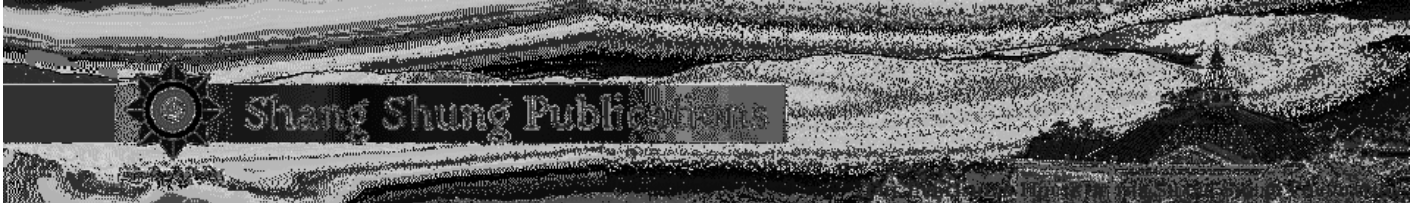


Tutorial Videos For The Khaita Joyful Dances Now Available

Date : January 25, 2016



Shang Shung Publications is delighted to announce that the first tutorial videos for the Khaita Joyful Dances are now available in our webstore.

These tutorial videos contain the latest updated dances with a detailed explanation of the dance steps, movements and mudras.

Official Khaita teachers Adriana Dal Borgo and Tsering Dolker lead you step-by-step through the process of learning the dances as choreographed together with Chögyal Namkhai Norbu.

The understanding and correct application of the mudras and steps, in many instances suggested by Chögyal Namkhai Norbu or refined with his guidance, enrich the dances with a deeper level of meaning.



These tutorial videos are suited for

- absolute beginners
- people who know how to dance and want to practice the dances with greater precision

- Khaita Dance instructor candidates

The tutorial videos are available for download at <http://shop.shangshungfoundation.com/en/54-khaita-joyful-dances-video-tutorial>

Each video package includes the tutorial video for one dance as well as the Drajyor phonetic transcription of the lyrics and, if available, the translation into English.

The cost for each download is € 1.00

As with all other SSP products, you can pay by credit card or PayPal directly on the website or by bank transfer.

Stay tuned for all new forthcoming video tutorials on our website!

Best Wishes,

Khaita Joyful Dances and Shang Shung Publications