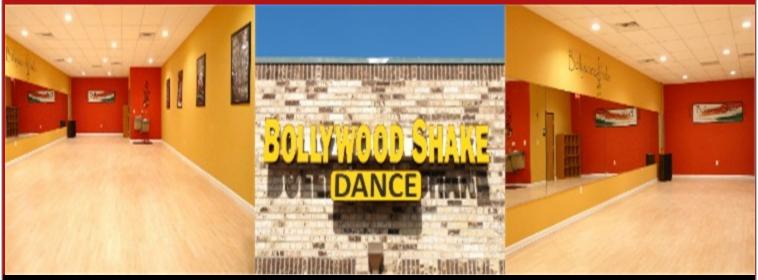
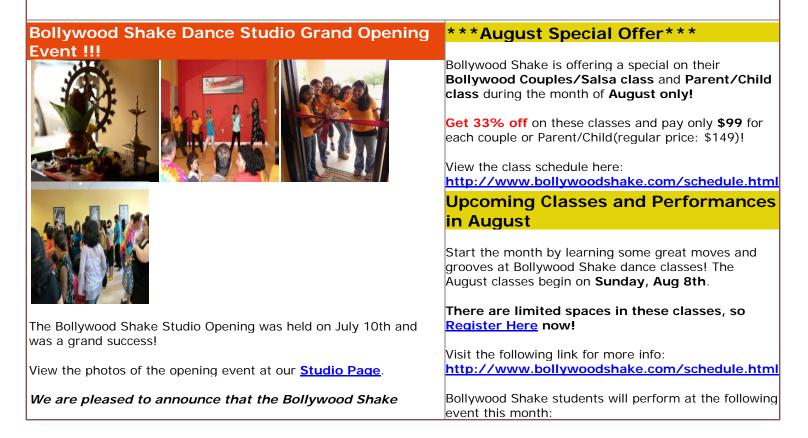
# Welcome to the Bollywood Shake Monthly Newsletter



Keeping you up-to-date on latest Bollywood Shake news and events every month! Aug 3, 2010



### Studio is available for rental for dance classes and private events (no food).

(Find out the rental rate details at our **<u>Studio Page</u>**)

Our New Studio is located at : 10700 Anderson Mill Rd, #208 (Next Date: Sun, Aug 15th, 2010 Click Here for more info

We offer a wide variety of classes for all age groups and levels. Some of the new classes at the Bollywood Shake studio are Unlimited workout classes, Parent/Child class, Couples/Salsa Class etc.

Find out more details on the classes, schedule, pricing, registration at: <u>http://www.bollywoodshake.com/studio.html</u>

## Bollywood Shake was featured on KEYE TV/CBS and in Austin To-Do Magazine in July



Bollywood Shake was featured on **KEYE TV/CBS** and in the **Austin To-Do Magazine** in July!

Find the links for the videos and the article on our press page at: <u>http://www.bollywoodshake.com/press.html</u>

Event: **iFEST 2010** - Celebration of India's Independence Day Hosted by: **ICC Austin** Date: **Sun, Aug 15th, 2010** <u>Click Here</u> for more info

### Indian festivals and other events in August



### Independence Day of India: Aug 15th (All over India)

On 15 August 1947, India attained freedom from the British Rule. The Independence Day of any country is a moment of pride and glory. On this special occasion, rich tributes are paid to the freedom fighters who sacrificed their lives and fought to free their motherland from the clutches of the oppressors-British who ruled the country. This national festival is celebrated with great enthusiasm and pride.

#### Rakhi/Raksha Bandhan: Aug 24th (All over India)

On Raksha Bandhan, sisters tie a Rakhi (a beautifully crafted and decorated thread) on the right wrist of their brothers as a reminder of love and protection. The brother vows to take care of his sister and in return offers her gifts and sweets. The festival is a wonderful way of bringing the family closer together. Many women also tie Rakhis on their close friends and neighbors as a sign of caring and harmony in their social lives.

### Introducing "Bollywood Workout Classes"(UNLIMITED)





Bollywood Workout Classes are a non-stop combination of Bollywood dance moves working every part of the body. They focus Website: www.bollywoodshake.com on strength training, cardiovascular exercise, toning and tightening of muscles, agility and flexibility training, and mental well-being. Each student can pace themselves based on their fitness level so students of all levels are welcome. Classes are fun and energetic and you will definitely break a sweat! Bring water and a towel.

Find the Schedule, Rates and Registration details at the below link: http://www.bollywoodshake.com/workout-classes.html

http://www.bollywoodshake.com

#### Contact Us:



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