



Dance Universes

By Sejal S Sood



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A LITTLE ABOUT ME

Sejal Surendra Sood

The Artist & Dancer

Sejal Surendra Sood is a performance artist who uses her canvases to explore the meditative nature of dance and the very movement that underwrites it, breaking it into transformational and reflective experiences. Her exhibitions are experiential and not just a static viewing of either the canvases or the dance. In an effort to expand her canvas Sejal has taken her dance to public spaces thus blurring the line between the performance stage and the spectator. These experiments in dance – whether dancing solo in public spaces or jamming with other dancers have fueled her canvases. Her exhibitions bring dance into play using various medias oil on canvas, film, multi- media artworks, costumes, etc.

With a degree in Mathematics from the prestigious Massachusetts Institute of Technology (MIT), the artist explains that Mathematics is what gives wings to her creations, “My imagination is the most powerful thing that I have. And that imagination was created by studying mathematics. In Mathematics you are thinking of everything that is not there. It is pure imagination and curiosity without ego, abstraction without dilution, and a depth of knowledge that has no bounds.”

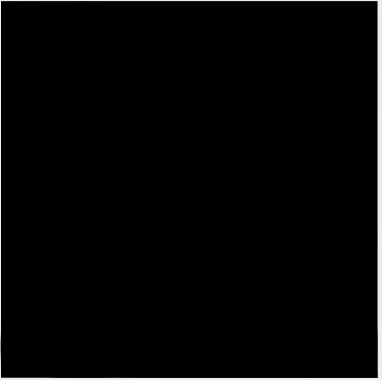
Sejal has studied Classical Indian Dance for 18 years, completed Yoga teacher trainings, and has also created Sircle Yoga Dance, which she has been teacher for the last 7 years. Though mathematics is her formal education, her passion for dance has led her to travel, study and create across Asia for the last 16 years. Here she has put on 3 solo experiential exhibitions merging art and dance and has participated in various group exhibitions. Sejal teaches Sircle in festivals, universities and has performed on stages across the world.

Reflective Force



A mirror image of the energy within that is reflected without. The vortex of emotions the dancer experiences creates an equal and opposite reaction.

SIZE	FRAME
8 in x 12 in	3500 THB
8 in x 12 in	UNFRAMED 2800 THB
24 in x 36 in	12000THB



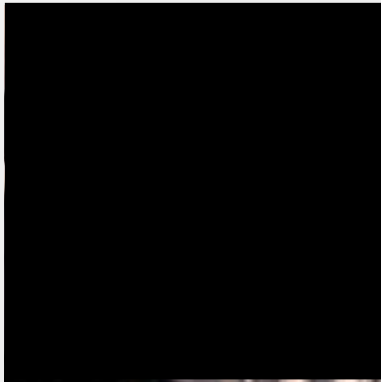
canvas zoomed in

Clarity in Movement



The sitting Buddha in the centre is a reflective image of the patterns created by the dancer’s skirt in a still from the video made while Sejal held the camera and whirled. When she did a quick reflect of the image there was a sitting Buddha. “A perfectly clear Buddha and to me that says there’s clarity in movement very powerful very clear. And so in focus. A reflection of inner mediation and calm. It was like a subliminal message.”

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
36 in x 36 in	12000 THB
40 in x 40 in	15000 THB



canvas zoomed in

Navratri



If life were just lines of black on white, how simple life would be. But simple in its true sense, or just diluted? Simplicity reveals itself through great complexity. In these Universes the shapes and colors are alive, moving together to create a whole, giving us the chance to explore complexity with a harmonious simplicity. exercitation

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



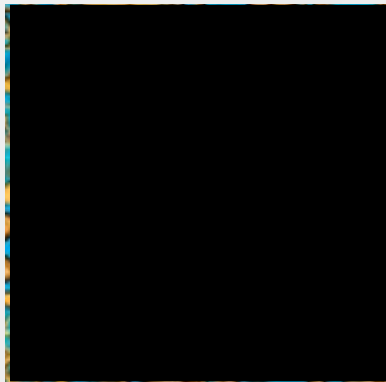
canvas zoomed in

Parallel Universe



“The mysteries of this Universe continue to unveil themselves. With a beautiful underlying order, there is infinite possibility in each of our individual universes, none of which can be controlled, predicted nor duplicated.”
- Sejal S Sood

SIZE	FRAME
8 in x 10 in	3500 THB
UNFRAMED	
8 in x 10 in	2800 THB
20 in x 25 in	12000 THB
40 in x 50 in	18000 THB



