

AJNA'S DANCER SPOTLIGHT - OCTOBER

Every month, Ajna Dance Company highlights a dancer who has attended classes regularly, danced with enthusiasm and passion, brought their energy and positivity to class and has helped to build and grow our Ajna Dance community. We strive to better every student's experience with our company and our Dancer Spotlight is an initiative we're proud of that lets us learn more about our dancers and what they take away from Ajna Dance. Our featured dancer will receive a feature on our website and social media.

SABRINA JAILALL



What does dance mean to you?

Dancing is a form of expression, especially Indian dancing whether it be classical or film. Each move belongs to a word, a phrase, a sentence that has some meaning. Sometimes it's about loving someone or being loved, losing someone or just finding yourself or discovering feelings. Sometimes it's just about dancing and having fun, partying and letting loose.

What is your favourite style of dance?

After a long week of classes and working, dancing is a form of my sanity. It's something I can do just for fun without having to worry about anything. It's my wonderland to reality. My favorite form is definitely Bollywood film dancing because I love to express who I am in the studio. It's this positive energy that I want everyone around me to feel.

Who is your favourite "item girl"?

My idol is Madhuri Dixit because no other dancer in the Bollywood industry exemplifies such emotion and liveliness. Her dances are so clean cut where even the simplest hip movement or eyebrow raise can be seen. She makes me want to be a better dancer every time the music comes on.

What emotions do you feel when you dance?

Dancing makes me feel happy, calm and motivates me to do better.

What do you enjoy the most when taking classes with Ajna Dance?

Ajna Dance is an amazing company to be a part of. I've been to many dance schools, but this one is different. It's fun, no pressure and you get an amazing workout. Minila, our choreographer is such an awesome and positive person. She makes people happy and everyone always has fun. I love it when she just keeps going; we can learn 1.5 minutes of a song in one class, where in other schools it would take weeks to complete. Her technique is effective and it's fast-paced which makes it more fun. I've also met so many new people and made a few friends.

How has Ajna Dance inspired you?

Dancing makes me a better person overall, it completes me in so many ways and inspires me to always be positive and smile. Ajna Dance inspires me to never give up and instead find a new way to keep doing what I love despite my crazy schedule. It's one big happy family.