

# Garjana: A New Dance Workout Happy Hour Movement

*Garjana is a new music, dance and fitness experience workout.*

NEW YORK, NY, USA, February 27, 2017

/EINPresswire.com/ -- Garjana ([garjana.com](http://garjana.com)), a brand new fitness concept, is completely changing happy hour—bringing together hundreds of New Yorkers on April 26 at 6:00PM at the Highline Ballroom (431 W 16th St, New York, NY 10011) for a one-hour cardio/dance celebration to benefit Food Tank ([foodtank.com](http://foodtank.com)), a nonprofit working to build a more sustainable food system.

No vanity mirrors, judgments, overplayed music, or boring dance steps.

At Garjana, five dancers, including past or present Broadway performers, will lead attendees in easy-to-pick-up but fresh looking synchronized dance moves, all set to original music and fully immersed in visuals specially created for the event.

The first Garjana single and music video, “This is What It Feels Like,” featuring some of the cast of the show, was released on February 16, 2017. [Garjana Music](#), which plans to release its first album in June 2017, is an artful blend of EDM, hip-hop, world beats, and pop music.

The charity event features an A-list of talent. The music is completely original, written and produced by Douglas Romanow (a Toronto-based producer who has worked with hundreds of major artists

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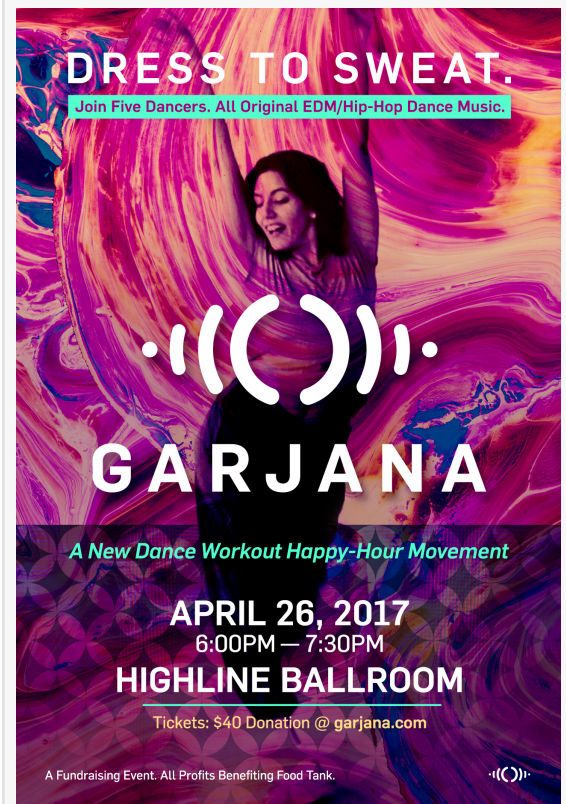
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*Bernard Pollack*

including Justin Bieber and Tyga). Visuals and video are by award winning film and television director Kevin Arbouet. Choreography is by Monica Kapoor, a dance-fitness instructor based in NYC. Her performing credits include Mamma Mia Broadway, Bombay Dreams, NBC’s Smash, and more.

Following the event, participants can nosh and hydrate with a tasting of some of the hottest local brands in the New York City food scene. Food Tank will use the profits from this event to promote efforts in New York City to reduce and/or eliminate food waste.

Participants are encouraged to “dress to sweat” and can purchase tickets (\$40 requested donation) at [Garjana.com](http://Garjana.com). Doors open at 5:30PM. The event begins



Garjana - Upcoming Show April 26 at Highline Ballroom in NYC

at 6:00PM and will run roughly for one hour.

