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WHAT IS BHARATANATYAM?

Vidya Bhavani Suresh

Here is the latest book from the author who is a Bharatanatyam exponent and musicologist, and has to her credit several books on the performing arts and music of India.

In this book, the reader first gets a basic idea of Bharatanatyam, becomes familiarised with its core concepts, and then moves on to the next segment, *Life Lessons from Bharatanatyam*, where these concepts are interpreted in a totally different context, the real life.

Although each is oriented differently, they are connected by the common link of Bharatanatyam and are blended seamlessly with one another. While the first segment opens up the form through ten chapters with very many colour pictures, the second segment throws light on how various concepts of Bharatanatyam can be utilised to make our lives more meaningful and stress-free.

Printed in art paper and lavishly illustrated with sparkling colour photographs, this book is sure to satisfy the readers who are desirous of knowing about Bharatanatyam and its life lessons which are very useful for multi-tasking parents and highly pressurised students.

264 pages with colour photos, *skan* ₹ 1,330-00