

Holy Spirit Retreat Center
4316 Lanai Rd. Encino, CA 91436
818/784-4515, Fax: 818/784-0409, www.hsrcenter.com
presents

Alleluia Dance Theater
One-day Dance and Prayer Workshop
Saturday, September 21, 2019, 9:00 a.m.-4:00 p.m.

Theme: **BREATHE IN PEACE**

In all that you do, breathe in peace, breathe out love. As we dance the prayer of St. Francis in our heart, our spirit, and our body, we seek to become instruments of God's Peace. During this workshop, we will focus on peace as our walk, our path, our journey. Let there be peace on earth, and let it begin with me. Please join us in simple prayer movements, meditation and sharing, as we experience together a deep inner peace to take out into the world.

The Alleluia Dance Theater incorporated as a non-profit organization in 1978. Our mission is to inspire and encourage people in their spiritual journeys through movement. Leading the workshop are Stella Matsuda, Director, M.A.in Ed. CLU, B.S. in Dance, UCLA , Professor Emeritus, Moorpark College; and Marti Ryan, BA in Kinesiology (Dance), CSUN, MS in Guidance and Counseling, CLU, Certified Yoga instructor.

Fee: \$50 with lunch; \$40 without lunch.

Workshop date: Sat. Sept. 21, 2019

We encourage you to register online. Just go to: hsrcenter.com

Or you may register by phone, call **818-815-4496**, OR Fill out the Registration form below and send with a non-refundable deposit of \$10 OR full payment, **before September 14**. Make Check payable to HSRCenter (see address above).

For more information: email info@rejoiceadt.org or Contact: Sr. Deborah Lorentz

deblorentz@sbcglobal.net or (818) 784-4515 x3306



Alleluia Dance Theater Workshop: "Breathe in Peace"



Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone (____) _____

Payment Enclosed \$ _____ Lunch? Yes _____ No _____