

ABOUT GODDARD RIVERSIDE

Goddard Riverside invests in people and strengthens community, serving more than 20,000 people a year on the Upper West Side and throughout New York City with a variety of programs for all ages. Our roots date back to the settlement house movement of the late 1800s, and we continue to be an active member of the settlement house community at the local, national and international level. As we grow and evolve to meet the needs of the community, we continually strive to partner with the people we serve and treat everyone we encounter with the dignity and respect they deserve.

Our programs support families at every stage of life. We work within a social justice framework to create a fair and just society where all people have the opportunity to make choices that lead to better lives for themselves and their families.



ABOUT COMMUNITY ARTS.

Goddard Riverside's Community Arts program provides opportunities for people of all ages to experience and participate in the arts. Our shared multi-use spaces serve as a creative resource hub for the Upper West Side community to share, learn, heal, explore, innovate, and excel. We are committed to countering adversity with joy and strive to meet the needs of those of us currently experiencing financial hardship and members of historically marginalized groups.



Indian Dance

Anant: Time and Timelessness

An evening of
Bharatanatyam
dance & Indian
appetizers with
artist
Sloka Iyengar!



Thursday, June 15th, 2023
Doors Open at 6:30 PM

Goddard Riverside's Bernie Wohl Center
647 Columbus Ave (at 91st St), NY, NY 10025



ABOUT SLOKA IYENGAR

I am a neuroscientist and traditional Indian dance (Bharatanatyam) practitioner, passionate about relieving suffering through the sciences and the arts.

The event today is the culmination of my time as a *2022-2023 Community Artist in Residence at the Goddard Riverside Community Arts Program*.

As a neuroscientist, I studied epilepsy and seizures and worked with children and adults with refractory epilepsies. Currently, I work as a science consultant and educator with several organizations, including The American Museum of Natural History. I am passionate about creative aging and am using Bharatanatyam to enable the creativity of older adults. I also curate an online production on the intersection of the arts and the sciences called Vichaar (Sanskrit for “thought” or “perception”). Vichaar explores many themes, including aesthetics, creativity, and movement.

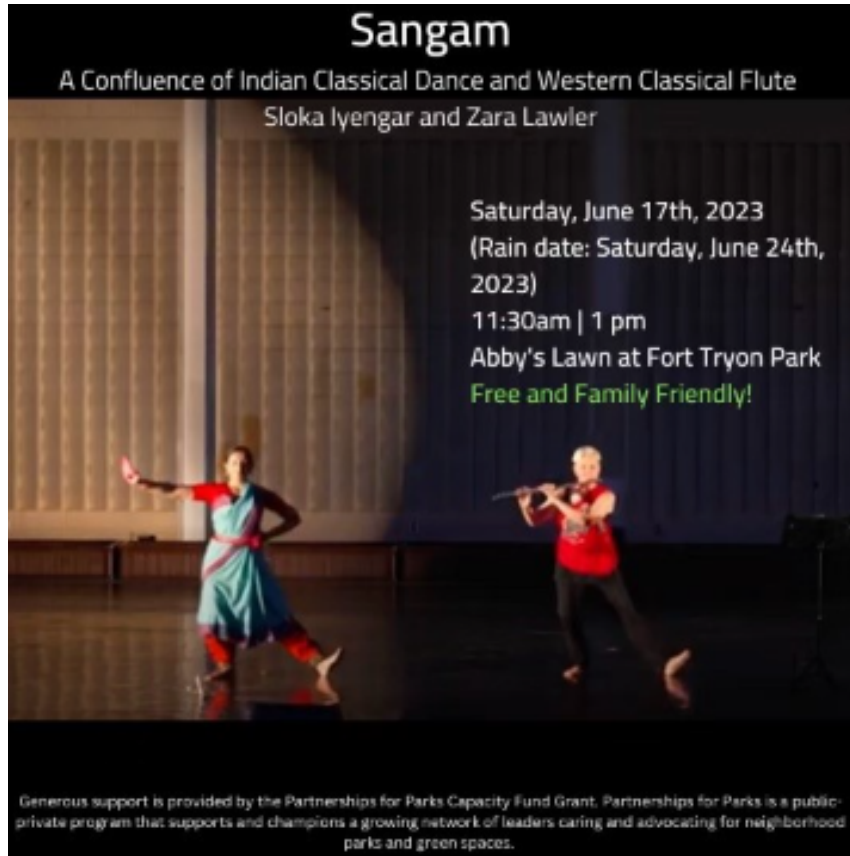
More about my artistic and scientific work can be found at: www.slokaiyengar.net.

SPECIAL THANKS

I am forever indebted to my gurus Smt. Maheshwari Nagarajan and Smt. Vanitha Jayan. I am grateful to Sri. Jayan Nair, Krishna Manjari, and Manav Nair for their musical contributions to today's event. It is my honor to continue my training with my gurus based in my hometown of Ahmedabad, India. I also thank Smt. Nivedita Shivraj for teaching me music and Sri. Vasudeva for teaching me Sanskrit.

