

s one of the best gyms in Asia but it is pretty far from my place," says the model who likes working out at

ments for Khushi, Sonam, and Woodland, to name a few, has his gym routine well chalked out. "I follow a four-

for shoulders and abdomen plus cardiovascular exercises for at least 30 minutes. I work

day of the schedule."

Sudan, who has been working out for the past two

and fit body like Sudan, the first thing one needs is a healthy diet. ■

## Shikha Kapoor

SHE HAS been dancing for as long as she can remember. For Shaira Bhan, dancing is now a profession as well as a passion. "Earlier, when I told people that I dance, the inevitable question was: And what else do you do?" says the assistant artistic director with Danceworx. And though her family was shocked at her career choice at first, they are now more supportive. "Thankfully, perceptions have changed and it shows in the fact that our company has seven centres in Delhi at the moment, and we are opening one in Jaipur too," says Bhan.

Though she has lived in Delhi for most of her adult life, Bhan still rates London as her favourite city. "I went there for a year to study dance at the Reanimator Dance Studio in Wimbledon and Pineapple Studio, after I graduat-

## FIFTEEN MINUTES OF FAME /SHAIRA BHAN

# Put On Your Dancing Shoes!

ed from Lady Shriram College. It is a fabulous city and I would love to go back," she says.

Meanwhile, Bhan loves her work with Danceworx and especially likes to teach. "Apart from teaching dance, our work has to do with building people and personalities. My work includes evaluating instructors and coordinating shows," says Bhan, who also takes classes at the Elite School of Modelling.

Bhan keeps a hectic schedule and begins her day by dancing for four hours every morning. "It is essential that we keep learning, so that the classes we take never get boring," she says. And though she has no time for family or friends,

Bhan has no complain. "If I have 10 hours in a day to work, then I'd rather spend it dancing," she says. When she has the time, Bhan likes swimming and playing basketball. "I am an outdoors kinda person and love playing a game than exercising in a gym," she says.

The dance aficionado dreams of opening her own academy and choreographing music videos and films one day. "An off-beat kind of film should be fun," she says. Is anybody in Bollywood listening? ■

For Shaira Bhan, working as a dance instructor is making a living out of a passion

PHOTO: SANJAY GUPTA

