

DR MARK JAMES HAMILTON

YOGA



BHARATANATYAM



KALARIPAYATTU

*“Start pro-environmental
religious traditions”*

Sri Mata Amritanandamayi Devi





BIOGRAPHY

Dr. Mark James Hamilton returned to **Aotearoa** in August 2020 after 9 years as an **Associate Professor** of intercultural arts in London. Mark teaches his own synthesis that he has developed through **33 years of teaching**. This allows participants to experience the connections between **South Indian yoga, martial and dance practices**.

Mark was introduced to **yoga** in 1981, when he was 12, by a pioneering school teacher. He trained in **bharatanatyam** (South Indian classical dance) with Priya Srikumar and her *guru* Paramasiva Menon (from 1994 to 2005) in Scotland and Kerala (South India), where he danced in temple festivals. Mark practiced **astanga vinyasa yoga** intensively with Auckland teachers Jude Hynes and Peter Nilsson and their *guru* K. Pattabhi Jois (founder of this form) between 2001 and 2011. He was schooled in CVN **kalaripayattu** (Kerala's martial art) in Trivandrum, with his *gurukul* Sathyanarayanan Nair and senior instructor Rajasekaran Nair (2007-2011). His **doctorate** (2017-2010), awarded by the University of Canterbury (NZ), explored the interface of **yoga, dance and martial arts**. Mark is also an experienced Thai **massage** practitioner, and holds foundation certificates in **anatomy** and physiology, **psychotherapy** and counselling, and **te reo** Maori. He has taught all age groups, from pre-school to later years, including work with rangatahi Maori, Pasifika youth, university teacher training and people with complex disabilities.

ELEMENTS OF THE SYNTHESIS

Pranama - release your spine and breath, through restorative postures and prostrations.

Pranayama - deepen your breath and aligning your body and mind, through a combination of *mudra* (hand gestures) and *drishti* (eye movements).

Kriya - connect your breath to your naval, solar plexus and sternum regions through flowing spine articulations.

Payattu - energize and strengthen your body through a dynamic cycle of *vadivu* (postures) from *kalaripayattu* (Kerala's martial art).

