

# Valyermo Mid-Winter Dance Workshop

January 12-15, 2018



## *The Sacred Space of Humanity*

This workshop is an invitation to step into the sacred space of the Abbey and use it as a portal into the sacred space of our humanity. Overcoming the division and fraction between one another calls for the "application of Trust"--prayer.

John West is an oblate of St. Andrew's Abbey and founder of the Valyermo Dancers. A gifted dancer, choreographer and liturgist, he has been conducting dance workshops at St. Andrew's and Holy Spirit Retreat Center; a member of the Religious Education Congress Liturgy Committee. A lecturer and educator at the international and national collegiate and university levels, his professional associations include membership in the prestigious North American Academy of Liturgy and the Sacred Dance Guild Board of Directors.  
[www.valyermodancers.org](http://www.valyermodancers.org)

Dancers, musicians, artists, liturgists, and poets of faith are called together this weekend to move beyond words into heartfelt and embodied prayers for and about the dignity, mutual respect, and love we share in the ongoing work of Creation. The days are full of scripture, dance, prayer, and fellowship; evenings are open to silence and reflection. Sunday night provides the participants the opportunity to offer the work of previous days in a worshipful setting in the company of the monks.

Bring comfortable clothes to move with ease.

Location: St. Andrew's Abbey, Valyermo, CA Lodging:  
\$350 single room; \$287.50 shared room  
\*Price includes meals.

To Register: Please Contact St. Andrew's Abbey  
[retreats@valyermo.com](mailto:retreats@valyermo.com) or call (661) 944-2178  
[www.saintandrewsabbey.com](http://www.saintandrewsabbey.com)

January 12<sup>th</sup> –15<sup>th</sup>  
Friday-Monday

Friday:  
8:00 pm

Saturday:  
9:00am-11:15 am  
2:30 pm-5:00 pm  
Evening: TBA

Sunday:  
9:00 am-11:15am  
2:30 pm-5:30 pm  
8:00 pm  
Evening Dance  
Prayer Vigil

Monday:  
9:00 am -10:30 am

