

THE AILEY EXTENSION

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Bollywood Meets Masala Bhangra at The Ailey Extension on November 17

Shake off the Pounds & Spice Up Your Workout at The Ailey Studios with Hollywood's favorite dance and fitness stars – Sarina Jain and Nakul Dev Mahajan



Sarina Jain, creator of the Masala Bhangra Workout®

(New York) October 8, 2010- On November 17, The Ailey Extension will fuse two of the fastest-growing dance and fitness trends together in the hottest master class to hit New York City - *Bollywood Meets Masala Bhangra*. Sarina Jain, creator of the Masala Bhangra Workout® (recently named on the top 5 workouts in the country by *AOL Health*), and Nakul Dev Mahajan, the first choreographer to bring bollywood to the *So You Think You Can Dance* stage, will co-host this thrilling workshop at The Ailey Studios.

Warm up with America's first cross-cultural fitness star, Sarina Jain – most commonly known as the “Jane Fonda of India” - with Masala Bhangra moves that have been featured on the *Today Show*, *The New York Times*, *Vogue*, *ABC News*, *People Magazine*, *Time Out New York*, *Forbes* and *SELF Magazine*, among others. Post warm-up, Nakul Dev Mahajan will guide you through the basics of bollywood technique and put your skills to the test with a final routine. Spice up your evening with this dance master class where *Bollywood meets Masala Bhangra* and be the first to discover what all the buzz is about!

Pricing:

\$30 per person

\$35 per person, if purchased after Nov 1

Sign up Today as space is limited.

To register, visit www.aileyextension.com or call **212-405-9500**

Listing Information:

BOLLYWOOD MEETS MASALA BHANGRA at The Ailey Extension, November 17th

The Ailey Studios, 405 West 55th Street (at 9th Avenue). (www.aileyextension.com, 212-405-9500). Subway: A,B,C,D,1 to 59th Street-Columbus Circle or N,R,Q to 7th Avenue. 8:00pm - 9:30pm. \$30 per person. Spice up your evening with this dance master class where Bollywood meets Masala Bhangra, featuring Masala Bhangra Workout® creator, Sarina Jain and special guest, Nakul Dev Mahajan. To register online, visit www.AileyExtension.com -OR- To register by phone, call **212-405-9500**.



Nakul Dev Mahajan. Photo courtesy of <http://www.ndmdance.com>

To learn more about The Ailey Extension or weekly Masala Bhangra Workout® classes offered at The Ailey Studios, please visit: www.aileyextension.com

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