

Creating and Dancing the Times of Our Lives



MID-WINTER DANCE WORKSHOP

Friday, January 13 - Monday, January 16

The phrase “the dance of life” seems natural to us in some ways, but what if we really work to define our personal choreographies and the “times” when we are called into a different rhythmic setting, just as Ecclesiastes projects? Come join companions of like mind as we enter into this **very** human contemplation of the movements of our lives.

John West is an oblate of St. Andrews’s Abbey and the founder of the Valyermo Dancers. A gifted dancer, choreographer, liturgist, and writer, he has been conducting workshops at St. Andrew's Abbey and Holy Spirit Retreat Center, as well as at international and national collegiate and university levels. His professional associations include serving on the board of the Sacred Dance Guild and as a member of the prestigious North American Academy of Liturgy. The work of the weekend will be enhanced by the vocal and musical ministry of **ValLimar and Frank Jansen**

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