



## Prayerful Pilates

### Mid-South Regional Zoom Workshop

This workshop will give thanks for the bodies and lives that were created individually for us. You're wonderful as you are! The Lord's Prayer will speak personally to us, as we interpret it to apply to our lives and create our own Lord's Prayer Dance; connecting with God on all levels.

Experience a Prayerful Pilates session, linking movement to thought and prayer. Leave the workshop standing tall, and ready to do great things for God!



**Date: Saturday 20<sup>th</sup> February 2021 10.30am - 12.30pm**

**Cost: £5 CDFB members and £7 non-members (per device)**

**Book via the CDFB website ([www.cdfb.org.uk](http://www.cdfb.org.uk))**

**Zoom login details emailed on receipt of payment.**

*Louise Ryrie has been a Ballet, Pilates and Dance teacher, running a school for children & adults for 24 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 has also developed Prayerful Pilates, recently written about in Premier Christianity magazine.*

*[www.louiseryrieschool.co.uk](http://www.louiseryrieschool.co.uk) Instagram [louiseryrieschool](https://www.instagram.com/louiseryrieschool) Facebook: [The Louise Ryrie School of Dance and Drama](https://www.facebook.com/TheLouiseRyrieSchoolofDanceandDrama)*

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