



Photo by GRAHAM PAINE

Open to everyone, a sacred circle dancing group meets frequently in Milton. Demonstrating here are (from left) Valerie Griffin, Cheryl Broughton, Janette Ledwith and Elizabeth Kiddle.

Sharing the joy of dance within their 'sacred' circle

By KAREN SMITH

The Champion

It's called sacred circle dancing. Rather than focusing on performance, this dance is for participation.

A group of local women gather to enjoy sisterhood in a sacred setting that has a place for all cultures and religions, ages and body types.

"It offers a new way of being together and sharing experiences through song and dance," said Elizabeth Kiddle, a founding member of the spiritual group.

Participants use simple dance steps and music to help themselves unwind, relax and attune to their bodies, develop deeper wisdom and group synergy.

Many of the dancers find it's a place where they can release all stress and pressure of their outer lives, expectations and judgments — letting go of all masks, said Valerie Griffin, the group's leader.

"The idea is that we're all equal and we're building community," she said.

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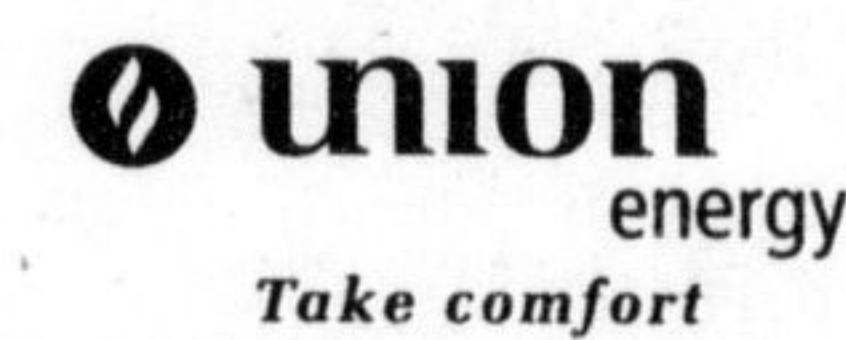
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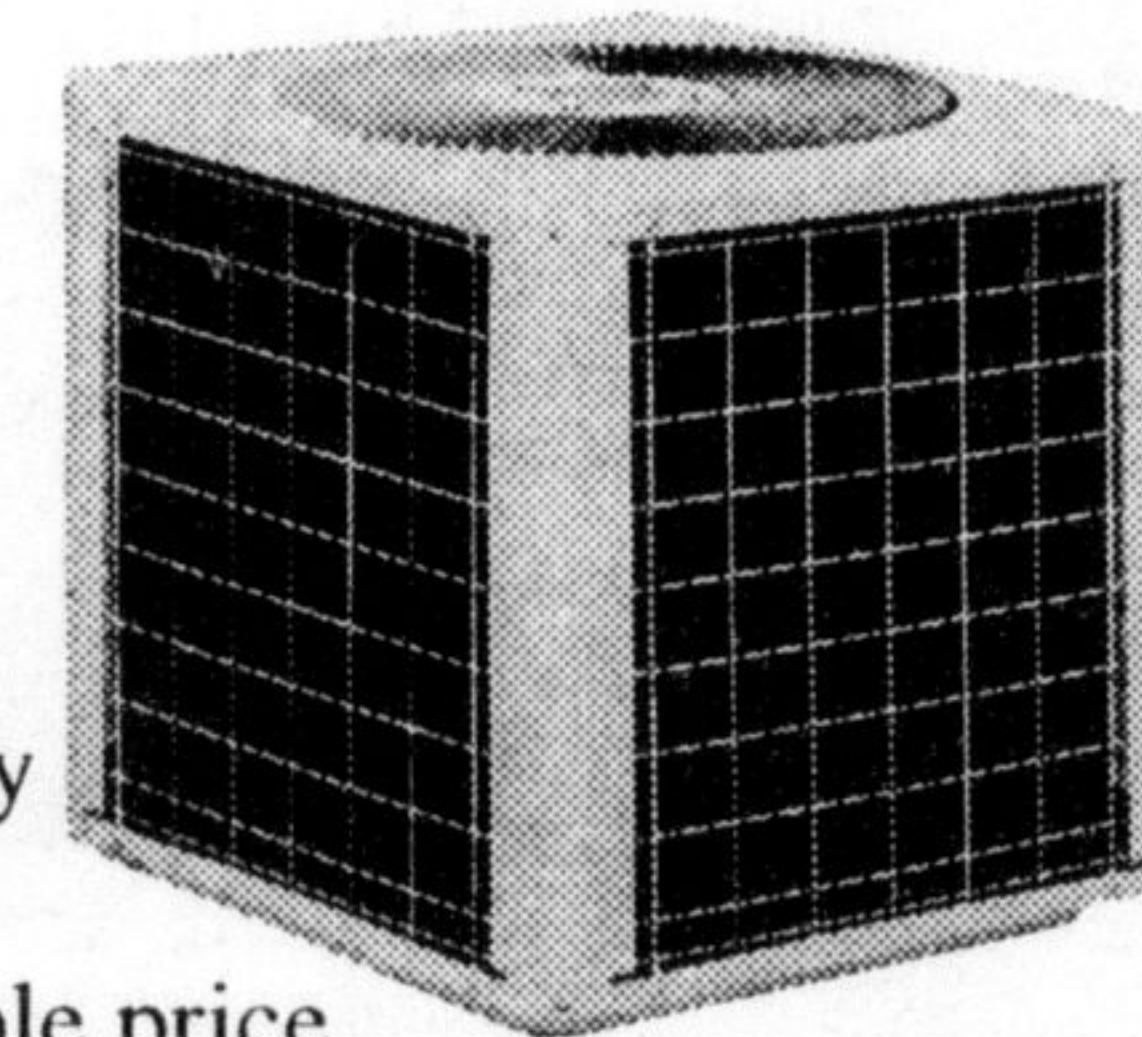


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