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INSIGHT

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I dance therefore I am -

Maria Nhambu-Bergh combines aerobic exercise and African Dance

By Vernecia G. Sims
Managing Editor

Maria Nhambu Bergh is a very athletic attractive woman. Her voice still holds the strong lilt of the country of Tanzania where she was transplanted from. Bergh tries to visit East Africa at least twice a year.

"I believe I am an African American in a true sense of the words. I grew up with all my cultural values in Africa and learned to appreciate them more in America."

Bergh came to the United States in 1963. She says she put her African-ness in a concrete form to share in America.

Aerobics with Soul is a combination of American Aerobics and African dance. Bergh decided that American Aerobics were great exercise but they had no soul.

"I dance therefore I am," Bergh says. she says she devel-

oped Aerobics with Soul from her love of African dance and the need for self-expression.

"I tried to take the best of both and combine the two."

Bergh had been teaching African dance since 1977 and perfected Aerobics With Soul to begin teaching it as a course in January 1984.

Although Aerobics With Soul began in the Metro area, Bergh has been profiled on various national programs and her tapes have been marketed nationally.

Classes are available in her studio in Edina, the Uptown YWCA and The Marsh, Wayzata. Tapes are available in metro area malls at Title Wave stores and Suncoast Stores, at \$19.95.

For more information on tapes or classes, please call 920-2327.

