

Jonah 3: 1-2

3:1 The word of the LORD came to Jonah a second time, saying,

3:2 "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you."



Jonah 3: 3-4

3:3 So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across.

3:4 Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!"



Jonah 3: 5, 10

3:5 And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

3:10 When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.









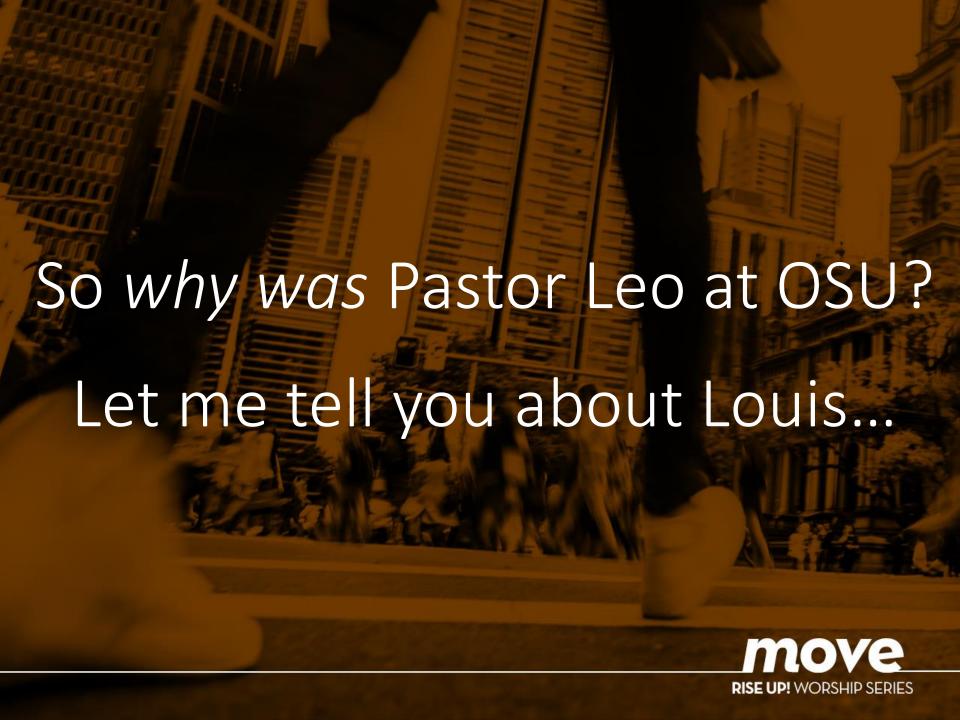


Jonah 3: 2-3

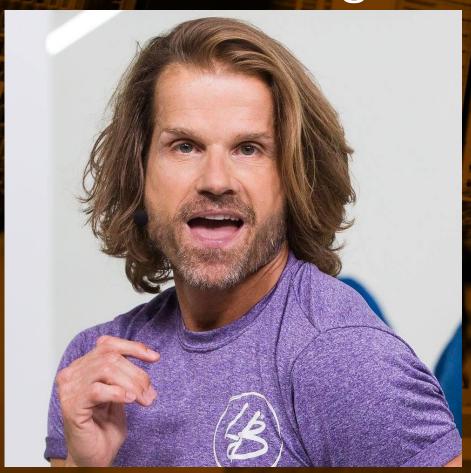
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Louis van Amstel Dancing with the Stars





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RISE UP! WORSHIP SERIES

Who is Louis van Amstel?

Louis van Amstel is a 3-time world dance champion and Emmy-nominated choreographer. He spent 9 seasons as a professional dancer on Dancing with the Stars and is the creator of LaBlast Fitness, an innovative partner-free ballroom dance fitness program.





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RISE UP! WORSHIP SERIES

Movement Philosophy

Movement has no beginning and no ending. Therefore, change becomes very important. Movement transitions, patterns and directions change, but movement never stops. The changes and transitions are what makes dancing creative and creates a natural flow which in return makes the students feel satisfied and successful.



Movement Philosophy

Another important aspect is that the movement is experienced by the entire body; not only physically, but also mentally and emotionally.

Dance is not just merely doing choreography to the music, but rather moving the whole body "with" the music. Becoming the dance holistically, that is with mind, body and soul, is what makes dance not only fulfilling, but it also creates the best fitness benefits.





When God tells us to move... Move! How God tells us to move When God tells us to move Where God tells us to move In the way God tells us to move





We MUST Keep Moving!

"Movement has no beginning and no ending. Therefore, change becomes very important. Movement transitions, patterns and directions change, but movement never stops."











