

# Wellbeing

Wednesday 27 January day

## SESSION ANNOUNCEMENT

**RAJEEV GUPTA**

**BHANGRACISE DANCE WORKOUT**



OK, so if you thought Lisa was passionate about Pilates, then Rajeev takes passion to a whole new level! Rejeev began his company with a small group of young dancers from Reading but now operates online and to international acclaim.

Don't expect a long drawn out introduction to the history of Bhangra Dance (fascinating though this is), rather, expect to be up and on your feet within a few seconds of meeting him! Rajeev has taught the professionals on Strictly, acted as a judge alongside Alesha Dixon on Street Dance Stars, and has picked up an award from Downing Street for the work he has done during lockdown to support the community.

Definitely a practical session, and if you want to know what you're letting yourself in for - visit [learn-bhangra.com](https://www.learn-bhangra.com)

Rajeev's session will run from 14.30 – 15.00