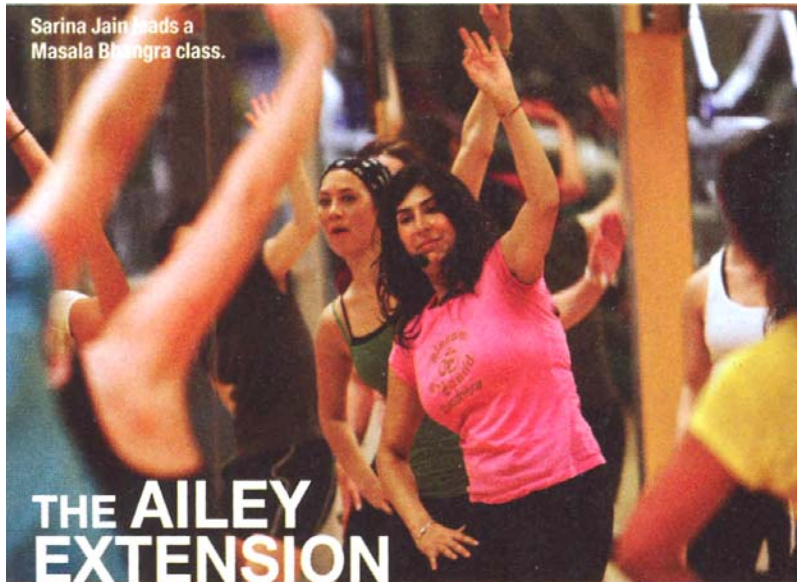


## DT notes

July 2009



Sarina Jain leads a Masala Bhangra class.

### THE AILEY EXTENSION SPICES IT UP

In the wake of *Slumdog Millionaire*'s Oscar success, Indian dance is hotter than ever—and visionaries like Sarina Jain are fueling the fire. As the creator of the highly popular Masala Bhangra Workout, Jain has been sharing her Indian dance-inspired fitness with students for more than 10 years. And in March, Jain was tapped to lead weekly Masala Bhangra classes for The Ailey Extension—the first Indian dance to be offered at Alvin Ailey Studios.

It's all part of a bigger vision Jain has for raising the profile of Indian dance—and Masala Bhangra in particular. Jain recently rolled out a two-day teacher-training intensive to help spread her classes throughout the nation. "It's like going to India and back," she says. She estimates she will have trained more than 250 instructors by the end of this year.

So what exactly *is* Masala Bhangra? A Hindi term for "spicy dance," it is a high-energy homage to Indian culture. With movements tailored to all skill levels, Jain conducts class as if on the dance floor at an Indian wedding. "It's not a typical dance class where you stop to focus on technique, but rather continuous movement that gets the heart rate up and burns calories," she says. "It's a real workout, but the beauty is you are learning Indian dance at the same time."

Info: [www.alvinailey.org](http://www.alvinailey.org)

—Jen Jones