



### ***It's A Way of Life:***

*Keep healthy in body and spirit by integrating physical and spiritual exercises through modern dance in a sacred mode.*

*Six Sessions Series, Thursday evening 7-8:30 pm*

**September 14, 21, 28 \* October 12, 19, 26**

John West, Director of the Valyermo Dancers and workshop facilitator at both St. Andrew's Abbey and HSRC, offers a second series of modern dance classes that integrate both physical and spiritual exercises. Using his rich background in Graham, Humphrey-Weidman, Horton, and Dunham techniques, John will lead students from teens and young adults to seniors to improve their physical condition and ward off the intimidations and restrictions of stress and limited physical abilities. With attention to the physical core and the spiritual core, movers and dancers will develop a sense of community and joy in the celebration of Life and the gifts of the Creator. The classes will offer a unique opportunity for friends and those in relationship to speak and communicate in & through dance, "the hidden language of the soul" [Martha Graham].

Fee: \$20 per session or Series of Six for \$115 per person (paid in advance)

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