

Kate Daly

Edinburgh Marchmont/Grange, Salisbury, and Galashiels groups

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I was first introduced to circle dancing about 25 years ago when I attended a weekend of yoga and circle dance. I was really only there for the yoga; I had no idea what circle dancing was about.

I was taken by surprise as to how much the dances, the rhythms and music all lifted my spirit and I knew that this was something special. However, life leads us along many paths and circle dancing was not a path open to me at that time.

Years later, with family commitments reducing I searched and found where people were dancing. This meant a lot of travelling as there were no groups nearby.

At a wonderful weekend of dance with the late Mandy De Winter I met Katie, and we agreed that in order to dance regularly we should undertake circle dance training and start a group in Edinburgh.

Over the following few years, with confidence and repertoire growing we increased the frequency of the group and I also started two more groups - one in Edinburgh and one in Galashiels.

Through dance I've met wonderful people who have helped and encouraged me on my dance path. Special thanks to Phil who has endured listening to me playing and re-playing pieces of music over and over as I practice the dances, carried bags, set up/cleared halls and much more.