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 stokas are picked from the Vedas Upanishads and Bhagwat Gita. The otherwise chanted stokas 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,  
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