



## **Types of Performances**

### **I. BUDDHIST SACRED DANCE EDUCATIONAL PERFORMANCE [most common]**

This type of performance is for an audience to observe and experience the compassionate, peaceful, intense and fierce deities through sacred dance and gain some understanding of the significance of their iconography and of deity yoga meditation in dance.

This is the most common performance and is suggested if you want to reach a wide range of people and groups- completely open to the public.

This performance can also be done for an audience of mainly local sanghas where a smaller space would already be available [i.e. local meditation room] and minimal publicity work.

Event procedure: A brief introduction to each dance along with a description of the deity and iconographic significance is read (usually by one of the sponsors- Dance Mandal provides the written material) before each deity is performed. Either a live singer or a CD/Ipod is used for music. Each dance is usually about 10 minutes with a 5 minute introduction between. Usually 5 to 7 deities are represented.

Time: usually about 1 and ½ to 2 hours.

### **II. RITUAL PERFORMANCE for SPECIFIC DEITY (or deities)**

This can be performed to invoke a particular deity/deities requested by the teacher and/or sponsoring sangha, and is not usually a public event.

Also this can be performed as a final ritual for the specific deity that was learned in an intensive workshop weekend(s), [see “workshops” below, #II.], and/or the end of a ‘Retreat Day’ [see below, “Other Offerings”]

This can also be a ritual performance for Dakini Day, or Full or New moon, etc. event for invoking a particular deity requested by the teacher/sangha.

Event Procedure: Begins with a brief meditation, brief intro, the Three Jewels Refuge Dance (sometimes in the form of the 5 Buddha Mandala), and Sixteen Offerings dance (both these can be performed by new students). Prajwal will sit, chant a short sadhana and invocation; an introduction to the deity’s appearance, qualities, etc. is read; another brief meditation then Prajwal and/or other dancers will perform the deity/deities invoked [with CD-or singer]; brief meditation, and Vajrasattva recitation [and possibly Vajrasattva dance]; dedication

Time: 1 to 1 and 1/2 hours

## **Types of Workshops**

[Other possibilities may be requested ]

### **I. INTRODUCTORY WORKSHOP**

This begins with basic understanding of Bodhisattva movement, and then participating in the exercises for physical transformation, refinement of emotions, and spiritual awareness. Participants then learn the dance for the Three Jewels Refuge, the Sixteen Offerings dance, and the Dedication. Discussed also are the five elements in the body, basic deity mudras, and dance as deity yoga. Also includes a brief guided meditation. This workshop can be for anyone of any physical capability. No experience necessary.

Time: minimum of 3 hours for 1 day, or 5- 6 hours over 2+ days for more practice time

### **II. INTENSIVE WORKSHOP for the DANCE of a SPECIFIC DEITY PRACTICE**

This intensive workshop is to learn the full dance of specified deity/deities requested by a teacher and/or sponsoring sangha. Participants learn the nature, the Sanskrit song with English translation, gestures and movement of a Bodhisattva, Dakini, or Buddha, such as Avalokiteshvara, Green Tara, Vajrayogini, Vajrapani, etc.. The **iconographic significance** of the mudras, the implements, color, and ornaments is discussed and meditated on and the energy level, nature and expression of inner qualities are practiced through the dance. These complete dances can be for anyone of any physical capability. No previous experience necessary

Time: minimum of 7 hours over several days(weekend) or up to 12 hours ; can also be 7-12 hours over 2 weekends and add several practice days over the week.

## **Other Offerings**

### **I. PURIFICATION RITUAL for Body, Speech, and Mind**

This ritual is based on a tradition that has been carried down for centuries by Buddhist priests of Nepal. The ritual includes explanation of the five elements (earth, water, fire, air, and space) in one's being, purifying with the 5 elements; and, the body as a mandala. Participants are guided to perform the ritual for self-purification. [this is done sitting, no dancing]

Time: 1 and ½ to 2 hours, with 1 and ½ hours preparation  
[by donation]

### **II. TALK with SLIDE SHOW and DEMONSTRATION**

This includes a talk accompanied by slides on the history of the dance and tradition, the relationship to the Buddhist pantheon, and significance of movement meditation practice.

The brief demonstration includes mudras of a deity dance with the explanation of the words of the accompanying Sanskrit songs. [no costumes or CD ]. [Dance Mandal can provide the projector if not available there]

Time: 1 and ½ hours

### **III. RETREAT DAY**

This is a day dedicated to a particular deity (deities), and the ritual dance of the deity. It includes physical exercises, silent awareness meditation, guided meditations on a specified Bodhisattva, Dakini, or Buddha, and then embodying them through the ritual dance practice of that deity. Included in the meditations and talks are the significance of the color, the ornaments, gestures, movement style, postures, energy level, and implements.

Individual dance offerings by the students towards the day's end can be included. Also lunch can be provided midday, and possibly a ritual dance performance [see # II. under "Types of Performances"] can be offered by Prajwal at the end of the day.

Workshop experience or classes are a prerequisite.

Time: 6 to 8 hours

**IV. CHILDREN'S CLASSES** It is also possible for Prajwal/Dance Mandal to teach children through a class(es), such as at dharma centers or a home, and/or to do a demonstration/ presentation as a special guest for a school class during his visit.

**VI. DISPLAY-** Traditional Newar religious and cultural items and sacred art can be displayed with written explanation. This can include ritual implements and a ritual setup, paintings of deities, dance costumes [showing the relationship to the iconography of different deities], texts, etc