

Shiva Nata – Level 1

Shiva Nata takes its name from the Hindu god Shiva, in his form as the Dancer. Lord Shiva, when he dances this dance, can destroy the world. As a yogic art Shiva Nata breaks down old mental patterns in order to make space for new ones. Learning new dance patterns – whether it be Shiva Nata, Line Dancing, Shake your Soul!® or even Ballroom Dancing is great for retaining mental agility and rebuilding neuroplasticity.

Shiva Nata, also called “Dance of Shiva”, has two equally important elements: the physical movements of your body and then the mental “fireworks”. Physically, is a yogic art that combines eight different arm positions combined using formulas or patterns. In advanced practice there are also eight different leg positions – we won’t be trying that in this class!

Very simply: your arms move in spirals backward and forward. There are two different spirals: one horizontal, one vertical. You can stand still, balance on one leg, or you turn a circle. It’s a great exercise for balance and challenges both gross and fine motor skills as well as cognitive skills.

Like any mind-body practice, Shiva Nata helps your mind and body work together, but somewhat uniquely, Shiva Nata is specifically not about *getting it right*. Part of its glory is the crazy, flailing, getting-confused part, where you think you are telling your arm to go one direction *and it just doesn’t* “because your brain is so deliciously, delightfully scrambled”. Think about when you were a child and asked to pat your head and rub your stomach at the same time – then add in different elements and movement combinations and set them to music. Shiva Nata gently invites that brain-scrambled feeling, in order to help you learn more about yourself. What happens when you aren’t perfect? What happens if you fail? What happens when your brain forgets how to count? What happens if you give your brain and your body so many things to keep track of, *it just can’t anymore?*

Neurologically, the point of Shiva Nata is to cross the midline of the body and thus to build neuroplasticity: the ability of your brain to adapt to new situations and new challenges, both physically and mentally at the same time Shiva Nata is “crazy fun!”

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SHIVA NATA: Andrey Lappa’s Dance of Shiva

Horizontal Arm Positions
Note: palms are flat and always face up.



H1: elbow bent in line of shoulder, fingers directed out



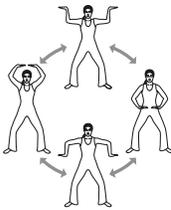
H2: elbow out to side, fingers directed in



H3: elbow close to line of shoulder, fingers facing out



H4: palm horizontal above head, fingers directed in



Level 1 Series Sequence

Both arms forward

Both arms to the back

Left arm forward, right backwards

Right arm forward, left backwards

Mirror Reflection

Repeat

Vertical Arm Positions



V1: elbow bent forward in plane of shoulder, fingers directed out at navel height, hand perpendicular to floor



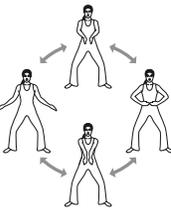
V2: elbow out, straight line from fingertips to elbow without bending wrist out



V3: rotate palm outwards for vertical angle, elbow in



V4: palm out, elbow straight



Level 1 Starting Positions:

1 • 1 L hand 1, R hand 1

2 • 1 L hand 2, R hand 1

3 • 1 L hand 3, R hand 1

4 • 1 L hand 4, R hand 1

Learn more about Shiva Nata at www.shivanata.com or at www.universal-yoga.com

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