



# Vajra Dance: Buddhist & Yogic Movement Workshop & Performance

*February 23-25*

Take part in an ancient yogic dance tradition from Nepal that until recently was unknown outside of the circle of initiates who perform it. Known in Sanskrit as **Charya Nritya**, or “dance as a spiritual discipline,” this sacred movement is to support the Buddhist meditation practice known as deity yoga. Deity yoga “takes on” the appearance, ornaments, and awareness of the divinities of the Buddhist pantheon and their variously compassionate, peaceful, ecstatic, and wrathful energies.

**The Price for the entire weekend plus performance is only \$180!**

**Friday:** Demonstration and Lecture \$15

**Saturday:** Workshop (Part 1) \$75 Performance \$20

**Sunday:** Workshop (Part 2) \$105

**Friday** 7pm–8:30pm,

Demonstration and Slide Lecture on history and tradition, relationship to the Buddhist pantheon, and significance of movement meditation practice

**Saturday** 11am–3pm,

Workshop Part 1 focuses on learning and experiencing the mudras of specific deities, their symbolic significance, and healing potential; practicing yogic movement exercises for encouraging the grace of Bodhisattvas and Buddhas.

**Performance: Sacred Buddhist Dance** Saturday 7–8:30pm

**Sunday** 11am–5pm,

Workshop Part 2 focuses on specific dances, including the invocation dance of the Buddhas and Bodhisattvas, and how these dances of the divine are practiced as a meditation.

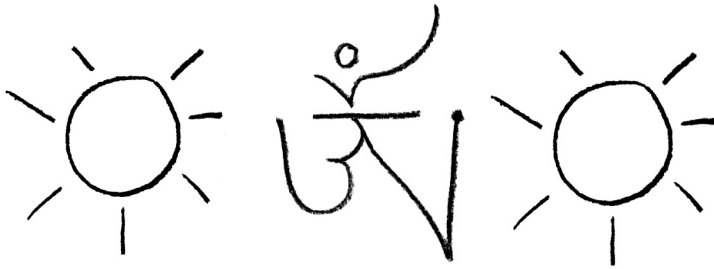


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## About the Workshops

The sacred movement of the Buddhist priests of Nepal is a discipline for yogic understanding of the body, refinement of the emotions and deepened spiritual awareness. In his workshops, Prajwal Vajracharya presents the movement and theory with emphasis on dance as a meditation practice. This aids a practitioner in actualizing the wisdom, universal compassion, and other beneficial qualities represented in Buddhist iconography. Topics include sacred gestures (mudra) and their meaning, understanding energy patterns and the body as a vehicle for transformation of awareness. Participants will be guided through basic movements and dance sequences that allow them to experience first-hand the subtle transformative power of this graceful dance form. It is a unique opportunity for anyone interested in healing arts, sacred movement, meditation, Buddhism, or Asian practices and performance traditions.



## About Prajwal

Prajwal Ratna Vajracharya is a Buddhist priest and the foremost living master of Charya Nritya. Born into a long line of priests, he started his training at age eight, and was publicly performing the dance at age twelve. Prajwal has devoted his life to bringing this ancient tradition to the world, while adhering to its original purpose as a profound spiritual practice. In 1996 Prajwal founded Dance Mandal in Kathmandu for the preservation and expansion of Charya Nritya and the related traditions of music and making of costumes and masks. In recent years he moved from Nepal to Oregon. At Dance Mandal in Portland he offers education through classes and ritual performances in his tradition of sacred dance and music. He continues to travel the world performing and teaching in museums, spiritual centers and temples, performing arts theaters, universities, and schools.