

# Valyermo Dance Workshop



## Dancing Lessons and Carols, Part II A Full Bodied Celebration of the Word Made Flesh

December 14, 2013

9:00 am - 4:30 pm

“Christmas is a most appropriate season for adding dance to other art forms used in expressing the great joy of the season. The word ‘carol’ itself means to dance with singing.”

~ Doug Adams

The workshop will lead participants from the solemn hope of advent hymns to the joyous carols and reenactments of Christmas traditions stretching from medieval Europe to the indigenous people of the Americas. With the *Festival of Nine Lessons and Carols* as a reference, participants will flesh out the incarnation, celebrating the loving God through the scriptures and the music of the season. The fruit of the workshop will be offered as an afternoon group prayer experience, sending all into the season with joyful heart, mind, and spirit.

Rejoice in that day, and leap for joy!

Luke 6:23

**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. He is also 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.

For liturgical dance resources, future workshops, and more information about John West and the Valyermo Dancers:

[www.valyermodancers.org](http://www.valyermodancers.org)

**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.



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