TESTIMONIALS

★★★★★

The tutors are highly engaging we love them and so do the children. They always look forward to their classes. Not only do they work with toddlers and kindy children, but we have never known anyone to work with babies too!

Sonas Early Learning

★★★★★

Best Bollywood dance group, yoga, meditation and dance program, marvellous service ever you can get in W.A. Perth.

Tarun Sharma

★★★★★

My school was very impressed with your performance, especially with how engaging it was and the school thoroughly enjoyed it. Would love to perhaps consider next year other ways we could engage with your services once again. Thanks so much once again.

Darlinda Singh - Westfield Park Primary Teacher

INSPIRING YOU TO SHINE

FOR BOOKINGS AND QUOTES

🌐 www.sunita.com.au/dance   ✉ sunita@sunita.com.au

📞 0457 782 704   sunitamedium   f Sunita

SUNITA

We specialise in empowering you to learn, grow and move with Coaching, Yoga, Meditation, and Bollywood dance activities.

CLASSES   EVENTS   RETREATS

Our mission is to inspire you to shine.

I believe that everyone, regardless of age or ability, deserves access to activities that ignite their passion. Mine is in Bollywood, Bhangra dance, yoga, and meditation, let me share the passion with you .

TARA DANCE

From performing to crowds and worldwide audiences of over 47,000 to private events, community, cultural, and corporate events. Tara Dance is a Bollywood and Bhangra fusion-style team here to entertain you.

Our dance style is fun, upbeat, and energetic with full colourful costumes to give you an authentic experience.

TARA YOGA AND BOLLYWOOD DANCE PROGRAM

This program is specifically aimed at early learning to high schools. Our sessions are authentic, culturally relevant, and highly engaging for children.

Need an activity with a difference?

We offer weekly programs tailored to your goals, with custom lesson plans. Activities include yoga, meditation, and Bollywood/bhangra fusion (we also teach other dance styles), for all attending children on your chosen day and time.

Our services include:

→ Bollywood fusion dance performances at your community or corporate event

→ Workshops and dance, yoga, med activities

→ Multicultural stage productions

→ Guest teaching weekly or ad-hoc at your school and preparing students to perform

→ Creating private choreography for your wedding, groups and more

→ Speaker & MC

Here are some popular events we have performed at:

→ Weddings, engagements, anniversaries, sangeet nights, hen nights, birthday parties, Diwali, Holi, Christmas, Harmony Day etc

→ Yoga retreats, corporate events, Bollywood theme parties and more

SEND AN ENQUIRY TO SUNITA@SUNITA.COM.AU

Our focus is to give children a positive experience so they can:

✓ Regulate emotions
✓ Improve their wellbeing
✓ Learn about a different culture

We serve any sector across Western Australia and have worked in Perth, the Southwest, and Pilbara regions so far.

We have coordinated dance acts, musicians, and artists for various occasions.

Perfect for schools, businesses, or community celebrations, our repertoire includes organising acts to entertain at Optus Stadium, Big Bash League at the WACA, Multicultural events, festivals, Business Networking events and schools.

How is our Program unique?

→ We focus on physical movement, breath and sound

→ We focus on ALL ages of children from babies to teenagers

→ We create lesson plans and guide your staff how best to embed our Program at your centre or school

→ We embed our curriculum as a weekly program OR run ad-hoc activities

→ Instructors trained in-house for this age group, as Yoga qualifications exclude under 5 years old

ABOUT US

Tara Yoga & Dance have been operating for nearly a decade in Australia offering our bollywood dance, yoga and wellbeing services and activities to:

✓ Early learning & vacation care
(We're a preferred supplier of Australian Childcare Alliance)

✓ Primary to High schools

✓ Aged care and the disability sector

✓ Corporate, community and private sectors

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