

# Valyermo Advent Dance Workshop



## Fleshing Out the Incarnation

December 10, 2011

9:00 am- 4:30pm

*With the world's evening near, Christ Jesus comes like the bridegroom out of His chamber, out of the virgin mother's womb, to set a crown of invisible grace, joy and gladness upon his servants.*

This day long workshop will include reflection on relevant scriptures of both Old and New testaments, and the writings of various Church Fathers & Benedictine theologians as we "incarnate" our meditations and enter prayerfully into Advent. We will conclude the workshop with an afternoon group prayer experience drawing on movement prayers developed during the morning and applied to an adapted version of the Vespers ritual from the Coptic Rite Divine Office. Dance skirts and pants are encouraged for the celebration.

*Led by John West*

John West is an oblate of Valyermo and founder of the Valyermo Dancers. A gifted dancer, choreographer, and liturgist, he has been conducting dance workshops at St. Andrew's for many years. He is also a lecturer and educator currently serving as Headmaster at the Mirman School.

**Location:** St. Andrew's Abbey, Valyermo, CA

Continental breakfast, coffee, tea and water are available throughout the morning; lunch is served following the noon Mass.

**Workshop Price:** \$40.00 per person

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