

# KAFQA ACADEMY

## 3 ELEMENTS OF

### BHARATNATYAM DANCE



#### NRITTA

Nritta is a pure dance. It is a dance which does not relate to any bhava (emotion) or abhinaya (expression). Nritta is important for its sheer beauty in creating patterns with the body.

#### NATYA

Natya or Nataka is an art form that has a traditional story as its theme. In Natya, expression, mime and dance movements are also involved, along with the spoken words.

#### NRITYA

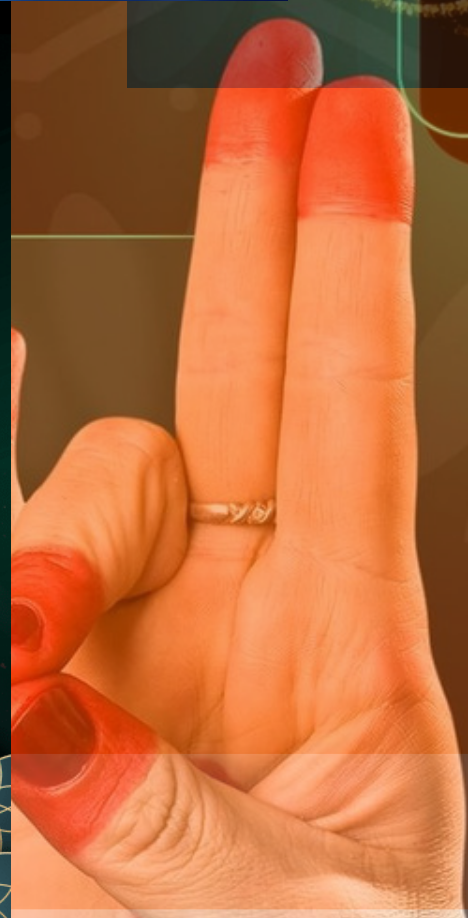
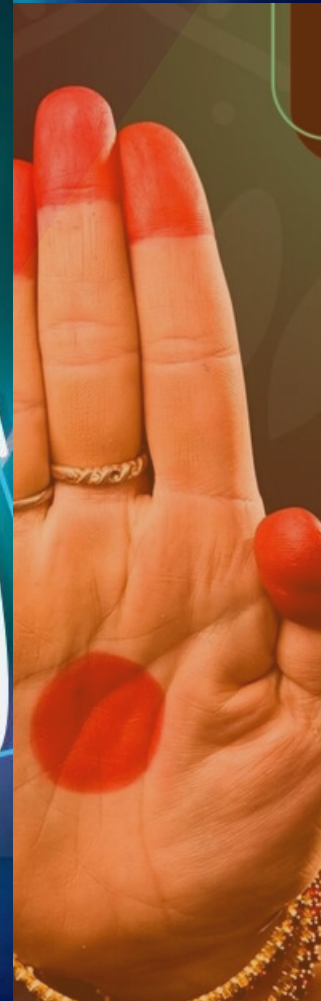
Nritya is the dance which relates to rasa (sentiments) and bhava (feelings). It is a fusion of hand gestures, facial expressions, mime and actions to convey the meaning of the song or story.



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