

Namaskara !

Title : Dancing is a mirror !

Content :

While most people enjoy dancing in front of a mirror, I grew out of the need for having a mirror every time I practised dancing mostly due to situation imposed restrictions but that turned out to be a huge boon to help me understand how to dance as myself rather than as my

reflection.

That could be confusing statement for a layman but not for a "dancer".

While the exterior mirror disappeared, what started developing within me was such a clear interior mirror that showed me all my flaws without any coverup or glare and without a hint of apology. I was forced to notice every single mistake of mine as I didn't have any

outside help. I was forced to search for mistakes with and within myself and this was a painful start. The mirror itself wasn't complete and clear in the beginning. It eventually gathered strength and lusture and now it was showing me everything even when I wasn't looking for anything and even when I wasn't asking for feedback. But once it was established, there

was no looking back. It spoke to me everyday. It told me that I am leaning a little too forward. That I am having a tiny crunch in my neck. That I am not breathing right. That I have become lazy with my shoulder rolls. That I always yell at my partner when things go wrong during rehearsals. That I didn't really know that double turn that I thought I knew. That I am not using my

inner thighs at all. It also told me that my weight shift has gotten about 0.5% better than last month. That my toes point better than last year. That my idea of musicality has come a long way. That I am able to move to music without having to think. That I was doing the ball flat action right but I hadn't realised how well I was doing it. That I am now open to looking at that reflection that is

mine. Truly mine.  
That the fear of  
facing my fallacies  
has begun to go  
away and that  
maybe there's some  
hope for me as a  
dancer.

I do not intend to  
belittle the  
importance of having  
mirrors in our  
studios. But I  
definitely would like  
you all to give a  
thought to whether  
you are using it or  
depending on it.

Dance has been a great way for me to address all my issues and fallacies and I don't just believe but know for sure that it can bring about a great transformation in individuals regardless of their social strata or nationality or anything else at all. My life's work would be to bring about that transformation in people so they can "see clearly" and create better lives for themselves and for

others around them.

Namaskara. Thank  
you.

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