

body & soul



Indian Dance Workout

THE MASALA BHANGRA WORKOUT, THE FIRST INDIAN DANCE-INSPIRED FITNESS VIDEO, offers 35 minutes of hip-swiveling, hand-clapping, foot-stomping fun. Based on community dances from the villages of Punjab, India, Bhangra is a ritual celebration of the annual wheat harvest. In the video, charismatic instructor Sarina Jain leads four spirited dancers through high-impact, fast-paced cardio combos filled with “Bhangra jumping jacks” and other jazzy take-offs of aerobic staples. While the production quality is less than stellar, the live drummer and flute player make this video exotic and mesmerizing. Cost: \$24.95 plus shipping and handling; to order, call (877) 462-7252 or visit www.masaladance.com. The original soundtrack is also sold separately as a CD (\$15) or an audiotape (\$10). —NICOLE DORSEY