

Kasturi Mishra

Born into a family of renowned Indian Classical artists, Kasturi Mishra has emerged as India's and Canada's most enthralling and expressive Kathak Dancers of her generation. She has been awarded at the National Level in India and has performed in numerous festivals and concerts in India, Canada, US and around the world.

She had the esteem opportunity to study from her father, Pandit Bachan Lal Mishra, one of the most distinguished Kathak Artist and most learned Guru, and her uncle Pandit Chitresh Das, a famous Kathak Dancer, who was instrumental in bringing Kathak to the US.

Trained in Both Major Schools of Kathak, Kasturi skilfully exemplifies the elegant and soft components of the Lucknow Gharana as well as the vibrant and commanding rhythms of the Jaipur Gharana.

During this workshop, you will have the opportunity to be introduced and become familiar with **what is Kathak**. **You will also have** the opportunity to participate and try-out few steps of the dance form and enhance your knowledge about a few important elements of Kathak.

Kasturi will also be introducing **Kathak Yoga**, which was innovated and developed by her teacher and uncle Pandit Chitresh Das. **Kathak Yoga** is innovative, but deeply rooted in Kathak Traditions. It is based on the fundamental yogic concept of integrating the mind, soul and body and was the subject of a doctoral dissertation at [Harvard University](#) by Dr. Sarah Morelli.

Kasturi Mishra, will demonstrate a number of aspects of Kathak Yoga which not only focuses on the dance, but also on physicality mentality and spirituality embodied within this artform. She will guide the participants to understand those three elements, and how they are done at the same time.

Kasturi extensively teaches Kathak and is the Artistic Director of Gharana Arts in Ottawa, Canada, which promotes Indian Classical Dance and Music.

The students of Gharana Arts range from the age of 3 years old to 60 years old. The moto of the organization is that "there is no age-limit to learn an art when you have the desire to learn and gain knowledge."

Where there is a will, there is always a way.

Website: www.GharanaArts.com.

