

# Why Do We Dance: Navadhisha – New Voices in Dance



Dance, an art form as ancient as humanity itself, transcends cultural boundaries and societal norms, captivating us with its mesmerizing movements, expressive power, and profound impact on our lives. From the earliest rituals to contemporary performances, dance has served as a universal language, connecting us through emotions, stories, and shared experiences.



## Why do we dance? (Navadhisha - New Voices in Dance Book 1) by Apoorva Jayaraman

★★★★★ 5 out of 5

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## **Unveiling the Compelling Forces that Drive Us to Dance**

The allure of dance lies in its multifaceted nature, fulfilling a myriad of needs and desires within us. Here are some of the compelling reasons that inspire us to move our bodies and engage in this enchanting activity:

### **1. Expression and Communication: A Language of the Heart**

Dance provides an expressive outlet for our innermost thoughts, feelings, and emotions. Through movement, gestures, and facial expressions, we can convey a wide range of experiences that words alone cannot fully capture. Whether expressing joy, sadness, anger, or love, dance allows us to communicate our emotions in a profound and authentic way.

### **2. Social Connection: Weaving the Tapestry of Community**

Dance fosters a sense of belonging and connection among individuals. By sharing rhythms, steps, and cultural traditions, we create a shared experience that transcends differences and unites us in a common rhythm. From community gatherings to global dance festivals, dance becomes a bridge that brings people together.

### **3. Emotional Release: A Path to Inner Liberation**

Moving to the rhythm of music can be a cathartic experience, providing an outlet for pent-up emotions or stress. Dance allows us to express and

process difficult feelings, promoting emotional release and inner healing. It can serve as a therapeutic tool, helping us cope with trauma, grief, or anxiety.

#### **4. Physical Well-being: A Journey to Fitness and Health**

Dancing offers numerous physical benefits, contributing to our overall health and well-being. It improves cardiovascular health, strengthens muscles and bones, and enhances flexibility. Regular dance practice can boost energy levels, reduce stress, and promote a healthy body weight.

#### **5. Cultural Preservation: A Legacy of Traditions**

Dance plays a vital role in preserving cultural heritage and traditions. Folk dances, ethnic dances, and classical forms of dance pass down stories, customs, and values from generation to generation. By engaging in these dances, we honor our ancestors and ensure the continuity of our cultural legacy.

#### **Navadhisha: New Voices in Dance – Exploring the Future of Movement**

Navadhisha, a renowned dance company based in New Delhi, India, embodies the vibrant spirit of innovation and creativity in the dance world. Led by artistic director Astad Deboo, Navadhisha pushes the boundaries of traditional dance forms, blending diverse styles and exploring new frontiers of movement. Their performances captivate audiences with their unique interpretations, thought-provoking themes, and exceptional artistry.

Through their innovative approach, Navadhisha challenges conventional notions of dance, embracing a philosophy of inclusivity and collaboration. They believe that dance should be accessible to all, regardless of age,

background, or ability. Their work celebrates the diversity of human movement, fostering a sense of unity and mutual understanding.

## **: Dance – An Enduring Tapestry of Human Expression**

Dance, in its myriad forms, remains an enduring part of the human experience, fulfilling our innate need for expression, connection, catharsis, physical well-being, and cultural preservation. From the grand stages of theaters to the intimate spaces of our hearts, dance empowers us to embrace our emotions, connect with others, and transcend boundaries. As we continue to explore the depths of this captivating art form, may we find solace, joy, and inspiration in the timeless rhythm of dance.



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