Tickets:

<https://www.eventbrite.com/e/garjana-a-new-dance-party-happy-hour-workout-movement-tickets-32140689668>

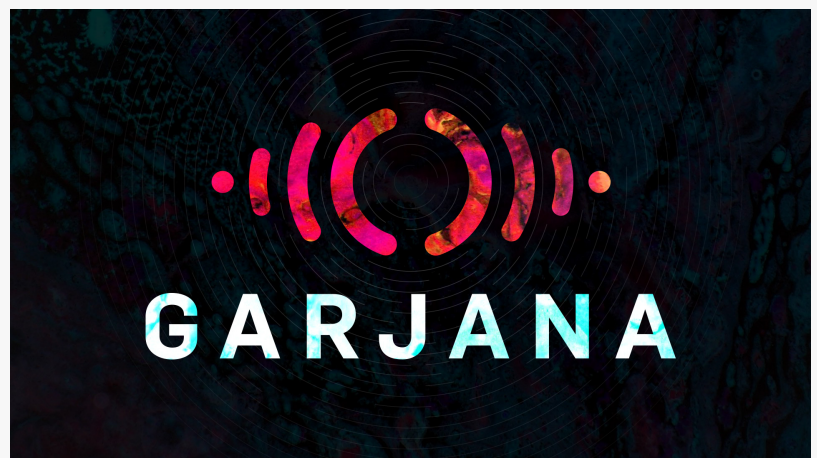
WHO: Garjana: A New Dance Workout  
Happy-Hour Movement

WHAT: One hour of interactive dancing  
(cardio-fitness) led by performers

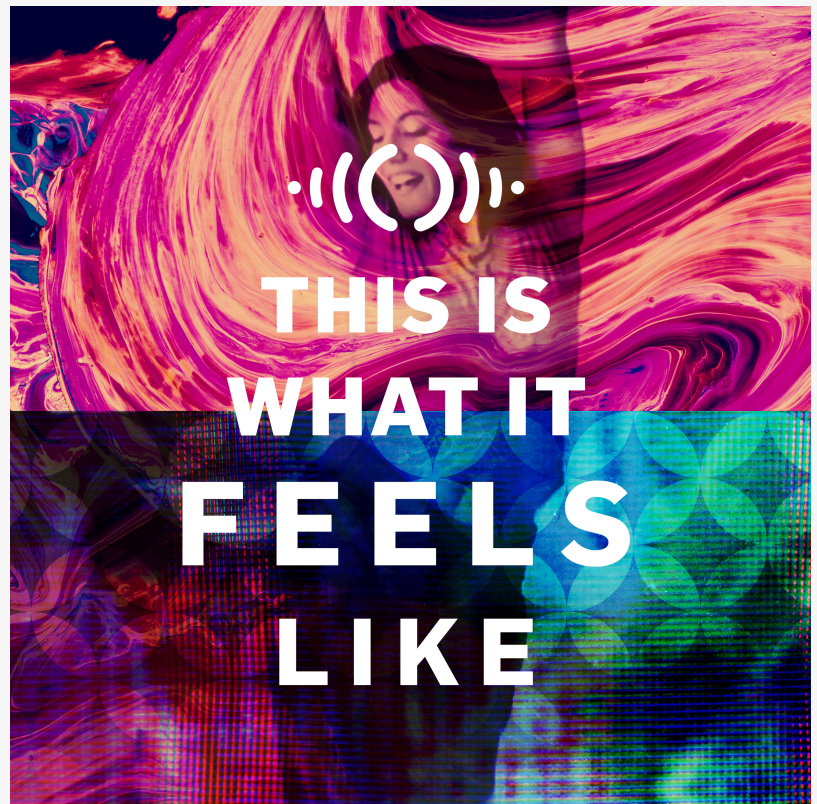
WHEN: Wednesday, April 26, 2017 at  
6:00PM

WHERE: Highline Ballroom (431 W 16th  
St, New York, NY 10011)

Bernard Pollack  
Garjana/FoodTank  
312-843-8612  
email us here



Official Logo of Garjana Music



Garjana Music's First Single "This Is What It Feels Like"

This press release can be viewed online at: <http://www.einpresswire.com>

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