



राष्ट्रीय आधुनिक  
कला संग्रहालय  
NATIONAL GALLERY  
OF MODERN ART

**National Gallery of Modern Art, Bengaluru**  
(Ministry of Culture, Government of India)

invites you to celebrate

International Day of **Yoga**

**MANAS**

A metaphysical journey of the mind through different phases of life towards spiritual growth

A dance performance by **Yamini Muthanna & team**

followed by slide talk presentation by **Yamini Muthanna**

**on Friday, 21st June 2019 at 6.15 pm**

The theme is inspired by the Yogasutras and the slokas are picked from the Vedas Upanishads and Bhagwat Gita. The otherwise chanted slokas from the ancient texts are getting a dance narrative. Manas presents the creative fire of a dancer and the peaceful journey of the yogi. The choreography has a careful blend of yoga Asanas within the Bharatnatyam framework.

at the auditorium,

**National Gallery of Modern Art,**

# 49, Manikyavelu Mansion, Palace Road, Bengaluru - 560052

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