

# Mela 2010 – stage running order

## Allen Gardens Healthy Borough Zone

Time*	Activity
13.00	Fitness session by Nadia Ahmed
13.30	Green Candle
13.55	Storytelling by Tamarind Theatre Company
14.30	Cid Shaha dance workshop
14.50	Green Candle
15.15	Storytelling by Tamarind Theatre Company
15.50	Showmi Das - traditional Bengali dance workshop
16.15	Fitness session by Nadia Ahmed
16.35	Cid Shaha dance workshop
16.55	Showmi Das - traditional Bengali dance workshop
17.25	Storytelling by Tamarind Theatre Company

\*times subject to change

**You can continue the Mela celebrations at Rich Mix** on Bethnal Green Road tonight 7pm to midnight, with a FREE full length concert by Band Lalon plus local DJs and MCs.