

# Folk Dance in the Forest..a retreat!



Dancing of all kinds is rapidly gaining popularity as people realize that it benefits both the brain and the body, is fun, and is great for socializing. Folk dancing is particularly accessible as the Surrey International Folk Dancers (SIFD) showed in their recent weekend "Folk Dance in the Forest" Retreat.

The event was a dream come true for SIFD after a year of planning. Over fifty dancers of all skill levels assembled to learn and take part, coming from all over the Pacific Northwest. Volunteer folk dance teachers from England,

Ottawa, Victoria, Burnaby and Surrey took the group through a wide variety of dances, from Israel, Macedonia, Quebec, Greece, Romania, and many others.

The retreat provided an opportunity to learn about the history and geography that provide the origins of the dances of today, as well as an exploration of the links between dance, music and culture. There were many other activities available such as swimming, hot tub, singing, horseshoes, archery, ping pong, hiking, and walking. All in the beautiful, natural setting that BC is famous for. Participant feedback was 97% favourable, and attendees appreciated that "there was something for everyone no matter your experience."



SIFD welcomes new dancers to their weekly dance meet-ups which take place on Thursday evenings at Walnut Road Elementary School in Fleetwood. Details can be found on their website at [www.surreyfolkdance.org](http://www.surreyfolkdance.org).

*Article written by Marie Bremner, Bruce Sharpe and Dale Adamson.*