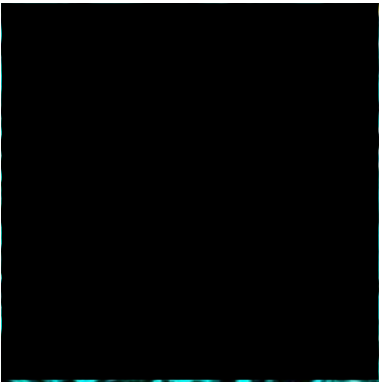
canvas zoomed in

Perfect Imperfection Imperfect Perfection



Two polar opposites can exist in one being in one creation. The concept of being perfectly imperfect and imperfectly perfect all at the same time, to expand beyond the confinements of singularity and into duality.

SIZE	FRAME
10 in x 13 in	3500 THB
UNFRAMED	
10 in x 13 in	2800 THB
33 in x 42 in	12000 THB
40 in x 50 in	18000 THB



canvas zoomed in

Metamorphosis



Metamorphosis is lonely. When we wrap ourselves in a tight small cocoon, you feel the peace and pain of being all alone. In our cocoons we block the noise and distraction and find the simplicity in our own beautiful complexity.

SIZE	FRAME
10 in x 13 in	3500 THB
UNFRAMED	
10 in x 13 in	2800 THB
33 in x 42 in	12000 THB
40 in x 50 in	18000 THB



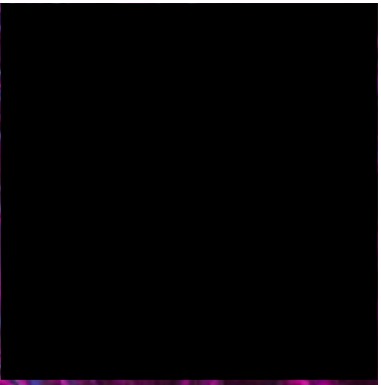
canvas zoomed in

Inwards



Dance has the potential of taking us inwards, and expanding outwards. This piece focuses on the inner energy, moving inwards into a state of dark, deep, mysterious exploration. What is it we find, feel, experience when we go inwards?

SIZE	FRAME
10 in x 13 in	3500 THB
UNFRAMED	
10 in x 13 in	2800 THB
33 in x 42 in	12000 THB
40 in x 50 in	18000 THB



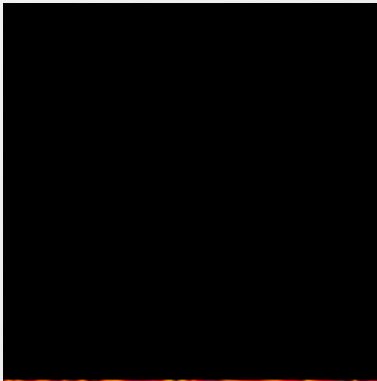
canvas zoomed in

Sindhoor



Sindhoor for a Hindu Indian woman is a symbol of marriage. A symbol of marriage where you apply red kum kum to the part in your hair. It is not jailing us to a life of dependency, but to a life where we can reflect and grow with another human being.

SIZE	FRAME
10 in x 13 in	3500 THB
UNFRAMED	
10 in x 13 in	2800 THB
33 in x 42 in	12000 THB
40 in x 50 in	18000 THB



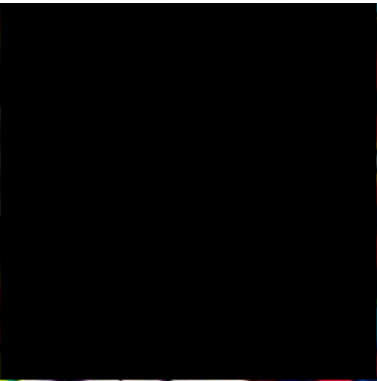
canvas zoomeed



Dance Is

Dance journey, even while just sitting still. The shapes and figures that emerge can have you staring at the piece endlessly, and keep you inspired to move and stay calm.

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



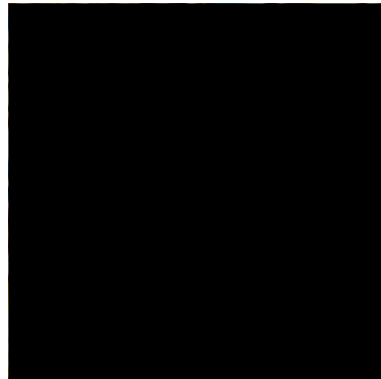
canvas zoomeed

Surya Namskar

Beginning with the first 12 rays of sunlight, the piece expands into a blissful trance of color, form, and mathematical symmetry creating a harmony that is the underlying principle of nature. The 768 Yogi’s dance together as one celebrating all that the Sun brings life to.

