

Escape the Frenzy of the 21st Century

Return to a more civilized and elegant era

Help us create joyful, playful, and often exhilarating human experiences by moving gracefully to beautiful early music.



English Country Dance Workshops

at the Troy YWCA, 21 First St.

Winter Schedule October – May

2nd & 4th Friday Nights 7-9 pm

Summer Schedule June – September

4th Friday Nights 7-9 pm

To confirm event dates, contact:

donwfbell@gmail.com 518-788-8197

Admission: Donation

English Country Dancing

- centuries-old but still thrives today
- beautiful music
- basic steps are simple
- a great way to get exercise and make new friends
- many interesting formations - long or short lines, circles, squares, etc.
- ranges in mood from light playfulness to delightful elegance, enthusiastically robust to gloriously stately.
- dance movements flow in sync with beautiful early classical music
- music by composers such as Purcell and Handel.
- The gentle aerobic dance movements are good for the body and the brain

English Country Dance Workshops

- **Beginners & experienced dancers welcome**
- Basic figures and style pointers taught
- No partner needed
- Bring soft-soled shoes for dancing
- Dances done to recordings by professional musicians and occasionally live music
- A variety of dances from slow to fast, simple to complex appealing to beginner, intermediate and advanced dancers
- **Watch some inspiring dance videos**
[youtube.com/user/donwfbell/videos](https://www.youtube.com/user/donwfbell/videos)