

Yantra

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Last Revised: April 27, 2006

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The contents of this bibliography do not provide medical advice and should not be so interpreted. Before beginning any exercise program, see your physician for clearance.

NOTE: This bibliography contains a small sampling of articles on *yantra* .

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From the publisher: “The Indian perspective has always been holistic and all-inclusive: thought and activity in different fields, at different levels, have been timeless. Indian arts is a classic example of such amalgamation: It interlinks aspects of art, philosophy, mythology, religion, and mysticism. This book is an attempt to unravel such links with specific reference to the Kathaka dance form. Dr. Ranjana Srivastava explores the roots of Kathaka dance form to reveal its sublime, philosophic, esoteric and divine dimensions. Focussing on inter-relationship, she unfolds how dance embraces other disciplines of Yoga—Tantra, Mantra and Yantra. She deals with the importance and aspects of sound in the Hindu religious scheme and its manifestation in Kathaka. Explaining the significance of the yantra as a diagrammatic/geometric representation and the way it functions, she analyses the techniques of Kathaka which create distinct yantra formations both in the physical movements of the dancer in the surrounding space as well as on the dancing floor. The study abounds in extensive notes to explain numerous terms and concepts and has references to noted works and authors on the subject. The book will be useful to experts and students of Indian art and, in particular, dance and will interest general people keen to know more about India’s art traditions.”

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