the age of 4 from Guru Smt. Teresa David in (Thootukudi) Tuticorin. She studied this art form for 11 years under her Guru's guidance. During the learning curve, Swapna performed numerous times and went on to win various commendations. To bring this beautiful journey complete circle, Swapna had the honor of completing her Course Certificate in Bharata Natyam at Shiva Shakti Natyalayam with her Respected Guru. Swapna began offering Bharata Natyam classes in 2008 in Texas, and has kept the tradition going upon relocating to PA in 2011 and opening the Mayura Academy of Dance which has flourished into a source of joy and pride. Swapna resides in Breinigsville, PA with her husband and two daughters as she pursues her Masters in Bharatnatyam from the University of Madras.



**Tahya:** Recognized among the leading authorities on Middle & Far Eastern sacred and secular dance and drumming traditions, TAHYA is a vibrant and natural dancer with over 35 years of teaching and performance experience both nationally and internationally. Tahya bows to her Guru Ms. Mimi, native to San Francisco, who has traveled a unique path to her chosen career as an exponent of Bharata Natyam. Ms. Mimi began her dance career in classical ballet, graduated from the Royal Ballet, London, and was awarded the Solo Seat, the highest degree of the royal academy of dancing. In London she began her study of Bharata Natyam from Balasundari of Kalakshetra, 1968-70. Upon returning to her home, Mimi trained under the late T. Balasarasvati, 1971-76. Tahya has been a disciple of Ms. Mimi since 1978 all the while also deeply immersing herself in the study of Middle Eastern rhythms and movement. Tahya's grounded, earthy, sensual style celebrates the beauty within. Locally, she offers dance and frame drum classes in which you are invited to explore global best practices with an ACE-certified instructor, award-winning performer and member of the elite Lehigh Valley College Dance Alliance.

Both Tahya & Swapna consider dance a divine and most beautiful form of expression. Dance is music, expression, love, peace, devotion, divinity and ultimate happiness and this dance is an offering to Lord of Dance, Lord Shiva for His unlimited grace and affection He showers upon us bestowing stamina and energy, making us feel at peace with ourselves despite all that might be happening around us.

**DATE:** SUNDAY, JANUARY 15 &/or FEBRUARY 26 | 1:00 – 4:00 PM

**PLACE:** Dance Studio (Rm. 121), Zoellner Arts Center  
420 E. Packer Ave., Bethlehem, PA

(parking available on street or in garage adjacent to arts center)

**FEE:** \$30/class or \$50 for both ~ To reserve your space, contact Tahya

  
info@tahya.com