

Finding Moments of Gratitude, Healing, and Joy



Holy Spirit Retreat Center Sacred Dance Workshop

May 20, 2017

9:30 am-3:30 pm

Let your life's dance include steps, great and small, that give thanks for what you have, preparing you for the joys and gifts to come. The more actions of gratitude we seek and do, the more joy and balance we will find. Come celebrate and practice these steps of life in the dance! This Sacred Dance Workshop provides an opportunity for dance prayer to be experienced by the dancer and non-dancer alike.

Come and experience this new dimension of prayer.

John West is an oblate of St. Andrew's Abbey and founder of the Valyermo Dancers. A gifted dancer, choreographer and liturgist, he has been conducting dance workshops at St. Andrew's and Holy Spirit Retreat Center; a member of the Religious Education Congress Liturgy Committee. 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.

To register, please contact: Sr. Deborah (818) 815-4496 or Holy Spirit Retreat Center (818) 784-4515

Location: 4316 Lanai R d. Encino, Ca. 91436

A \$10.00 non-refundable deposit to register.

\$45 with lunch and \$35 without lunch

For liturgical dance resources, future workshops, and more information visit www.valyermodancers.org