



## Tandavasana –Lord Shiva’s dance

Tandavasana is a balancing pose. A tandava is a divine dance performed by Lord Shiva. Shiva’s tandava is said to be a vigorous dance that is the source of the cycle of creation, preservation and dissolution. In 2004 a 2 metre high statue of Shiva dancing was given to the CERN centre in Geneva, linking ancient mythology with advanced technology to portray the patterns of the cosmic dance,. Swami Niranjanananda has

written: “Many people may think that Shiva is a religious figure, but he is not. The word *shiva* means the auspicious nature or the auspicious consciousness, consciousness which is conducive to positive, harmonious and balanced growth. The symbolism and icon of the dancing Shiva represent a process of connection between the individual and the cosmos.” Shiva’s tandava is said to be a vigorous dance; the source of the cycle of creation, preservation and dissolution. It can be performed with anger (rudra tandava) or joy (ananda tandava). It is also said to have created the Sanskrit language. (*From Yoga Sadhana Panorama 3*)

### How to do it

Stand with the feet slightly apart. Bend and raise L knee so thigh is horizontal and across the body; foot points away from body. Bend R knee slightly. L arm goes across body parallel with L thigh. Palm and fingers face down. Bend R elbow so R palm faces forwards and forearm vertical with elbow just behind L wrist. Place R hand in jnana mudra and gaze towards the horizon. Breathe normally throughout. Practice up to three times on each side, holding the pose without strain. The awareness should be focused on maintaining balance while focusing on jnana mudra.

### Benefits

Tandavasana balances the nervous system and develops control of the body and mental concentration. Makes the legs supple.