

# Auchterarder

Three Kings' Hall, Ochil Tower School, Auchterarder PH3 1AD

Sunday afternoons 2.00 – 4.00 pm

Aug 25

Sept 8 22

Oct 6

Nov 3 17

Dec 1 15

Cost £6 (refreshments included) If in doubt contact Keryn to check dates!

## What is Circle Dancing?

We dance in a circle to beautiful music from around the world. No partner or experience is needed. Circle dances can be energetic and lively or gentle and reflective. There is no audience and everyone of any age or ability can join in.

Dancing together in this way provides gentle to moderate exercise, helps coordination and focus, can uplift the spirits and bring about a sense of well – being and community.

### Contact information

For more information about classes & events contact :

**Keryn Evely**

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