



DANCE AS YOGA

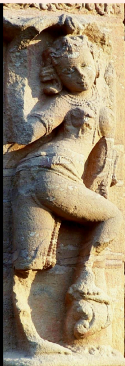
Odissi & the Art of Conscious Movement

Feb 4–14, 2026

10:30 am – 12:30 noon

Skandavan, Auroville–Pondicherry

**This immersion
approaches Odissi
not as form or technique
but as a living pathway of
consciousness.**



When movement
becomes prayer,
the body reveals its
intelligence.



**It is less a “course” and
more a process of
remembering the body’s
innate intelligence.**

Through breath and inner
alignment, movement is
felt from the inside-out.



Who This Immersion is For:

- Odissi dancers seeking depth
- Yoga & somatic practitioners
- Artists & seekers of embodiment
 - Movers of all backgrounds

Group size limited to maintain depth and personal attention.



ENQUIRIES:

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