SIZE	FRAME
10 in x 10 in	3500 THB

	UNFRAMED
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



canvas zoomed in

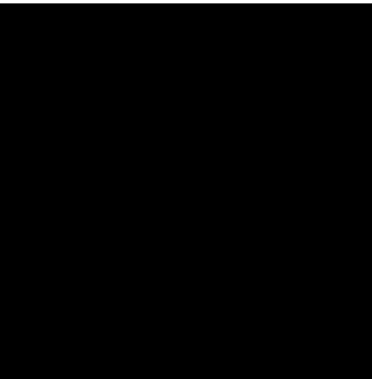


Full Moon

“The luminous light of the night emanates a peaceful darkness in the space around. It mysteriously appears and disappears in cycles of its beautiful shapes and forms. It is a calming yet destructive force transforming all who touch its light.” - Sejal S Sood

SIZE	FRAME
10 in x 10 in	3500 THB

	UNFRAMED
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



canvas zoomed in



Waxing Three Quarters

Three quarters, the moon is almost fully expanded, as if it is pulling together all its might to become full. It is a sign of strength and growth, knowing that there is very little left to become truly Full.

SIZE	FRAME
10 in x 10 in	3500 THB

	UNFRAMED
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



canvas zoomed in



Waxing Half Moon

Half moon, beautifully balanced, embracing the presence of half light, half shadow. Almost as a dance between yin and yang, the two are perfectly balanced and in harmony.

SIZE	FRAME
10 in x 10 in	3500 THB

	UNFRAMED
10 in x 10 in	2800 THB
16 in x 16 in	5500 THB



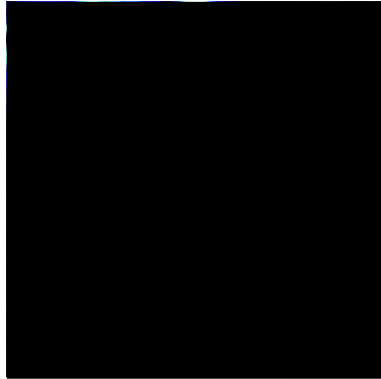
canvas zoomed in



Waxing Crescent Moon

Crescent moon, A beautiful elegant slither of light. En route to expanding yet only within the bounds of the Earth’s shadow. A seated energy of contemplation and rest.

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
16 in x 16 in	5500 THB



canvas zoomed in



Duality



It is not a mirror image of Nataraja but the whole. Put both together and you create the whole. This again plays with the left and right side of the body making a strong statement: from darkness you can come to light and vice versa. It underlines that tradition can take you both ways: into darkness if you use it in an ignorant way and out of darkness if you are aware.

SIZE	FRAME
8 in x 10 in	3500 THB
UNFRAMED	
8 in x 10 in	2800 THB
24 in x 30 in	11500 THB
40 in x 50 in	18000 THB

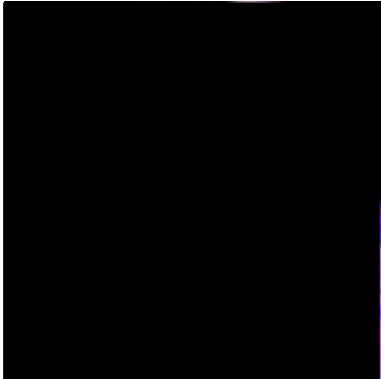


canvas zoomed in

Blossom

Dance Improvisation is not a technique, it is a state of being. It's the moment your entire body and the space around you comes alive. A complete surrender to the dynamics of space, our bodies and the sounds around us. The body and space in full bloom and harmony together.

SIZE	FRAME
8 in x 7 in	3500 THB
UNFRAMED	
8 in x 7 in	2800 THB
16 in x 14 in	5250 THB
32 in x 28 in	13500 THB
56 in x 49 in	21450 THB



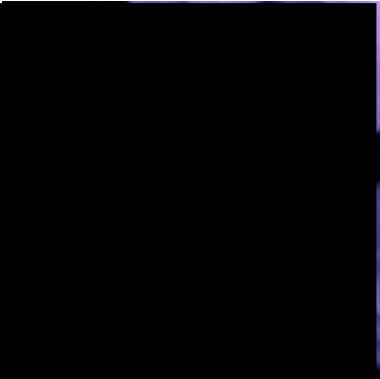
canvas zoomed in



Eternal Calm

Once you start letting go and unravel all that is familiar the more space you create to explore the unfamiliar.

