



ALLELUIA DANCE THEATER

One Day Dance and Prayer Workshop

January 20, 2024

9:00am – 3:00pm

EMBRACING ALL THAT THERE IS

“Embracing all that there is” is a movement in QiGong in which we set an intention to embrace everything – the blessings in our lives as well as the trials with gratitude. Biblical scriptures echo this teaching, and encourage us towards a deep acceptance of all that occurs in our lives.

“Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.” *James 1:2-4*

Please join us as we explore in music, movement and meditation this profound exhortation. This workshop is open to all denominations and faith. We invite all “dancers” to join us, both those who have mainly danced in their hearts, as well as those with more experience.

The Alleluia Dance Theater was incorporated as a non-profit organization in 1978. Its mission has been to inspire and encourage people in their spiritual journeys through movement.

Leaders: Stella Matsuda, Director, M.A., CLU, B.S. Dance, UCLA, Professor Emeritus, Moorpark College, Marti Ryan, B.A. Kinesiology (Dance) CSUN, MS in Guidance/Counseling, CLU, Certified Yoga Instructor.

Alleluia Dance Theater Workshop: EMBRACING ALL THAT THERE IS

Saturday, January 20, 2024; 9:00am - 3:00pm

(\$45 without meal; \$55 with lunch)

To Register: Using the form below, please send a non-refundable deposit of \$10 by **January 10, 2024** to HSRC 4316 Lanai Rd. Encino, CA 91436

Or call 818/ 285-3354 or 818/784-4515.



In Affiliation with Sacred Dance Guild

Alleluia Dance Theater Workshop, "EMBRACING ALL THAT THERE IS"

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone (____) _____

Saturday Only: _____ Lunch? Yes _____, No _____