

DANCING OUR THANKFULNESS

We often spend time complaining about the difficulties in our lives, but how often do we step back and reflect on the good for which we could be thankful?

Through simple circle dances and poetry, in this workshop you will have the opportunity to dwell on and make manifest some tentative answers to the question:

"For what are you thankful in your life?"

No previous dance experience is needed and no partners are necessary. Our philosophy of dance is, "there are no mistakes, only variations."

Saturday, November 20, 1:30 - 4:30pm \$35.00

At: Crossings: A Center for the Healing Traditions 8505 Fenton Street, Suite 202 Silver Spring, MD 20910

Evelyn Torton Beck, Ph.D., Professor Emerita of Women's Studies at the University of Maryland, is an experienced dancer who studied circle dance in Europe, South America, Mexico, and many parts of the United States. Through this dance practice she aims to connect mind, body and spirit.

Judith Walton, Ph.D., has been teaching sacred circle dance for almost 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 further information contact etb@umd.edu or jwaltondc@yahoo.com