



**Cathedral Crossroads:** in the NATIONAL CATHEDRAL  
3101 Wisconsin Avenue DC 20016

September 28, 2010 (last Tuesday of the month)  
Between 6:30 - 8:45 *Walk the Labyrinth* to harp music

**7:30 – 8:30 SACRED CIRCLE DANCING**

**Sacred Circle Dancing: Moving Meditations**

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. Dancing together, we affirm community, connect to ourselves, and each other.

In this session, we will dance to encourage new openings, transformations, and a sense of hope: in ourselves, our communities, our country, and in the world. Dances will represent cultural embodiments of different faiths.

No previous dance experience is needed. All dances are simple and each will be taught. Our philosophy of dance is, “There are no mistakes, only variations.”

**Evelyn Torton Beck**, Ph.D, is Women's Studies Professor Emerita and an experienced teacher in the tradition of Sacred Circle dance as a healing practice. This form of dance became part of her teaching at the University of Maryland in seminars on *Healing Women*. By means of this form of dance, she aims to integrate mind, body and spirit. Sacred Circle dance is central to her spiritual practice. [etb@umd.edu](mailto:etb@umd.edu)

**Judith Walton**, Ph.D, has been teaching Sacred Circle dance for more than 15 years and is interested in using the power of the dance as a means to achieve integration and wholeness. She learned many of the dances at the Findhorn Community, a spiritual/educational community in Scotland. She is a trainer and organization development consultant. [jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com)