

PRESS KIT

Dr. Seshadri Iyengar, a freelance, Neo-Classical Bharatnatyam dancer, a Homoeopathic physician and a Yoga practitioner is based in Bangalore. He is proud to have been initiated into the dynamic tradition of the Vazhuvoor Bani. A senior disciple of Guru Smt Padmini Ravi he continues to mentor under her.

As the Artistic Director of the **Iyengar Centre for Fine Arts** he conducts classes in Bharatnatyam and Yoga. At his centre – (a space for interaction and creative learning); he regularly hosts chamber concert and workshops

He has travelled extensively across the globe to countries such as, UK, USA, Canada, The Middle East, Europe etc, as a Performer, workshop leader and a choreographer.

His recent work **Rishiksha** – a solo thematic dance feature, reflects on the Story of Ahalya, through the 5 senses.

Another work of his **AaVirBhaava** – a 1 hour 17mts solo thematic work attempts and projects the philosophy behind Jyadeva's Geeta Govindam through 15 songs.

He teaches **Body Kinetics**, a fitness module, designed keeping in mind the needs of a dancer. The aim is to bring about a connect between the technique (the dance form) and the medium (the dancer) factoring in the Mind, Body and Self which he believes are connected through the Breath.

He is the recipient of the Ram Gopal award for best male soloist.

He is an empanelled artist with ICCR - Indian Council for Cultural Relations.

Dr. Seshadri Iyengar has collaborated with several dance companies and yoga centres from across the globe. He has featured in some award-winning productions and has had the privileged of working alongside many dance artists and film personalities and directors of repute.

His dance choreographies have been complimented for being unique, innovative, experimental and unpredictable. He believes that the prescribed grammar should not limit one's imagination.

AND Last but not the least he strongly believes, **dance is beyond form and gender!**