

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.

Archana. K. R.

Co- founder at shArA
- Salsa and Latin
Dance Institute,
Bangalore, India.

Website :

www.shara.dance

Ph: +919986718179