



SACHI

Society for Art & Cultural Heritage of India

Free Admission; Light Refreshments will be served

Please join us at the home of

Zarine & Neville Batliwalla

70 Tobin Clark Drive, Hillsborough, CA

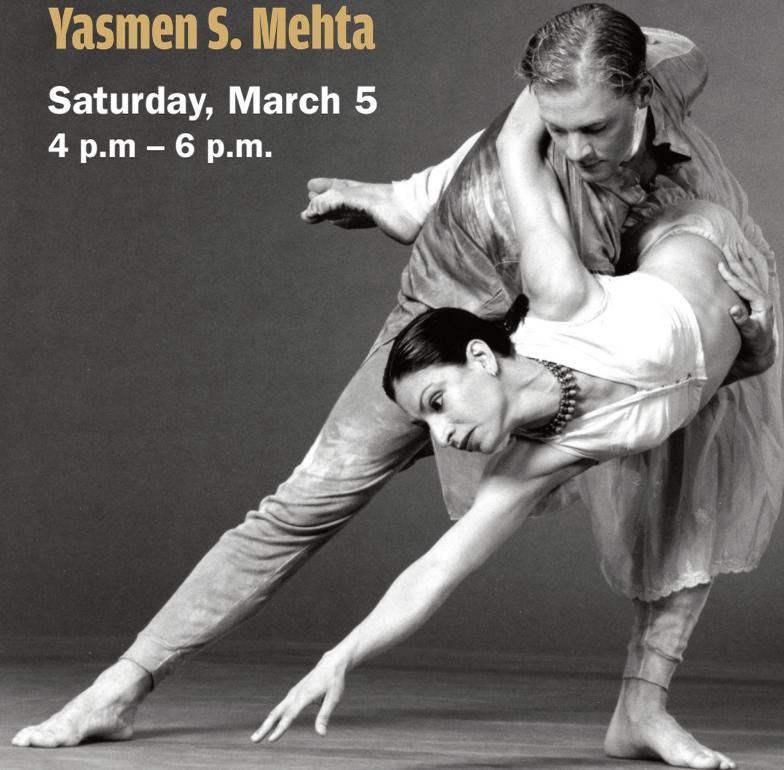
Rsvp: info@sachi.org; Tel. 650-918-6335

is delighted to present

Yasmen S. Mehta

Saturday, March 5

4 p.m – 6 p.m.



Yasmen S. Mehta

A dynamic and creative San Francisco dance artist and choreographer, turned movement and fitness guru, shares her passionate life experiences and journey from India to the United States.

In a vibrant Conversation with

Kamini Ramani

A storyteller and fan of artistic and entrepreneurial talent, and an avid reader of fiction and literature, who combines a flair for Bombay and San Francisco having lived in both cities.

California Contemporary
Dancers, 2002.
Night and Dreams
Will Elder-Groebe and
Yasmen Mehta.
Photographer:
Mary Sohi

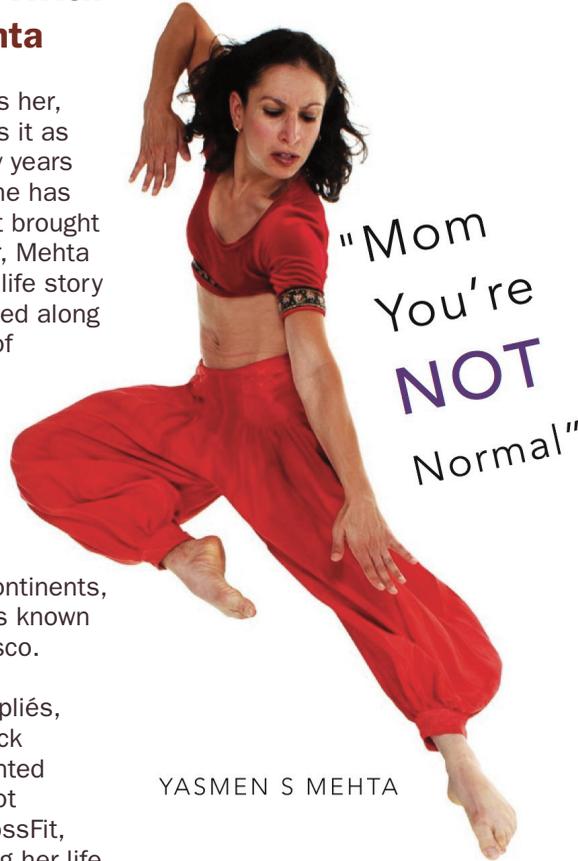
Q & A, and Book Signing will follow the conversation

Mom, You're Not Normal

A Memoir by Yasmen Mehta

When Yasmen Mehta's daughter tells her, "Mom, you're not normal," she takes it as a compliment. It has taken her many years to achieve sublime nuttiness, and she has relished every wacky experience that brought her closer to her goal. In her memoir, Mehta shares her hilarious and fascinating life story and the many lessons she has learned along the way. Mehta was born into a life of leisure in Bombay, India. When her parents shipped their pampered princess to a strict girls' boarding school in the Himalayan foothills, she found herself living a very militaristic life. Dance and sports became her refuge. Her dance career took her across four continents, eventually landing her in a city that is known for embracing originality: San Francisco.

After twenty years of pirouettes and pliés, her decision to embrace her inner jock through speed skating further cemented popular opinion: Yasmen Mehta is not normal. Mehta currently teaches CrossFit, Pilates, and Yoga Tune Up®. In telling her life story, she explores the power, beauty and grace of the human body while encouraging others to experience that for themselves.



YASMEN S MEHTA

Yasmen S. Mehta was born in Bombay, India, and educated in an English boarding school in Dehradun at the edge of the Himalayas. She has lived in England, Africa and Australia, and came to the United States to study modern dance. She retired from dance after twenty years, but continues to focus on physical health in her work as a CrossFit, Pilates, and Yoga Tune Up® coach. Through speed skating she loves to get her thrills on the ice. Yasmen lives in San Francisco with her husband and daughter.

Kamini Ramani is a Bombay native turned San Francisco resident for over 25 years. Her love for literature began in the dark halls of Elphinstone College where she was taught and inspired by a phalanx of legendary Parsi professors. She pursued this interest with a degree in English Literature at Yale University, followed by a second degree at Stanford University. She is an avid reader of fiction (South Asian & beyond). As the marketing partner at venture capital firm Mayfield, Kamini enjoys amplifying the stories of passionate entrepreneurs. Sadly, unlike Yasmen, her dance career stopped after a few bharatnatyam lessons with Indian danseuse Vyjayanthimala and she only dreams about becoming a queen of fitness.