



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: JULY 28, 29, 30 & AUG 4, 5

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

EMAIL YUVACULTURE@SRISHTI.CO.UK

020 8420 1076 (monitored occasionally) www.srishti.co.uk

