


The logo for Glen Workshop, featuring the words "GLEN", "WORK", and "SHOP" stacked vertically in a serif font, enclosed in a thin black rectangular border.A banner image showing a sunset or sunrise over a landscape with silhouetted trees and hills. The sky is filled with soft, golden light and wispy clouds.

A week can change a life.



Dance as Spiritual Path:  
Freeing the Body to Listen and Speak  
with  
Maggie Kast  
Award-Winning Performer and Author

June 12-19, 2011  
Mt. Holyoke College,  
South Hadley, MA

For the first time in its 17-year history, the **Glen Workshop**, a beloved summer program combining an intensive learning experience with a lively festival of the arts, is offering **“Dance as Spiritual Path: Freeing the Body to Listen and Speak”** led by the award-winning performer, choreographer, and writer **Maggie Kast**.

The week-long, experiential workshop is open to dancers and dance lovers of varying backgrounds and proficiency levels. Both experienced dancers and those with no previous training will participate in exercises and activities drawn from various improvisational techniques aiming to connect body, mind, spirit and emotions; to awaken the kinesthetic sense; and to give expression to spiritual experience, and let the body speak.

Open, intimate discussion, readings from relevant works, and viewing examples of dance as prayer will also inform the exploration. Participants will be encouraged to create their own art, using movement, music, or writing, to express what they’ve heard as they listen to themselves and to each other throughout the week.

Maggie Kast is the founder and director of the Chicago Contemporary Dance Theatre, serving as choreographer and performer for eighteen years. An M.T.S. from the Catholic Theological Union

helped her knit together her faith with her dance, and she began widely performing as a liturgical dancer, including concerts at St. Thomas Apostle Church in Chicago and Valparaiso University.

In 1995 she won the Ruth Page Award for Outstanding Contribution to the Dance Community for expanding the presence of liturgical dance. Maggie also has an MFA in Creative Writing from Vermont College, and her memoir *The Crack Between the Worlds* won a Literary Award from the Illinois Arts Council and was included in *Image* journal's Top 10 of 2009. She has published essays and fiction in *Image* and other literary journals.

The Glen Workshop East takes place at Mt. Holyoke College in South Hadley, Massachusetts, from June 12 through 19. There will be a variety of workshops, speakers, art events, and a lively community. Visit <http://imagejournal.org/page/events/the-glen-workshop/> to find out more.

*Image* journal ([imagejournal.org](http://imagejournal.org)), America's leading periodical focusing on contemporary art and literature grappling with religious questions, hosts the Glen Workshop.

To find out more about Maggie's class, or to register now, call the Glen Workshop Program Director Anna Johnson at +1-206-281-2988, or email her at [glenworkshop@imagejournal.org](mailto:glenworkshop@imagejournal.org).

Link for the Glen Workshop homepage: <http://imagejournal.org/page/events/the-glen-workshop/>

Link for Maggie Kast's class: <http://imagejournal.org/page/events/the-glen-workshop/2011/east/classes/dance>