

Carol Holtom

February 2019

Galston group



I attended my first Circle Dance class in January 2013, shortly after the death of my partner. A friend who attended Irene Townson's Auchinleck group invited me and immediately I felt healing on an emotional level. I also knew that my partner, who couldn't normally be persuaded to dance, had very much enjoyed circle dancing during an experience week in Findhorn and I was comforted by the connection.

I loved it so much that I began to attend any event I could, in Scotland and down south.

At first, I was very clear that I didn't want to teach dancing, I just wanted to enjoy it, but a couple of years ago Irene was unable to take the class for a few weeks and we as a group didn't want to miss our dancing.

I had no idea of dance notation, so she helped me write longhand notes for every dance she taught on her last day; she lent me her music equipment, and each week we repeated that day's programme until she got back.

After that I decided that it would be a good idea to learn more about teaching in case Irene was ever unable to take the class again. Irene was great: really encouraging, explaining things, teaching me to read steps. I practised by leading one or two dances each week in her classes. Luckily, the Auchinleck group is ultra-tolerant! I began to enjoy teaching more and more.

Excellent teacher training courses were being offered but, for various reasons, I wasn't able to attend any of them – until I was reading Grapevine and an advert for a two-week course in Findhorn leapt out at me. It was being led by Peter Vallance and Judith Bone in September 2018 and I knew it was the perfect one for me.

I'm particularly interested in the spiritual dimensions of Circle Dance, in its roots with Bernhard Wosien and the Findhorn Foundation Community. I'm interested in its healing energies. I want to be part of giving more people an opportunity to experience Circle Dance. I love the traditional dances and I also love the more modern choreographies.

And I'm still amazed at the number of lovely people I've met and the wonderful friends I've gained through Circle Dance.