

# The Footprints of a Star



## Valyermo Sacred Dance Workshop

Saturday, December 13, 2014

9:00 am - 4:30 pm

In the tradition of the seasons of Advent and Christmas, participants will experience through movement how humanity moves through the stages of life “like a bird or dancing spark...” Each of us learns to spot our guiding star and follow its disappearing footprints into the promise of tomorrow.

**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. For liturgical dance resources, future workshops, and more information about John West and the Valyermo Dancers: [www.valyermodancers.org](http://www.valyermodancers.org)



To register please contact St. Andrew's Abbey at [retreats@valyermo.com](mailto:retreats@valyermo.com) or call (661)944-2178 [www.saintandrewsabbey.com](http://www.saintandrewsabbey.com) [info@valyermodancers.org](mailto:info@valyermodancers.org)

**Location:** St. Andrew's Abbey, Valyermo Ca

Continental breakfast, coffee, tea, and water are available throughout the morning; lunch is served following the noon Mass.