

Bollywood kids

By ANNA HARRINGTON

LAVERTON Community Hub was brought to life in a sea of colour as local children experienced their own little piece of India.

As part of a series of events promoting health and well-being, kindergarten students from Laverton Community Children's Centre took part in a Bollywood dance class, learning several different routines while also dressing up in traditional Indian clothing.

Kindergarten teacher Michelle Pagel said the session would help children become more aware about the different cultures present within both their class and the local community as a whole.

"Because there's a really big Indian community (locally), we have a lot of Indian children as well and we do a lot of Bollywood music at our service in kinder, in group time and they love it," Ms Pagel said.

"So it's just a really fun way for the children to really

recognise each other's culture and connection - showing our families that we respect their culture and I think ... it's really nice to have a part of other people's culture as well."

Performer and class instructor Hithanjane Yatawara said in addition to promoting cultural awareness, Bollywood dancing also helps participants maintain a healthy lifestyle.

"It's mentally and physically invigorating, you get physically fit doing it ... (and) there's no such thing

as very slow Bollywood," Ms Yatawara said.

"You're always dancing, so you're always toning up physically and you get a good cardio workout with some of the songs.

"But it's also (a case of) you can dance without inhibitions, it's mentally healthy ... it keeps you balanced and it's really good for stress relief as well."

For more information and workshop bookings, visit www.bindaasbollywood.com.au



Laverton Community Children's Centre held a Bollywood dancing class. Pictured is Bollywood dancer and class instructor Hithanjane Yatawara. 99989

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