

# Valyermo Mid-Winter Sacred Dance Workshop

January 15-18 2016

Led by **John West** with contributing Artists **ValLimar & Frank Jansen**



## DANCING INTO THE SOUL OF THE WORLD

John is an oblate of Valyermo and founder of the Valyermo Dancers. A gifted dancer, choreographer, and liturgist, he has been conducting workshops at St. Andrew's, as well as at the international and national collegiate and university levels. His professional associations include membership in the prestigious North American Academy of Liturgy.

*When you dance,  
your purpose is not to get to a certain place on the floor.  
It's to enjoy each step along the way.*  
Wayne Dye

The work and prayer of sacred dance becomes the vehicle for this weekend of celebration and praise of the unifying breath of the living God who created our diverse, multi-formed, humanity. Dancers, musicians, and poets of good faith are called together this weekend to translate religious, biblical, and liturgical themes into moving art reflective of God's creative presence in all of humankind. The days are full of scripture, dance, prayer, and fellowship; the evenings are open to silence and reflection. Sunday night provides the participants the opportunity to offer, in the company of the monks, the work of previous days in a worshipful setting.

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

January 15- 18<sup>th</sup>  
Friday - Monday

Friday: 8:00 pm

Saturday:  
9:00 am-11:15 am  
2:30 pm- 5:00 pm  
Evening: TBA

Sunday:  
9:00 am- 11:15 am  
2:30 pm- 4:30 pm

Evening Dance  
Prayer

Monday:  
9:00 am - 10:30 am



**Location:** St. Andrew's Abbey, Valyermo, CA: **Lodging:** \$350 single room; \$287.50 shared room  
\*Price includes meals.