

#HealthierJC



Surati partners with Healthier JC to create programming for healthy living

**Healthier JC & Surati Studios Open House
September 10, Sunday (9 am to 1 pm)**



Yoga with Nohi (9:00 am to 9:55 am)

Yoga with Nohi is FREE for all through Healthier JC. Each session is thoughtfully designed to empower your body and mind, helping you achieve strength, flexibility, and inner peace with 40 minutes of yoga poses to enhance strength and flexibility, 10 minutes of Yoga Nidra, a guided relaxation practice for deep rejuvenation and 5 minutes of Healing with Light Language to promote harmony. *Please bring your own Yoga Mats.*



Indian Semiclassical Dance with Hitanshi

(10 - 10.25 am ; 11 - 11:25 am and 12 - 12:25 pm)

Surati artist and instructor, Hitanshi will help blend the elegance of classical dance with the vibrancy of contemporary movement as you learn to express emotions and tell stories through your body's language. This class welcomes all skill levels. Discover a fulfilling way to stay active while embracing the cultural richness of India. Indian Semiclassical Dance is FREE for all kids, Teens, and adults through Healthier JC.



Dance Fitness and Bollywood with Tanya

(10:30 - 10.55 am ; 11:30 - 11:55 am and 12:30 - 12:55 pm)

Surati instructor, Tanya, will guide you through an enjoyable class aimed at refreshing your body and mind. This class lets you sway to the music and learn fun, easy-to-follow Bollywood-inspired dance routines. This class welcomes everyone in a supportive environment. Join us to relish in the joy of movement, foster connections, and embrace a healthier lifestyle. Dance Fitness and Bollywood is FREE for all Kids, Teens, and Adults through Healthier JC.