

The Balance of Living

May 28, 2016

9:30 am-3:30 pm



As we continue to practice living through practicing sacred dance, this workshop will focus participants on the dance and spiritual concepts of balance and imbalance; of centering and being off-center in various planes of living and movement.

Holy Spirit Retreat Center Sacred Dance Workshop

By John West

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. 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.

This Sacred Dance Workshop provides an opportunity for dance prayer to be experienced by the dancer and non-dancer alike. Our time together should serve as a resource of personal reflection and learning about living through the challenges we face as a Gospel people. We cannot escape the forces that will try to knock us off of our path, but we can learn how to recover and use that energy to become better selves, better members of our faith communities. Come and experience this new dimension of prayer.

To register, please contact: Sr. Deborah (818) 815-4496 or Holy Spirit Retreat Center (818) 784-4515
Location: **4316 Lanai Rd. 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