



*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.*

*Ten Session Series: Thursday evenings 7-8:30 pm*

January 12, 19, 26 \* February 2, 9, 16 \* March 2, 16, 23, 3

John West, Director of the Valyermo Dancers and workshop facilitator at both St. Andrew's Abbey and HSRC, offers two 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 prepaid series of ten: \$180

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Registration Form: *It's A Way Of Life Series*

Name: \_\_\_\_\_ Phone/cell \_\_\_\_\_  
first name last name

Email: \_\_\_\_\_

Mail to: Sr. Deborah Lorentz  
Address: 4316 Lanai Road, Encino, CA 91436  
Phone: (818) 815-4496