

Travel Log ? Destination: Japan

"This was my second time going to Japan to lead Masala Bhangra Workout? trainings and master classes, and the people and the country never cease to amaze me! We held an MBW? Training Level I and a Level II, which were phenomenal.? We now have over 60 MBW? instructors in the Japan area and we are coming back in Feb 2011! Please [check out a clip](#) on Facebook from our master class in Tokyo ? so much energy!???? Sarina Jain



WATCH VIDEO >

Join The Masala Bhangra Workout® Team!

[Sign up now](#) for the upcoming Masala Bhangra Workout Instructor Trainings in the following cities:

New York, NY
Syracuse, NY
Irvine, CA
Huntington, WV
Japan



Our [instructor training programs](#) are intense, and we only want to train those who are serious about it.? The Masala Bhangra program is growing fast, however we do want to maintain the quality of our program through our instructors.?Therefore, the vigorous 2-day training is not only intense and challenging, but also gratifying and extremely fulfilling! Trained instructors in the past have stated, ?It is one of the best aerobic trainings that I have ever experienced in my life! I also love the intimacy of the training ? I feel like I am actually learning something.?By the end of the 2nd day, I am exhausted yet so inspired? by Sarina and her team to go out and represent The Masala Bhangra Workout@!?

We are a nationally certified ?fitness program backed up by the American fitness boards, and we're here to stay.?We are looking for quality, not quantity. If you or anyone you know may be interested in being a part of The Masala Bhangra Workout® Team, please contact us and we look forward to seeing you at an [upcoming training!](#)