**Bharathanatyam Grade 1 Theory**

\* What are the two main thalams?

1. Adhi thalam - 8 Cycle beat

2. Rupaka thalam – 6 Cycle beat

\* Dhiyana Slokam Meaning

ANKIKAM BODY

BHUVANAM WORLD

YASYA WHAT

VACHIKAM SPEECH

SARVAVAANGMAYAM ALL LANGUAGES

AAHARYAM JEWELLERY

CHANDRA MOON

THARATHI STAR

THUM YOU

NUMAS PRAY OR WORSHIP

SATHVIKAM PURE

SHIVAM LORD SHIVA

Dhiyana slokam and its general meaning

Lord Shivas body is the world and his ornaments are the moon and star, who is pure we worship.