



Bollywood dance with Rafaela is not only dance and general fitness: it is fun, loving, giggles. I usually feel like a school girl, of 15 or so preparing for the final school show!!

We are always preparing for some event, there is always something exciting happening, and it is always young, good positive vibes..& so much laughter...

Once you get into this, u just can't resist!!

And of course on a more serious note, I am personally grateful to Rafaela for having brought back Kathak to me.

Rafaela, you are a motivator, and I thank you from the depth of my heart....MERCI ma chérie...

Poonam