

SADHANA - MUSIC AND DANCE OF INDIA

Multi-Instrumentalist Josh Bennett (Fringe Award Nominee for Best Music 2010) teams up with Tabla virtuoso Jay Dabgar and Indian Classical (Kathak) dancer Parvyn Singh to present a thrilling display of Indian rhythm, melody and movement.

Josh performs on all manner of instruments including the Indian sitar and dilruba (bowed sitar), and travels regularly to India to perform and to learn from his guru, Smt Manju Mehta, a disciple of Pandit Ravi Shankar. He has performed at Pt. Ravi Shankar's house in Delhi, and with Jay at the Saptak Classical Music Festival in Ahmedabad.

Jay has been playing Tabla since the age of 6, with extensive training in the "Banares Gharana" style by Pandit Nandan Mehta, who is a disciple of the late maestro Pandit Kishan Maharaj. With 19 years of dedication behind him, including numerous awards and accolades in India, Jay has moved to Adelaide, where he has become one of Australia's finest tabla players.

Parvyn Singh, daughter of renowned world-music artist Dya Singh, has trained in many styles of dance, including the North Indian classical style of Kathak. This style combines fluid graceful upper body movement with fast, percussive footwork that matches the beats of the tabla. Parvyn has performed all over the world, including Royal Albert Hall in London, and regularly learns from her guru Smt Sandhya Desai in India.

A sublime evening of dynamic, spontaneous improvisation, blissful interplay of music and dance, and stunning virtuosity that captures the heart and energises the soul.

Sadhana are performing one show only at the Church of Trinity, 318 Goodwood Rd Clarence Pk, on Sunday 20 February at 5:30pm. Tickets \$20/\$15 + bf from FringeTIX.

For more information, contact: Josh Bennett / 0402 233 216 / josh@joshbennett.com.au / www.joshbennett.com.au