

Tai Chi

Indian Martial Art . . Bollywood Dancing

In Two Locations: Cambridge & Jamaica Plain (JP)



Sunday 10, 10, 10 Noon – 4:30 pm

Sponsored by the *Institute of Near Eastern & African Studies (INEAS)*
www.INEAS.org

At noon, we will begin in Jamaica Plain (JP) for a one-hour class of **Tai Chi** with Bill Buckley. Tai Chi reduces stress.

Address: 38 Hyde Park Ave. JP, MA www.ymaaboston.com

\$5 donation. Pre-registration is strongly recommended

At 2:30 pm, internationally acclaimed performer and teacher, Aparna Sindhoor will give a one-hour class of **Bollywood dancing** as seen in Hindi films.

Address: Dance Complex, 536 Mass. Ave. Cambridge, MA.

Rm: Julie Theatre www.dancecomplex.org

\$5 donation. Pre-registration is strongly recommended

At 3:30 pm, we will conclude with a one-hour of Kalari Ppayattu, one of the oldest forms of martial arts in the world given by martial artist and choreographer, Anil Natyaveda.

Address: Dance Complex, 536 Mass. Ave. Cambridge Studio 3

\$5 donation. Pre-registration is strongly recommended

The schedule and distance between locations allow learners to attend ALL three classes. So join us to relax and have FUN

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