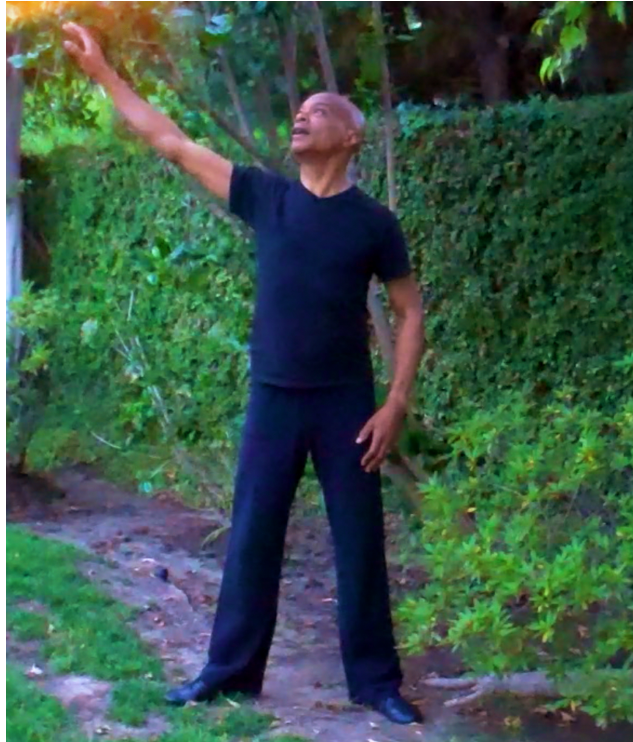


It's A Way of Life: A Dance Series



Led by: John West, Choreographer and Director of the Valyermo Dancers

Keep healthy in body and spirit by integrating physical and spiritual exercises through modern dance in a sacred mode.

Tuesday and Thursday evenings

October 16, 18, 23, 25, 30; November 1, 6, 8, 2018.

7:00 pm – 8:30 pm

In the spirit of Pope Francis' recent exhortation "Rejoice and Be Glad," John West will lead students of all ages and levels of movement/dance experience to "embrace the happiness for which we were created" through the learning and practice of modern dance techniques and body mechanics. With attention to the physical core, movers and dancers will develop a sense of community and joy as they discover elements of the sacred and the call to movement in the popular music of the time. Come and learn the "the hidden language of the soul" [Martha Graham] that is dance. (Please wear comfortable clothing and bring a mat or blanket.)

Pre-paid series of 8: \$140.00 paid in advance; 4 classes: \$60.00 paid in advance; or \$20.00 per class.

To register for the series: <https://www.hsrcenter.com/Event/register-to-event> or please call (818) 815-4496. (To attend per session, simply go directly to your session of choice.)