



# SRISHTI YUVA CULTURE HEALTHY MOVES

## WORKSHOPS FOR FITNESS & HEALTHY EATING

Want to boost your heart health,  
manage diabetes and reduce hypertension?

Join our **FREE** workshops for easy tips on healthy  
Indian cooking and fitness through Indian dance



**LED BY CHEF MONISHA BHARADWAJ  
AN AWARD WINNING NUTRITION EXPERT  
AND TRAINED INDIAN DANCER**

- Improve fitness with fun Indian dance moves
- Learn how to adapt traditional Indian recipes
- Use wholesome, nutrient-rich ingredients
- Understand portion control and ingredient swaps
- Take away easy recipes to try at home

### 5 DAY WORKSHOP SERIES

**DATES:** AUGUST 11, 12, 13, 18 & 19

**CHOICE OF TIMINGS:**

6 TO 7.30PM // 8 TO 9.30PM

**LOCATION:** SRISHTI'S DANCE STUDIO, 1ST FLOOR,  
STUDIO 3, GREENHILL BUILDING, HARROW ARTS  
CENTRE, HATCH END, HA5 4EA

**BOOK YOUR PLACE NOW**

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020 8420 1076 (monitored occasionally) [www.srishti.co.uk](http://www.srishti.co.uk)

