



# Bollywood With Meha Sadana

[www.youtube.com/sadanabollywooddance](http://www.youtube.com/sadanabollywooddance)

Bollywood is a unique form of dance that originated in India. It is energetic, elegant, and will have you exuding confidence! A wide range of styles will be included in the summer class along with **Bollywood**, such as **Bharatanatyam** (classical Indian dance), **Bhangra** (traditional dance originating in Punjab), and **Garba** (traditional dance originating in Gujarat). To get a better idea of what these dance styles are, check out the youtube channel above so you can know what to expect! This class is for beginners.

*Take this opportunity to immerse yourself in a new culture in one of the most exciting and unique ways!*

Contact Meha if you have any questions!

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facebook.com/  
sadanabollywooddance

## Class Dates & Times

MONDAYS (8 years old & up): July 10th & 17th  
from 5:30-7pm

TUESDAYS (Adults): July 11th & 18th from 6-8pm  
Sign up by contacting the Glens Falls Ballet and  
Dance Center!

Wear anything comfortable for clothing and  
barefoot is preferable!