

~ Circle Dance for Wellbeing ~



Looking for a different kind of exercise?

Circle Dance is a traditional form of dance from a wide range of cultures. It can be upbeat and lively or slow and beautifully meditative but is always uplifting. A gentle physical activity for everyone, no partners are needed, and each dance is clearly taught.

Interested? Contact Anne on 07816 422614 or email annesburrell@gmail.com for details of the taster session on

Friday 17/09/21 2.30 – 3.30pm
at Balsall Common Village Hall

Pre booking required

Following Covid-19 guidelines regarding social distancing and hygiene