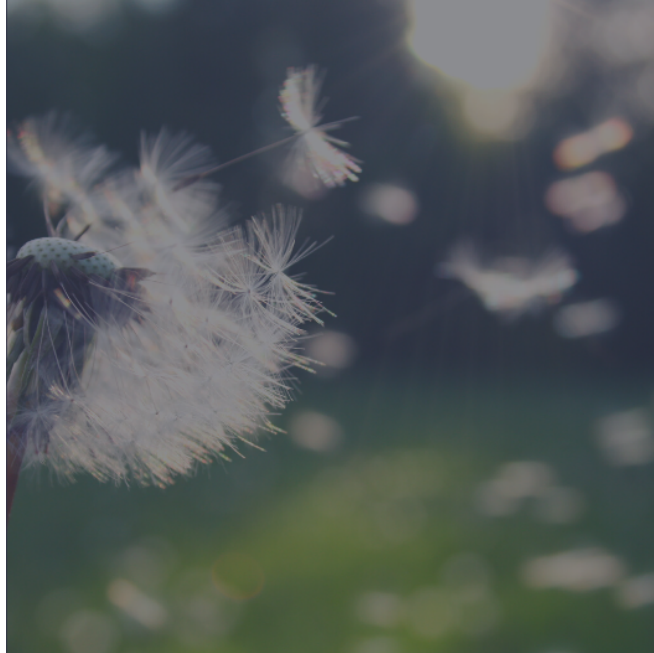


Moving to Become Spiritually Whole



Mid-Winter Dance Workshop-Via Zoom St. Andrew's Abbey

Jan. 15-18, 2021

Led by John West

www.saintandrewsabbey.com

"It is not what you are or have been that God looks at with his merciful eyes, but what you would be." (14th century English mystic and author of The Cloud of Unknowing)

The work and prayer of sacred dance will provide participants the preliminary steps toward knowing one's true self and walking on an individual path toward spiritual wholeness with all Creation.

Join dancers, musicians, artists, liturgists, and poets of faith to voice, dance and step into new ways of creativity and prayer. Our work will help us recharge our energies and commitment to personal and global renewal.

John is an oblate of St. Andrew's Abbey and founder of the Valyermo Dancers. A gifted dancer, choreographer, liturgist and writer, he has been conducting workshops at St. Andrew's and Holy Spirit Retreat Center, as well as at international and national collegiate and university levels. His professional associations include serving on the board of the Sacred Dance Guild, as a member the Los Angeles Religious Education Congress Liturgy Committee, and the prestigious North American Academy of Liturgy.

To register:

<https://events.eventzilla.net/e/mid-winter-dance-workshop-moving-to-become-spiritually-whole-2138784116>