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
24 in x 24 in	5500 THB



canvas zoomed in

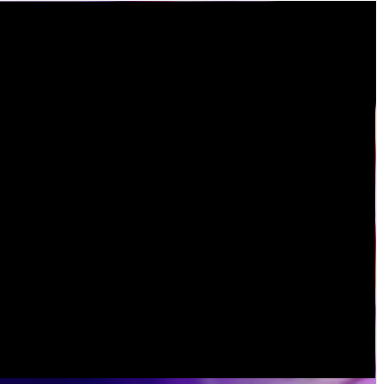


Dance Is Just Me



Dance is just me. You can dance for an entire lifetime and never understand it. It is a beautiful and deceiving form of discovery. Dance is embracing ourselves as we are. Skinny, fat, short, tall, dark, light... there are no rules other than pure immersion and surrender into that very moment no matter the space nor your form.

SIZE	FRAME
10 in x 18 in	3500 THB
UNFRAMED	
10 in x 18 in	2800 THB
20 in x 36 in	1200 THB
32 in x 60 in	18000 THB



canvas zoomed in

Tangled



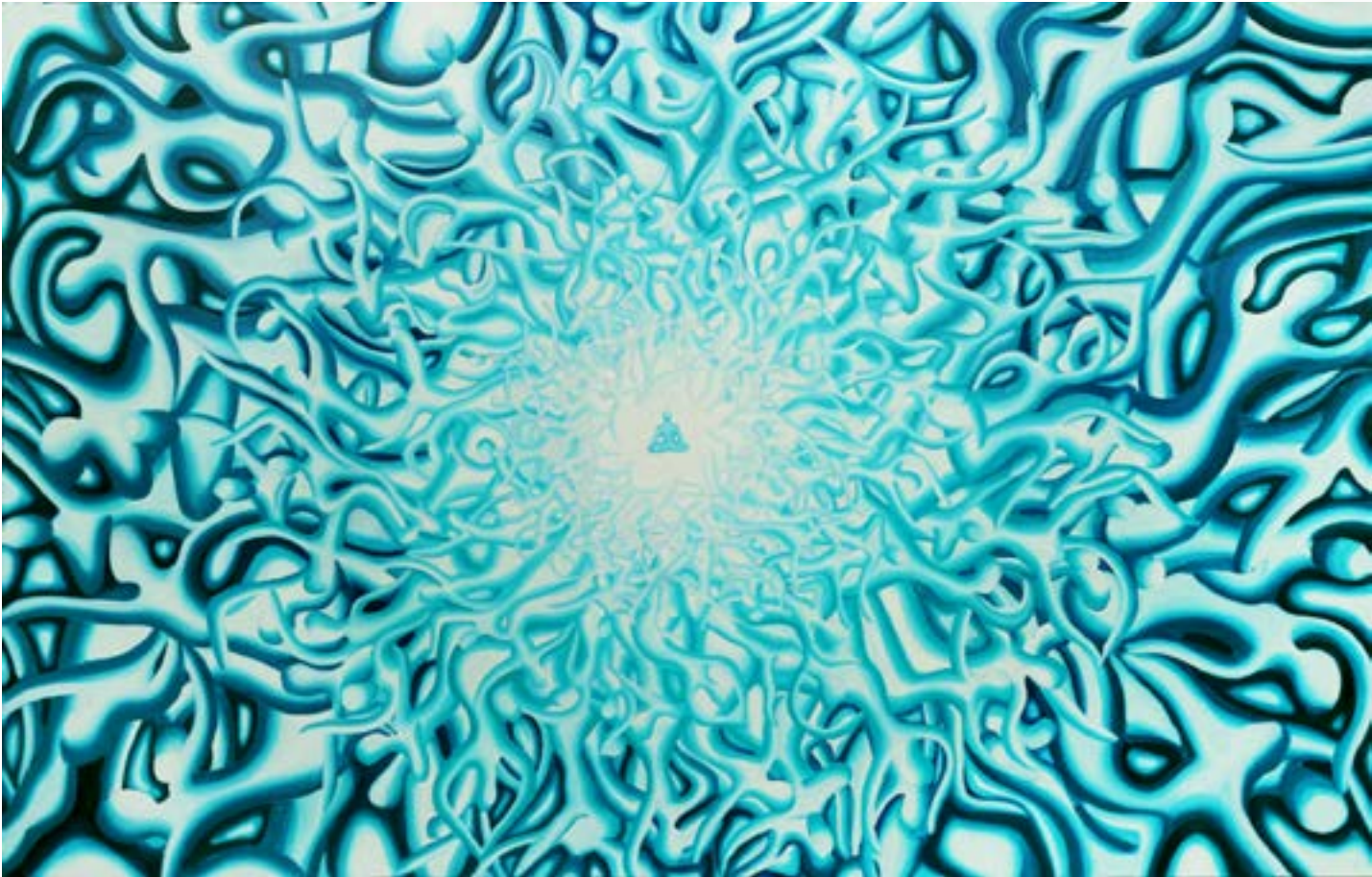
Supreme creation is in the hands of the feminine for only She can truly experience the power, intensity, volatility and chaotic nature of creation. A woman has the ability to experience the mysterious workings of creating another human.

