

THE HOUSE NEXT DOOR
PRESENTS
EMODIED FAITH

LED BY ANNALISE HUMES, SPIRITUAL DIRECTOR

So many of us move through the world as if our bodies are just carriers for our brains. But our bodies hold our stories, our memories, our convictions, even our questions and our doubts, and they are integral to our experience of faith. In this movement-based workshop, spiritual director Annalise Hume will invite you to begin processing your faith through hospitality and attentiveness toward your body. If you have longed for a practice that incorporates the whole of yourself, come play together.

Note: *While you will be invited to move your body, no prior movement experience is necessary. This workshop has been designed for all abilities and disabilities.*



Saturday Workshop
April 25

10 AM to 12 PM

Please email to register:

hnd@popnj.org

COST \$40

(A payment link will be sent once you are registered.)

A Sliding Scale Payment allows our events and retreats to be accessible for everyone.