



Mid-South Regional Studio & Zoom Workshop

Advent Prayer and Relaxation

Friday 3rd December 8-10pm £5

Book via the CDFB website (www.cdfb.org.uk). Zoom login details emailed on receipt of payment.

Let's try something a little different. Advent is a busy time. This workshop will take us away from the bustle and give us a chance to rest with God and focus on the meaning of the season.

Restful dance movement and choreography, Prayerful Pilates, finishing with breathing and relaxation.

You will be able to attend either in the studio (address below) or on zoom. This will work well due to the quiet restful nature of this workshop.

You will need a mat, or blanket to lie on, with a cushion for your head and another blanket to go over you for the end relaxation. If unable to lie down, please have a comfortable chair ready, as well as your blanket, and let Louise know. (contact details below)

You may like to consider low lighting, or candles if taking part at home.

Email: mid-south@cdfb.org.uk

Louise Ryrie School: St Elizabeths, Boundary Road, Northgate, Crawley. RH10 8DS.

Louise Ryrie has been a Ballet, Pilates and Dance teacher, running a school for children & adults for 25 years in Crawley, West Sussex. She founded a Performing Arts Church in 2005 for young people, following a decade of working as a Church Pianist. She developed Prayerful Pilates, recently written about in Premier Christianity magazine, and writes a monthly 'Faith' column in the Crawley & Horley Observer.

louiseryrieschool@gmail.com Instagram [louiseryrieschool](https://www.instagram.com/louiseryrieschool)

Youtube: [Louise Ryrie Creative World](https://www.youtube.com/channel/UC...)

Facebook: [The Louise Ryrie School of Dance and Drama](https://www.facebook.com/TheLouiseRyrieSchoolofDanceandDrama)

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