SIZE	FRAME
10 in x 10 in	3500 THB
UNFRAMED	
10 in x 10 in	2800 THB
20 in x 20 in	9000 THB
40 in x 40 in	15000 THB



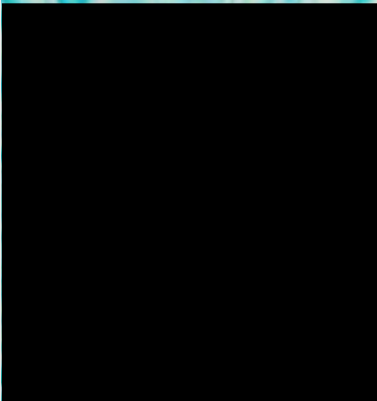
canvas zoomed in

Calm in Chaos



This painting thus has two realities: one reflecting on having to stay calm ignoring the chaos around for life. The other focuses on the meditative space within from wherein erupts the necessary chaos of life.

SIZE	FRAME
10 in x 16 in	3500 THB
UNFRAMED	
10 in x 16 in	2800 THB
20 in x 32 in	12000 THB
40 in x 64 in	21000 THB

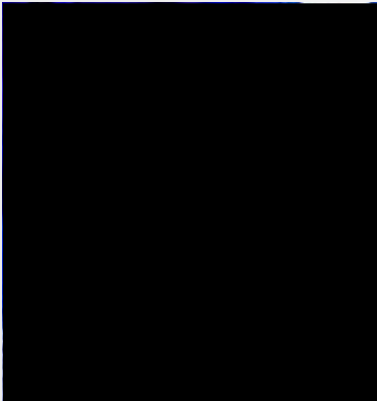


canvas zoomed in

Saraswati

Saraswati, The Goddess of Knowledge. In the age of information the concept of knowledge is quickly changing. Knowledge is curiosity and collaboration, whereas now we see it as ego and competition. This goddess sits as the seed of knowledge along with two others to create an entire perspective and understanding. Together they harmonize and emanate peace and knowledge.

SIZE	FRAME
10 in x 8 in	3500 THB
UNFRAMED	
10 in x 8 in	2800 THB
25 in x 20 in	10000 THB
50 in x 40 in	18000 THB



canvas zoomed in



Kai

I stand alone. No tradition to hang on to, no group to fall back on. Alone... as we all are. Dance is my vehicle towards freedom and fearlessness. It fuels my perseverance and passion, unleashing the most powerful and compassionate force.

SIZE	FRAME
10 in x 8 in	3500 THB
UNFRAMED	
10 in x 8 in	2800 THB
25 in x 20 in	10000 THB
50 in x 40 in	18000 THB



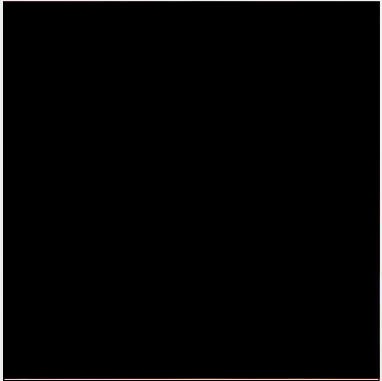
canvas zoomed in



Dakini

It is dance that gives me fearlessness and makes me bare and transparent. In nudity I am not suggesting sexuality, but that this Goddess is free from all coverings of illusion and is fully illuminated and conscious. It is from the Goddess’ mastery of energy that the entire cosmos revolves.

SIZE	FRAME
10 in x 8 in	3500 THB
UNFRAMED	
10 in x 8 in	2800 THB
25 in x 20 in	10000 THB
50 in x 40 in	18000 THB



canvas zoomed in

