

What: Sacred Circle Dance: Winter spring 2015

Where: Arlington U U Church

4444 Arlington Boulevard, Arlington, VA 22204

When: alternate Thursdays 7:30pm – 9:30 pm (see dates below)



Sacred circle dances are moving meditations that embody and integrate mind, body, and spirit. These simple, gentle dances have special meditative qualities and ancient roots in music and dance from around the world. Powerful in their effect, they evoke a spiritual dimension leading to harmony and balance.

No previous dance experience is necessary.

All dances are simple and each will be taught. Our philosophy of dance is “there are no mistakes, only variations.”

January 15

January 29

February 5

February 19

March 5

March 19

April 2

April 16

April 30

May 14

May 28

June 11

June 25

Dances facilitated by Evelyn Torton Beck, Judy Robison and Barb Stiffler

\$10 per session

For further information contact ann : organizer and church liaison aulmsch@msn.com,

or evi : etb@umd.edu, or judy: robisonja23@gmail.com