

Valyermo Mid-Winter Sacred Dance Workshop

January 13-16, 2017



"I will transform the valley of trouble into a gateway of hope."

-Hosea 2:15

SEEDS OF HOPE

Hope is the dream of the soul awake; hope has no boundaries. Though we believe hope is a perennial flower of the human spirit, its seeds must be discovered, watered, and tended in each of our lives. That calls for time apart, time to reflect and tend to the spirit. This workshop is an invitation to come to the Abbey as a gateway and to use this retreat to sow those seeds of hope deep within; to look forward to a full healing and harvest of our soulful selves. Dancers, musicians, artists, liturgists, and poets of faith are called together this weekend to translate hope into movement reflective of God's creative presence in all of humankind. The days are full of scripture, dance, prayer, and fellowship; evenings are open to silence and reflection. Sunday night provides the participants the opportunity to offer the work of previous days in a worshipful setting and in the company of the monks. Bring comfortable clothes to move with ease.

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

www.valyermodancers.org

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

*Price includes meals. To Register: Please Contact St. Andrew's Abbey retreats@valyermo.com or call (661) 944-2178

www.saintandrewsabbey.com



January 13-16
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
Vigil

Monday:
9:00 am -11:00 am