

1. Record Nr.	UNINA9910827315103321
Autore	Bajaj Tanvi
Titolo	Performing arts and therapeutic implications // Tanvi Bajaj, Swasti Shrimali Vohra
Pubbl/distr/stampa	New Delhi : , : Routledge, , 2013
ISBN	1-315-65665-5 1-317-32572-9 1-317-32571-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (215 p.)
Altri autori (Persone)	VohraSwasti Shrimali <1964->
Disciplina	791.019
Soggetti	Performing arts - Psychological aspects Performing arts - Therapeutic use Art therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Half Title; Title Page; Copyright Page; Dedication; Table of Contents; List of Plates; Foreword; Preface; 1. Nrtta. Natya. Nrtya.; 2. The Spiritual and the Performer; 3. Rhythm Divine; 4. On The Other Side; 5. The 'Play' of Life; 6. The Guru-Shishya; 7. Bharatanatyam: The Ultimate Remedy; 8. Intangible Ananda: Music, Dance and Drama; Annexure; Glossary; Bibliography; About the Authors; Index
Sommario/riassunto	Presenting an alternative perspective, this book proposes that performing arts forge an emotional bond between the performer and the audience, making the act of performance a therapeutic and restorative experience, and not merely recreational. Studying the life-experiences of six artists, and their unique engagement with three art forms - music, drama and dance - the book highlights the physical, emotional, mental, and spiritual effects of performing arts both on the performers and the audience. More importantly, it takes the current understanding of the therapeutic role of arts beyond a defici