

# Valyermo Mid-Winter Dance Workshop 2014



*Led by John West*

January 17 – 20<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

## *Footsteps Before Me*

**The work and prayer of sacred dance becomes the vehicle for the spiritual journey of this extended weekend. Participants gather as a community of dancers, musicians, and poets to explore biblical or liturgical themes. The days are full of scripture, dance, and prayer; the evenings are usually open to silence and reflection. Sunday night provides the participants the opportunity to offer, with the monks, the work of previous days in a worshipful setting.**

John West 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.

**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: [valyermogh@gmail.com](mailto:valyermogh@gmail.com) or call (661) 944-2178  
<http://www.saintandrewsabbey.com/>