

Bala Workshop

1. Workshop on Emotions: Navarasas for Improvisers - **The nine human emotions of the Indian aesthetic theory**

Mad, sad, glad and afraid - this is how we generally characterize everyday emotions. This is limited and skewed towards "negative" emotions. And there has to be more positive emotions out there, right?

What would it be like to embody emotions like Heroism or Wonder or Peace or Compassion? Learn the ancient Indian system of Navarasas (Nava - 9; rasas - emotions) as formalized by the sage Bharata and bring a whole new array of characters to life on stage.

2. Format

- Navarasa Leela: The Divine Play of the 9 emotions (ideally needs 10+ actors).

Description: What makes **anything** happen? Some believe we, the mortals, do, while others believe it is all predetermined by the gods. An ancient culture thinks it's both - it is the gods speaking through mortals by becoming 9 core emotions. Come witness this sacred dance we've been in since immemorial.



Bio: Balasree (Bala) Viswanathan is a South Indian artist and improviser based in Bengaluru, India. Her teaching and performing practice is informed by her traditional Indian arts training, Indian mythology, deep meditation practice, and keen interest in the human psyche creating a distinct cultural blend. With experience teaching and performing across the US, Europe, and Southeast Asia, Bala offers a perspective that combines high-energy exploration with thoughtful reflection. Her workshops encourage improvisers to delve into their creative depths while considering their cultural backgrounds. Her approach, which includes meditative techniques, helps improvisers of all levels navigate vulnerability and spontaneity. She encourages students to challenge themselves and develop their unique voices by fostering a supportive environment.

Course no: 2549

Course name: Characters within and beyond (full description PDF)

Teacher: Bala Viswanathan

Occasions: 2 + work in progress show

Date: 2025-04-12 - 2025-04-13

Weekday: Saturday - Sunday

Time: Saturday 10.00-16.00, Sunday 11:00 – 17:00, show 18.00

Price: 3295 SEK

Venue: Stockholms Improvisationsteater, Sigtunagatan 12