

# The impact of circle dance on well-being: a qualitative study

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TOWN



# Outline of the presentation

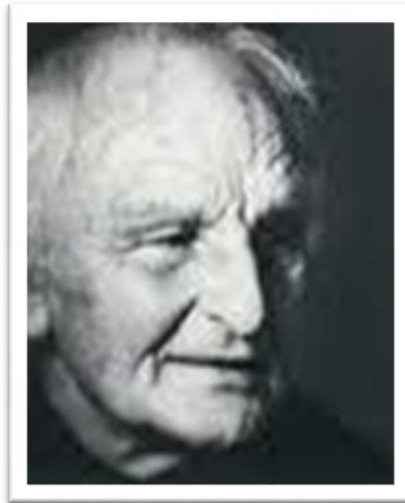
- Circle dance: background and historical context
- Research design
- Findings and discussion
- Conclusion

# Circle dance



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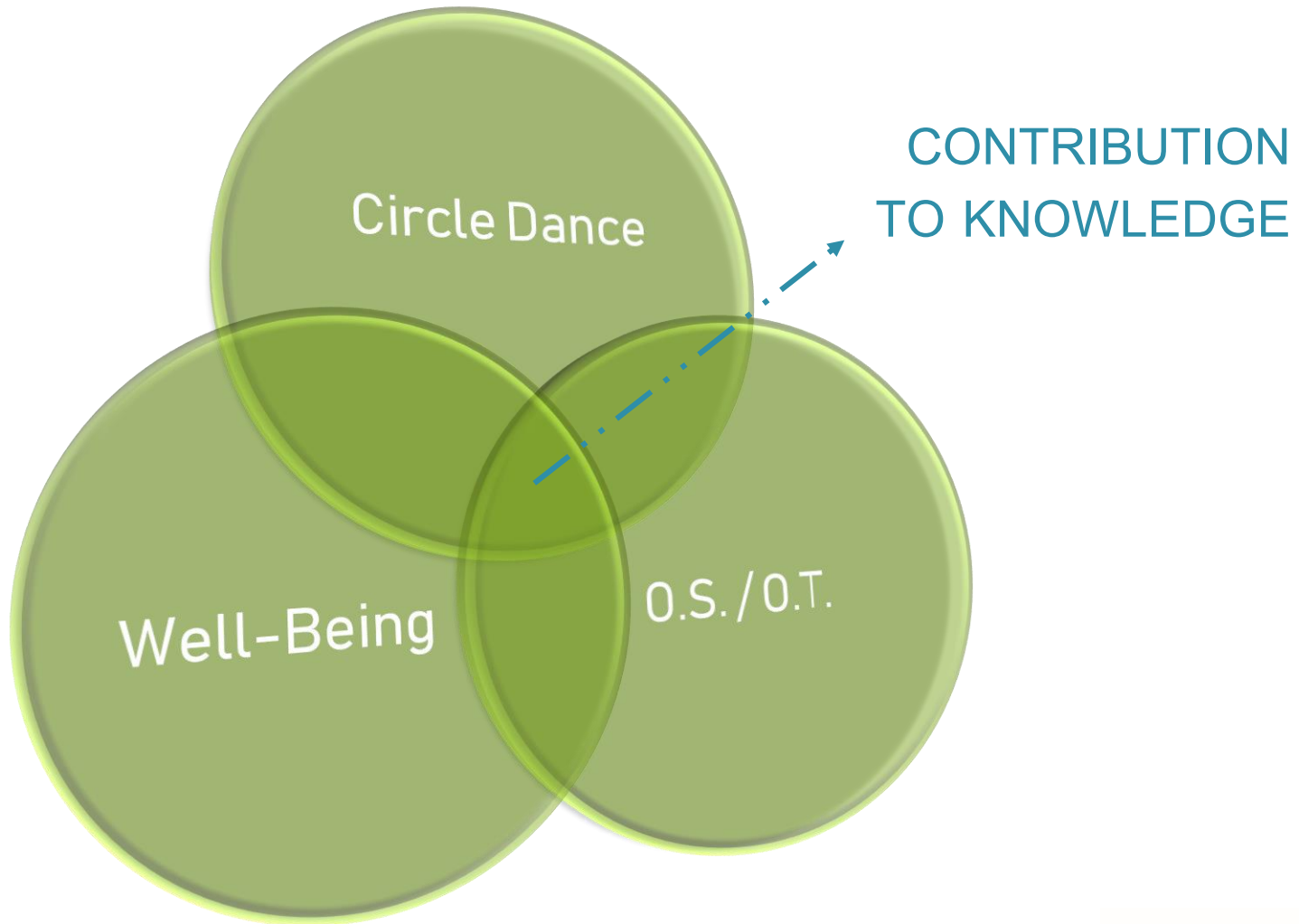
# Bernhard Wosien (1908-1986)



The impact of circle dance on well-being: a qualitative study



# PhD research topic



The impact of circle dance on well-being: a qualitative study

## Methods

- Grounded theory: constructivist approach (Charmaz, 2006)
- In-depth interviews
- Analytical process: major categories (circle dance participants, teachers and coordinators)





Findings:  
participants' major category

*"I can't  
imagine life  
without it"*

Unique experience of  
being engaged

Feeling part of the ethos  
of circle dance

Helping to overcome  
difficulties in life

# Slide show



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# Conclusion

Potential

Potential

Meaning

Meaning

**Circle  
Dance**

Significance

Significance

Well-Being

Well-Being

Quality

Quality



# References

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# Many thanks!

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