

Circle Dancing Dates -

Tuesday 4th July

Tuesday 11th July

Tuesday 18th July

Tuesday 25th July

Tuesday 1st August.

All sessions will meet at Meanwood Institute, Green Road, Meanwood LS6 4LD at 1.30 p.m. and finish at 3.30 p.m.

The circle dancing workshops will take place in Meanwood Park, or in the event of poor weather will take place inside the hall at Meanwood Institute.

For further information please email
carol@leedscombinedarts.org.uk
or call 07708 230 333

Disclaimer: Leeds Combined Arts reserves the right to alter, cancel or amend an event when circumstances arise beyond their control. However if an event has to be cancelled or changed this will always be advertised on the web-site. Participation in any event included in this programme is undertaken at the individuals own risk.



'CREATIVE & ACTIVE OUTDOOR & INDOOR WORKSHOPS'

*Join us for our five week session of workshops on
'Circle Dancing'*



**Tuesdays 4th July – 1st August 2017
1.45 p.m. – 3.30 p.m.**

(Includes a short break for refreshments).

www.leedscombinedarts.org.uk/lca



Get fit, have fun and join the circle dancing!



Circle Dancing is open to everyone. No experience is necessary as all the dances are taught first. No partner is needed as we all join hands and dance together. The circle of dancers are welcoming and supportive, providing gentle exercise, and we can all have fun and make friends while learning dances to music from around the world. 'There are no mistakes in Circle Dancing – only variations'.

Circle Dancing is a mixture of traditional folk dances and contemporary dances to music – traditional, classical, modern, fun and meditative. There is no other form of dancing that offers so much variety of style, tempo, rhythm and music. It is light to moderate exercise, good for the memory and coordination, meaningful and uplifting.



Dancing in a circle is the oldest form of community dance. Traditional folk dances celebrate the seasons, work, life, love and loss. These dances introduce us to music and rhythms that we would not normally meet. To me it is like stepping into the shoes of someone from a country and culture which is very different to mine. Learning these dances helps us to understand and celebrate our differences and is a step towards acceptance and peace between us all.



The circle dancing workshops are provided free of charge, however a small donation towards refreshments is always appreciated.

For any further information please contact with –

Carol by email carol@leedscombinedarts.org.uk

Emma by email emma@leedscombinedarts.org.uk

Or if you prefer, you can call us on 07708 230 333 or 07518 627 109