

## **DANCING THE ZODIAC through GENTLE AND MEDITATIVE CIRCLE DANCE**

Some believe that the movements and positions of celestial bodies influence our lives and the events that happen around us. This year, we will dance to the signs of the zodiac and experience these different energies.

All dances have special meditative qualities and ancient roots. Powerful in their effect, they evoke a spiritual dimension. Dancing together, we create community and connect to ourselves and each other.

All dances will be taught. No previous dance experience is needed and no partners are necessary. In Circle Dance we believe that "there are no mistakes, only variations."

### **FRIDAYS 7:30 pm – 9:pm**

Oct. 1 Libra: *Balance, harmony, beauty and self completion*

Oct. 15 Libra

Oct. 29 Scorpio: *Probing the unconscious, facing and accepting difficulties*

Nov. 5 Scorpio

Nov. 19 Scorpio

Dec. 3 Sagittarius: *The interconnectedness of all things*

\$60 for 6 classes (bring cash or check made out to Judith Walton to first class)

or per \$15 drop-in fee

All classes are on Fridays: 7:30 pm – 9:00 pm

**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 in many parts of United States. Through this dance practice 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](mailto:etb@umd.edu) or [jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com)

