

VINYASA ECHOES

December 2018



A YEAR THAT WAS & THE YEAR AHEAD....

As we come to the end of another successful year, I can't help but thank you all for being the backbone of Art Of Vinyasa –Trusting me, standing by me & supporting me in achieving whatever I envisaged, be it in the regular classes, student performances or conducting the International Dance Day Festival for the third consecutive year.

We have been moving slowly yet steadily and we were happy to welcome a few more enthusiastic students and their families into our AOV Family this year and also sad to say good bye to a few. As most of you already know, we do not have an annual festival and instead our student performances are once every two years. 2018 was one such year without a student presentation, providing our kids an opportunity to make use of the year to focus on theory and emphasize on their individual learning instead the group performances. The sole purpose if this is to help our students who only get an opportunity to attend 1 class a week to make the most of their learning in the year.

I have been fortunate to have the support and insight from our students and parents alike on what tools we need to provide our children to enrich their learning experience. I am very happy to announce that we have formed "Global Arts Foundation Victoria, Inc" with some of the students and parents in the committee, working closely with me to continue the International Dance Day Festival and also host some lectures/ workshops etc to assist the students. Art of Vinyasa has grown from strength to strength with the support of all of you and the dedication & hard work by all its students. So, Thank You all from the bottom of my heart.

Hearty Congratulations on behalf of the AOV Family to our students (Anusha Yallapragada, Chhavi Kathuria, Swetha Jinson & Vidarshana Sathish) who flourished in their VCE this year. We wish them the best for their future endeavors. We also congratulate Tanvi Oza & Aishwarya Nair who finished their graduation this year. Good luck for a bright future girls!

Recap on 2018..

- ◆ 2018 started off with Meghala performing at the NRISA event on January 28th in Northcote



- ◆ The same day our intermediate group students performed at the “Kalyanotsavam” event by Sri Krishna Brindavana Melbourne in the western suburbs.

Meghala on Nattuvangam for a performance by Dr Vasundhara Doraswamy at the two-day festival organized by InConcert Music on Labour Day where Dr Vasundhara was conferred with a “Lifetime Achievement Award”



- ◆ This was followed by



- ◆ March was an extremely busy month as it also gave me an opportunity to perform along with my Guru for the Holi celebrations held in Ivanhoe in collaboration with the council



- ◆ Art of Vinyasa was involved again in spreading the joy and beauty of this classical artform to the schools during the Multicultural week celebrations. We were able to emphasize on how these artforms can improve the cognitive abilities of children and help in their day to day life.



- ◆ April saw the kids working hard during the workshop with Dr Vasundhara to perform in Art of Vinyasa’s Dance Mela 2018, where, for the first time a few of the teachers from various Dance Schools also got together and performed under the guidance of Dr Vasundhara Doraswamy. We also had the opportunity to watch and learn from different Indian classical dance styles like Bharathanrityam, Odissi and other traditional artforms like Chinese and Russian.



{I would like to reiterate the purpose of conducting Dance Mela. This festival is conducted in order to help make our students aware of the various Indian Dance Styles and gain an understanding of how they differ and what each one has to offer to the audience. It is not always that anyone would watch something that they are unaware of or not interested in and Dance Mela forces them to do so, hoping to kindle the interest to learn or become better art connoisseurs. This platform is a way to encourage our kids to at least know the richness of the culture in the Sub-continent and also make them comfortable in their own skin practicing these art forms. An opportunity to witness people from other backgrounds practicing and learning their cultural and traditional artforms gives the kids a sense of pride and confidence in what they are learning. Hence, we want to use Dance Mela to create a cultural bridge between various communities through the common medium of dance. As such, we request all parents to make an effort and bring your kids along to the event irrespective of their participation on stage.}



◆ In May, Meghala represented Art Of Vinyasa in the Melbourne Trinity Festival in collaboration with Smt Ushanthini Sripathmanathan presenting one of Deekshitar's Navagraha krithi on Chandra. This was a wonderful experience as it gave



an opportunity to work closely with some wonderful young musicians.



