

CREATIVE TRANSITION: Women In Midlife Converse Through Dance

through the seasons

With Taira Restar MA, RSME and Marybeth Weinstock PhD, BC-DMT



In these seasonal workshops, we explore, converse, and celebrate the passage of a woman's body into and through midlife using verbal and non-verbal creative expression. Somatic movement, improvisational dance, art making, writing, movement-based ritual, and play are our palette to enliven and broaden self-discovery and expression.

Spring Theme: Inner And Outer Nature
Saturday May 18, 2013 10:30AM-4:30PM
Workshop will be held outdoors; beach location to be announced
\$95

In beautiful Point Reyes, Marin County, CA:
Join Taira Restar. Contact Taira: contact@tairarestar.com

On the scenic Monterey Peninsula, CA:
Join Marybeth Weinstock. 6 CE's for Dance/Movement Therapists.
Contact Marybeth: mbdancer@sbcglobal.net

Creative Transition workshops are open to all women in midlife who are interested in living life more fully. Those with and those without dance and arts experience benefit.

Taira Restar MA, RSME, is a minister, artist, and movement-based arts educator, who teaches internationally. She is on faculty at Tamalpa Institute. "My goal is to be a loving midwife--ushering in fuller creativity, greater well being and new possibilities." www.tairarestar.com

Marybeth Weinstock Ph.D., BC-DMT has been a Dance/Movement Therapist in hospitals, schools, and in private practice for almost 40 years. Her dissertation for her Ph.D. in Clinical Psychology was entitled "Women Dancers in Midlife: Coping with the Transition." Marybeth's work is informed by her belief in and practice of meditation, transformation, and joy. www.creativetransition.net

SAVE THE DATE: Marybeth & Taira will co-facilitate an autumn workshop September 29. Visit Creative Transition on Facebook!