

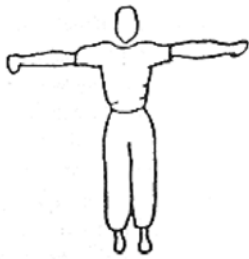
Tandava

## Tandava

Tandava was introduced by the great yogi, Sadashiva. Tandava comes from the word tandu which means "to jump". It is a vigorous dance for men with physico-psycho-spiritual benefits. Women should not do it because it is physically harmful for them. Tandava combines the subtle aspects of spirituality and vitality. Courage, fearlessness and will-power are its benefits. Tandava is one of the best exercises for the brain and improves memory.

The dancer holds a knife or torch in the right hand, symbolizing the forces of life and goodness, and a skull or snake in the left hand, symbolizing the forces of death and darkness. The exercise symbolizes the fight between the two forces of life and death.

### The Dance



**Dancers, ready!**

Stand on the toes, arms stretched out to the sides.



**1 - 2 - 3, Jump!**

The feet kick the back while jumping up, land on the toes in squatting position.



**Ta', ta', dhin, ta'**

Bring the knees to the chest while jumping up, stand erect.

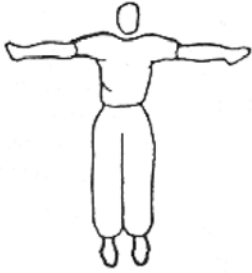


**Ta', ta', dhin, ta'**

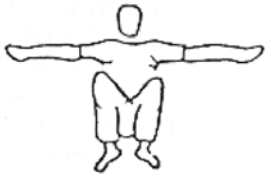
Stand on the left leg, jump up and swing the right leg sideways to the left.

**Ba'ba' Na'm Kevalam...**

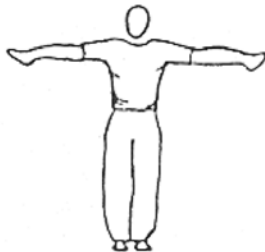
Now swing the left leg to the right. Continue the rhythmic jumping from one side to the other, speeding up the dance and chanting, Ba'ba' Na'm Kevalam (Only the name of Infinite Consciousness).

**Dancers, halt!**

Stop in standing position.

**Final pose...**

Jump and bring the knees to the chest into squatting position.



Stand up.