

KAOSHIKII

Kaoshikii comes from the Sam'skrta word 'kosa' meaning "sheath" or layer of the mind: this dance which is especially for women, develops not only the body but the subtler layers of the mind.

The dance is performed by raising the folded hands directly overhead, in a vertical position. The body is bent 3 times to the right and then 2 times back to the original position (upright). The upper part of the body is kept straight, from the waist to the fingertips, with the arms straight at the elbows and the middle fingers always touching. The lower part of the body keeps rhythm with the arm movements by stepping to left and right, touching the ball of the foot to the ground behind the heel of the other foot.

The final part of the dance is performed by vigorously stepping 2 times in place, stamping the heels firmly on the ground.

Kaoshikii is beneficial for the entire body, from head to toe. It keeps the spine flexible, reduces unnecessary body fat and promotes regular menstruation. By reducing pain during delivery, it eases childbirth. Depending on the individual, it can be danced even during menstruation and until the sixth month of pregnancy.

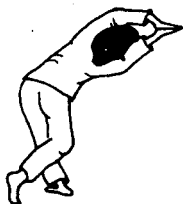
Kaoshikii also increases longevity, keeping the body fit even until the age of 80. It stimulates the heart and circulatory system, and creates suppleness in the joints knees, hips, spine, shoulders. Kaoshikii is thus an invaluable health practice, especially for women, for it develops strength, flexibility and endurance, and by its stimulating effect on the spine and nervous system, it strengthens and sharpens the mind as well.



Baba



Nam



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Ke



valam



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Keva



Iam



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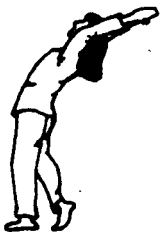
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