



# DANCE YOUR PRAYERS

A NEW OPPORTUNITY FROM HOLE IN THE ROCK MINISTRIES

Dancing has long been a way of prayer, a way of expressing to God all our emotions; longing, hope, praise, fear, anger, trust, guilt, joy, gratitude. Movement therapies for many years have known that our bodies hold many of our emotional responses and that physical movement helps the emotion (notice the word motion in emotion!) to shift in helpful ways. In Dancing our Prayers, there is a lit candle in the room as a symbol of the reality of Christ's Presence with and among us. There will be an introduction to the theme and flow of the dances and then we will express our prayers to God with dance. Each person is free to move in whatever way they choose. For some, sitting in a chair and gently moving hands or arms is their dance. For others, a more active flow of movement is enjoyed. "Dance" is as broadly or as narrowly defined as anyone needs it to be! The atmosphere is reverent and each person's space is respected.

**MONDAY, APRIL 17TH**  
**6:00-8:30PM | \$10/PERSON**

REGISTER HERE

<https://bit.ly/DanceYourPrayers>



*Lynn Baker is our event facilitator She is a Hole in the Rock Ministries board member, faculty for our training programs, a retreat facilitator and a spiritual director. Her passion and joy is to nurture life's interconnections and mystery in the light and warmth of Jesus Christ.*



HOLE IN THE ROCK  
MINISTRIES

TODD MINTURN

**SPIRITUAL DIRECTOR**

DIRECTOR OF HOLE IN THE ROCK MINISTRIES

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