

## *Dancing the Chakras through Sacred Circle Dancing*



This year our dancing will be organized around the seven chakras—conceived in Eastern philosophy as focal points of energy in the mind/body for the reception and transmission of the life force energy. Each chakra is associated with spiritual and physical qualities. Participants will have the opportunity to experience these different energies through dancing. **Although we began dancing the chakras last Fall and are continuing to dance the chakras during Winter and Spring, it is not necessary to have attended previous sessions.**

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.

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**

\$120 for 12 classes

\$20 drop-in

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

**January 13, 27; February 10: Heart Chakra  
February 24; March 9, 23: Throat Chakra  
March 30; April 13; May 11: Forehead Chakra  
May 18; June 1, 15: Crown Chakra**

**Evelyn Torton Beck, Ph.D.**, Professor Emerita of Women’s Studies at the University of Maryland, is an experienced dancer who aims to connect mind, body, and spirit through the practice of sacred circle dance and meditation.

**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.