

WINTER "DANCE" CHURCH



Friday, January 13

6:45-7:00 p.m. - Guided Movement Meditation

7:00-8:45 p.m. - Dance and Connection

Come to the Sanctuary for movement, music, and connection.

Winter "Dance" Church is a sacred space where ALL ages and abilities are welcomed. It is a place to meditate, move and groove with joy as we sweat our prayers and celebrate our true expression.

It provides a space to let go of our week's worries and reconnect to our core as we support each other.

We begin with slow meditative music, and it builds in intensity and then slows back down into stillness.

We ask for **no conversations** on the dance floor so we can connect to our bodies and the healing innate wisdom of our life force energy.

Winter "Dance" Church holds a container in which emotions and sound can be expressed and deep inner spiritual exploration can take place.

- Sliding scale donation: \$4-\$10. Children and teens FREE.
- This event will be held on the second Friday in January, February, and March.
- Join the Team! Setup and take down, greeters, and altar creators are needed. If you would like to help with this event, sign up in the Fellowship Hall.
- Service trades available.

**For questions, volunteering, or service trade,
contact Gerilyn at 831-332-4476.**

