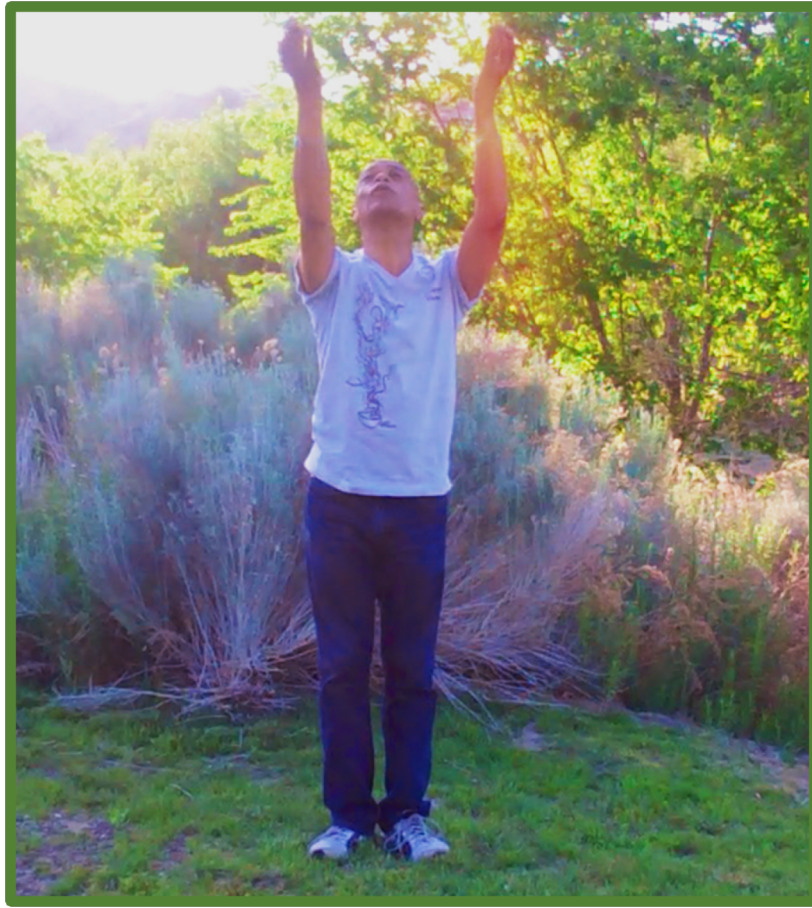


# *“It’s a Way of Life: A Dance Series”*



**Led by John West, Choreographer and Director of Valyermo Dance Troop**

**Keep healthy in body and spirit through integrating physical and spiritual exercises through the study of modern dance in a sacred mode.**

**Ten Session Series, Tuesday & Thursday evenings 7- 8:30pm**

**April 3, 5, 10, 12, 17, 19, 24, 26 May 1 & 3**

John West, Director of the Valyermo Dancers and workshop facilitator at both St. Andrew’s Abbey and HSRC, will lead students from teens and young adults to seniors to improve their physical condition and ward off the intimidations and restrictions of stress and limited physical abilities. With attention to the physical core and the spiritual core, movers and dancers will develop a sense of community and joy in the celebration of Life and the gifts of the Creator. The classes will offer a unique opportunity for friends and those in relationship to speak and communicate in & through dance, “the hidden language of the soul” [Martha Graham]. (Please wear comfortable clothing and bring a mat or blanket.)

**Fee:**

Prepaid series of 10 classes \$180 paid in advance; 5 classes \$90 paid in advance  
\$20 per class

**To register for series:** 818-815-4496; to attend per session, go directly to session.