

Circle Dance with Alexander Technique

Circle Dance is a simple form of dance danced in a community setting. It is as ancient as creation itself when human beings came together to celebrate and share the different aspects of their lives.

As the circle is a symbol for unity, the dancing circle moves as a unit having a focus which knits them together. The purpose of the dance is to produce a wholeness through joining people together, sharing the music or singing.

The Circle Dance phenomena as we now know it originated from traditional folk music and dance. It has become so popular that groups can be found in all towns and cities throughout Britain, and in the rest of the world.

Anyone, young or old can dance these dances, the young by engaging with the lively and fascinating rhythms and the old, by enjoying a gentle form of exercise. The repertoire of dances is vast and embraces many different styles and ethnicities.

When Circle dance is blended with the ideas of the Alexander Technique, personal awareness develops even further. By using the Alexander Technique in a circle dance situation we could say that we have added a type of 'Mindfulness' of the moving body. Alexander's discovery is most famous for its corrections of posture but as a teacher of 35 years, I can vouch that the benefits of using it in this context will improve health and well-being.

Come join me in building a circle of Presence where body, mind and feelings meet other people in the dance.

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