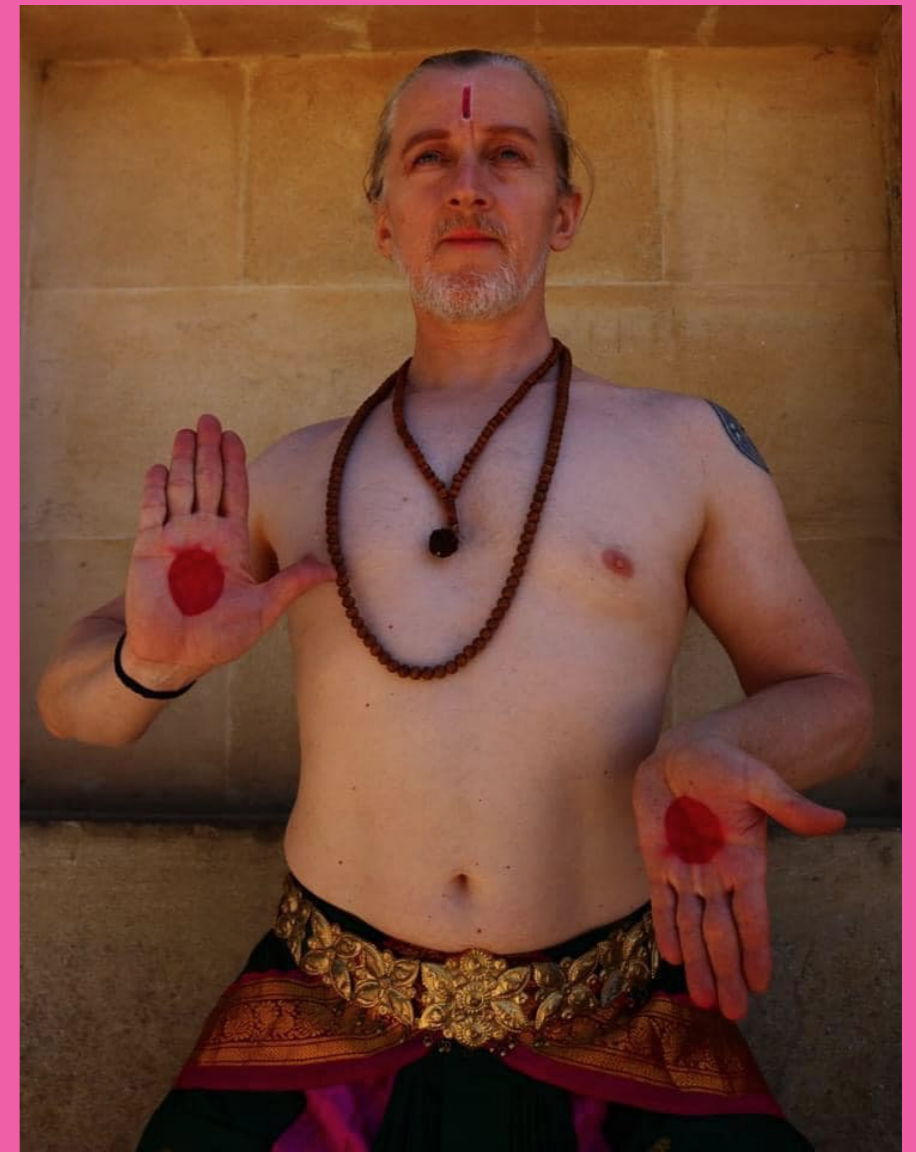
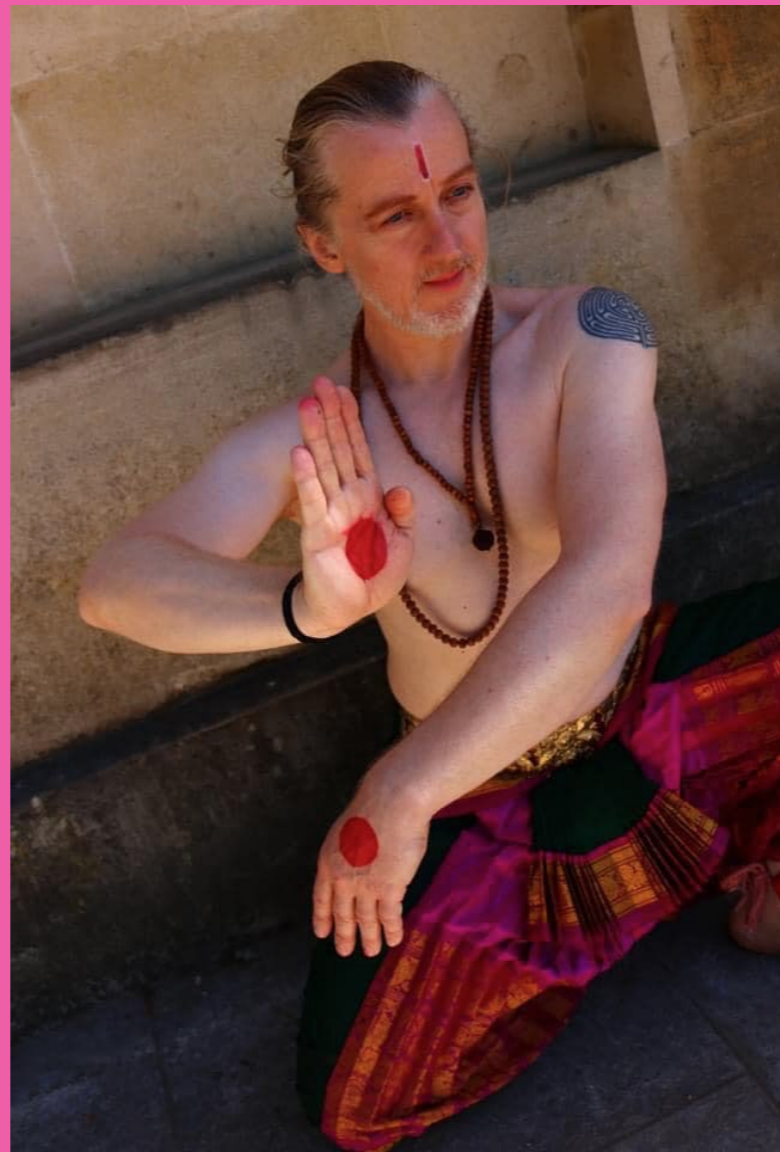
Mantra - resonate your voice into the *chakra* (energetic centres) of your naval, solar plexus, sternum and head through slow movement, breath and voice sequences.

Nrta - explore the dimensions of weight, space and time through *adavu* (movement sequences) from *bharatanatyam* (South Indian temple dance).

Namaskar - complete your practice through the *mudra* and *asana* sequences that close *bharatanatyam* and *kalaripayattu* training.

Puja - meditate on the names of the Goddess through chanting and *mudra* sequences.





In 1994, Mark was initiated with mantra by *Amma - Sri Mata Amritandamayi Devi*. After 10 years training, his dancing was dedicated to the Goddess by performing for the Holy Mother of the ashram at *Mookambika Devi Temple* in South India. Since 2016, he has danced mainly in ceremonial contexts.

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