◆ In August Meghala presented a work on Valmiki Ramayanam for FIMDV's event highlighting the bond between the brothers for the theme "Sahodaryam".

◆ This year, a collaborative piece was also presented along with a Ballet artiste under the direction of Smt Tara Rajkumar OAM.

◆ This was followed by a performance for the Independence day celebrations at the Indian Consulate for invited dignitaries, where Smt Sridevi Anoop joined me to perform and was appreciated by one and all.



◆ On 25th of August, while our Junior kids performed for the Indian Independence Day celebrations by FIAV in Epping, the subjunior group performed in Northcote for a fundraiser for Prader willi syndrome.



◆ Our junior girls got extremely busy with performances for Navaratri, Diwali etc towards the end of the year performing in Dandenong, Northcote and Plenty Valley Westfield Shopping precinct winning accolades and the hearts of the audience who came forward to even personally reward them for their efforts. We are extremely proud of you girls !!



Some memories through photographs:



Children discussing their assignment topics



As a Chief Guest for the Annual Day of Bharatanatyam School



Art of Vinyasa opened its doors for Dancehouse's Openhouse



Shiamak Dance Award for Outstanding Contribution to the field of Dance

VIJAYADASHAMI CELEBRATIONS



Art of Vinyasa is not just a dance school. We believe in creating a learning environment that helps kids to get a good foundation on the things that really matter in life apart from just dancing. We also understand the amount of effort parents put towards their kids' overall development and celebrate these efforts at every opportunity we can. I would like to Thank you all for your support again this year. Though some of our plans were dampened by Melbourne's weather, as always , we did find some time for fun too -including a sleepover at my place :) !!!





Welcome to the new member of AOV Family

Hearty Congratulations to Priyanka & Kunal on the arrival of their baby gal GAIA!!

Moving forward...2018

We will commence our Term 1 for 2018 *from 19/1/2019 in Carlton, 28/1/2019 in Mill Park and 2/2/2019 in Mount Waverley.*

The classes will be available for *purchase online from 15/1/2019.*

The students have been asked to bring their assignments when they come to the class. (The best assignment will be awarded and published on our blog so, please ensure its original and avoid copying and pasting the content in its entirety directly from the internet.)

Save the Date..

Please note the below dates for 2019 in your calendar and support us.

16/2/2019- "Role of Arts in shaping my personality"- An Informative & Interactive session to help kids understand the positive effects of Fine arts and also an opportunity to learn how to cope with the pressures.

April— Workshop with Amma for Junior & Intermediate students in Dancehouse during the school holidays

28/4/2019— World Dance Day celebrations showcasing various dance styles like Kathak, Flamenco, Various styles of Bharatanatyam and Srilankan Dance at Renaissance Theatre, Kew .

8/09/2019— We will be having a "GuruVandana" event from the students to celebrate and offer our respects to my Guru Dr Vasundhara Doraswamy on her 70th Birthday Year. The student presentations will be followed by her performance.

Mid October 2019-Mid November 2019— I will be in India for the 70th year celebrations. The classes might be suspended for a couple of weeks if the senior students are unavailable. I will let you all know in advance if I am going to take classes during term breaks to make up for these lessons.

ASSIGNMENT TOPICS:

- * **Beginners** (Students submitting the assignment for the first time) - **Classical Dances of India**
- * **Beginners Plus** (Students submitting the assignment for the second time) - **Origin and Expanse of Natyashastra.**
- * **Younger ones (6yr-8yr)** — **About Natarja**
- * **Sub Juniors – Dashavataras**
- * **Juniors** – Bhava, Rasa, Abhinaya, Sabha, Paatra & Kinkini Lakshana or characteristics and Paatra Prana with shlokas
- * **Intermediate** – Navarasas, Origin and Expanse of Natya veda. 2 Stories on Shiva



Best wishes for a
happy holiday
season and our
sincere thanks
for your loyalty
and goodwill
throughout
the year

Season's greetings

Art of Vinyasa

Wishes you and your dear ones

MERRY CHRISTMAS

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A Very Happy and Prosperous

NEW YEAR 2019

