



Sacred Circle

Dance:

Celebrating

Goddesses Around the World

"Mothers of the Earth," Queens of the Universe," "Queens of the Heavens"-- these are "names for goddesses believed to be creators, lawmakers, prophets, healers, hunters, battle leaders, and truth-givers." This year we will continue to honor these goddesses as we dance their attributes. Among the many we will dance are **Freya** of Norway, goddess of beauty and love; **Isis**, Egyptian goddess of fertility; **Maia**, Greek goddess of the spring; and **Tara**, Buddhist goddess of mercy.

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."

Crossings: A Center for the Healing Traditions

8505 Fenton St., Ste., 202, Silver Spring, MD

\$144 for the Spring series; \$20 drop-in

Fridays: 7:30 - 9:00 pm

January 16: Black Madonna

January 30: Snake Goddess

February 13: Bird Goddess

Goddess

April 10: Isis

April 17: Freya

May 1: Dreaming

February 27: Yemaja

March 6: Maya

March 13: Virgin of Guadalupe

May 22: Oshun

June 5: Tara

June 12: Wild Woman

Evelyn Torton Beck, Ph.D., Professor Emerita of Women's Studies, University of Maryland, is an experienced dancer and teacher who aims to connect mind, body, and spirit through the practice of sacred circle dance. In addition to teaching, she brings this dance practice to a variety of professional conferences.

Judith Walton, Ph.D., has been teaching sacred circle dance for more than 20 years and uses the power of the dance with diverse groups to achieve integration and wholeness. She learned many of these dances at Findhorn, a spiritual and ecological community in Scotland.

For more information, contact Evi (etb@umd.edu) or Judith (jwaltondc@yahoo.com).