

GANESHA

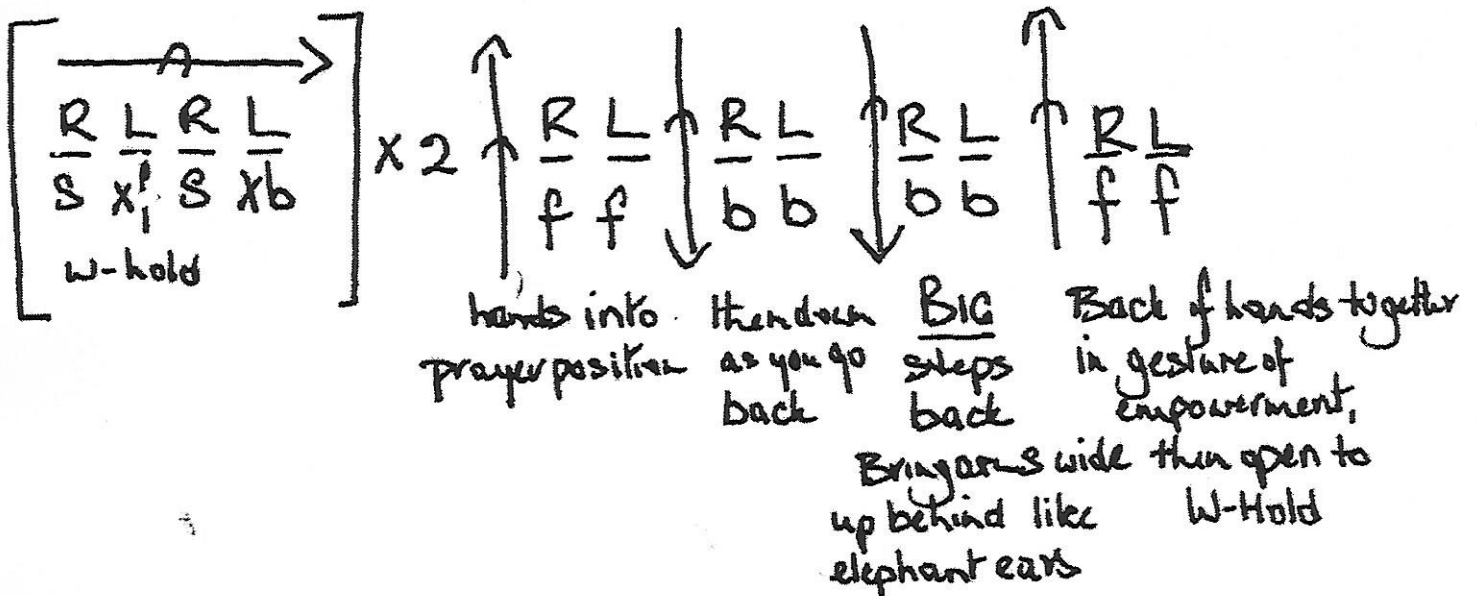
(Elephant God of Good Fortune)

Music : Sean Johnson & The Wild Lotus Band on Putamayo

Album "Yoga" Track "Om Hari Om Sharanam Ganesha" on I-Tunes

Choreo : Stefan Freedman

Formation: Circle W-Hold



NB There is a second part which need not be danced, see below.

Left hand on heart centre, while R hand comes up and over the head (like an elephant trunk) and then back to heart centre, when L hand goes above head & R hand stays at heart centre. N.B. do two grapevines while doing all this!!