- Special thanks to Manon Manavit, Eva Rivas, Sophie Sam, and Adrian Beyer of Goddard Riverside Community Arts.

KEEP IN TOUCH WITH SLOKA



Sloka has an upcoming performance on Saturday, June 17th at Abby's Lawn at Fort Tryon Park at 11:30 am and 1:00 pm.

ABOUT THE EVENT

Sloka will give a short description of Bharatanatyam and contextualize it within the many forms of Indian dances.

There are many ways in which aspects of play a role in Bharatanatyam. I will demonstrate and perform the various rhythmic patterns, perform pieces on Lord Shiva, the God of Time, and highlight the timelessness and legacy of Bharatanatyam. This event also symbolizes the timelessness of the lineage Bharatanatyam, my culture, and my tradition.



MUSIC USED

I am grateful to Sri. Jayan Nair, Krishna Manjari, and Manav Nair for their musical contributions to today's event.

PROGRAM

1.Jatiswaram: Intricate sequences of movements (known as “Jatis”) are combined with repetitive musical notes (known as “swaras” in Carnatic music) to create a jatiswaram.

Ragam (melody): Ragamalika
Talam (rhythm): Mishra Chapu

2. Keertanam (Ashai Mukham): This poem explores the timelessness of emotions. The poet has lost the only picture he had of his mother; through this song, he is trying to recreate her face. He asks the audience what is the use of his eyes if he cannot remember this face, so loved and cherished.

Ragam: Jonepuri
Talam: Aadi
Poet: Subramanya Bhaaratiaar

3.Keertanam (Aananda kootadinar): This piece is an ode to Lord Shiva, the God of Time, known also as Nataraja (the God of Dance). This Keertanam sings the beauty of Nataraja's cosmic dance in Chidambaram. Celestial beings watch him dance and bow down to the feet of the Lord who dances for the prosperity of the three worlds. With damaru (drum) and fire in his hands, the Lord, the ocean of compassion, dances along with Goddess Sivakami (Parvati).

Ragam: Rishabhapriya
Talam: Aadi
Poet: Gopalakrishna Bharathi

KEEP IN TOUCH WITH SLOKA



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WHAT IS THE COMMUNITY ARTS RESIDENCY?

Our Artist Residency supports community-based event organizers and ensembles showing exceptional artistic and social merit exemplifying our mission-based criteria.

Successful applications are able to make direct links between proposed engagement opportunities and one or more of Goddard Riverside's six focus areas.

Each residency represents a unique collaboration and exchange of community space for community programming content.

Selected individuals and groups receive up to 40 hours of free creative time across our multiple performance, office, and rehearsal spaces, with the understanding that this time is used to develop content that will inspire, heal, immerse, and encourage our community members. The Community Arts Staff will co-produce the resulting events and works under the banner of Goddard Riverside and provide additional services and support.

INSPIRE – boundary-push, play, innovate, explore, excel

HEAL – restore, regenerate, support, center, protect

IMMERSE – expose, contextualize, teach, share, enlighten

ENCOURAGE – ground, build, belong, strengthen, empower

To find our more information about our Artist Residency Program please visit us at Goddard.org/communityarts.

SLOKA'S RESIDENCY RECAP



Bharatanatyam is comprised of a variety of components that are uniquely beneficial for creative aging. Sloka spent various weeks during 2022-2023 teaching Goddard Riverside NORCs (Naturally Occurring Retirement Communities) seniors the beauty and significance of Bharatanatyam.



Sloka during her Introduction to Indian Dance event (December 2022) for our Goddard Riverside Community at The Bernie Wohl Center!

PROGRAM



GURU's

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4. Ardhanareshwara Slokam: This piece presents Lord Shiva and His consort Goddess Parvati (also known as Meenakshi) as equal and inseparable. She with beautifully braided hair, and He with matted locks; She decorated with a garland of hibiscus flowers and He adorned with a garland of skulls. These contrasting and complimentary features are not just characteristics of life but are evident in Bharatanatyam as well.

Ragam: Ragamalika

Talam: Aadi

Poet: Adishankaracharya

5. (Lullaby) Meenakshi Thallatu: Depicting the timelessness of a mother's love and the devotion of a devotee, this lullaby is for Goddess Meenakshi, the goddess of the Earth. Depictions of the child by the child's mother and by the devotee are interwoven. The ancient texts are witness to the worlds that She rules, Her feet are like lotus flowers, Her anklets make a beautiful sound, and Her cradle is adorned with rubies. The poet describes Her husband, Lord Shiva, Her older brother, and Her sons.

Ragam: Neelambari

Talam: Kanda Chapu

6. Mangalam: We end with Mangalam, invoking auspiciousness to all as we go forth.

Ragam: Suruti

Talam: Aadi

Poet: Purandara Dasa