



28th March 2020 10.30am - 4.30pm

Spring Tonic @ State Theta Galleries, Ormiston , near Edinburgh

Dances to put a smile in your heart and a spring in your step

A day of circle dances with Findhorn Sacred Dance teachers

Katharina Kroeber and Brant Bambery.

Joining hands around the circle to dance is an age-old practice that brings us present to ourselves, our community in the circle, and to the life force flowing between earth and sky and through each one of us. In this spring workshop we will focus on the sap rising as the days lengthen, the earth warms and plants begin to grow: being in rhythm with the world around us is an important aspect of the dance. We connect to our own hearts and minds, to all the cells in our body, and hold all we find there in acceptance, offering who we are to the circle and to whatever is sacred to us – this is what makes our dance a prayer. The circle welcomes all thoughts, emotions, aches and pains, and invites us to process them in the dance, letting in the light, laughter and renewal of spring. The dances for the day come from European circle dance traditions, modern choreographies, and the Findhorn Sacred Dance tradition. They are suitable for all levels of ability and experience.

To book Spring Tonic, go to :

www.statetheta.com/trainingsandcourses/sacred_dance_2020.html

Cost is £30 for more info see

brantbambery.com and thecrystalweb.co.uk

