

# CHRISTIAN DANCE FELLOWSHIP OF BRITAIN

## Mid-South Regional Workshop

Easter: A time to reflect upon and give thanks to Jesus for giving His life for us.

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 day standing tall, and ready to do great things for God!



**Date: Easter Saturday 11 April 2020 10 - 4pm (register 9.45am)**

**Cost: £10 CDFB member £13 non-member (includes £3 day membership)**

**Email: [mid-south@cdfb.org.uk](mailto:mid-south@cdfb.org.uk) or Whatsapp 07939 056002**

**Location: Louise Ryrie School, St Elizabeth's Church, Boundary Road, Northgate, Crawley, West Sussex. RH10 8DS (fully equipped dance studio)**  
Car park available, or 10 mins walk from Crawley or Three Bridges Station.

Bring a packed lunch.

*Louise has been a Ballet and Pilates teacher, running a dance school for children & adults for 23 years. She also founded a Performing Arts Church 15 years ago, following a decade of working as a Church Pianist. [www.louiseryrieschool.co.uk](http://www.louiseryrieschool.co.uk) Instagram [louiseryrieschool](#) Facebook: The Louise Ryrie School of Dance and Drama*



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