

Dancing the New Season of Life



Summer Sacred Dance Workshop July 28-31

Come and choreograph movements, write poems, sing music and build stories for a 3 part setting, a tryptic of your life's experience: (1) The Memory of Life before it was paused; 2) Reflections on the Pause; (3) Movements of Promise into the Season of Life that lies ahead. Join the dance of all life as it moves into the sacred unknown.

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique

Martha Graham to Agnes de Mille.

John West is an oblate of St. Andrew's 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 Academy of Liturgy.

<https://events.eventzilla.net/e/summer-dance-workshop-dancing-the-new-season-of-life-2022-2138822639>