

CREATIVE TRANSITION: Women In Midlife Converse Through Dance *through the seasons*

Facilitated by Taira Restar M.A. and Marybeth Weinstock Ph.D., BC-DMT



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

Spring workshop I: Sunday March 13, 2011; historic Mountain Home Studio, Kentfield, CA
Spring workshop II: Saturday May 28, 2011; Western Sky Studio, Berkeley, CA

10:30AM-4:30PM

**\$95 per workshop; two work exchange positions available; PayPal available
6 CE's for Movement/Dance Therapists**

This workshop grew out of Marybeth's research on women dancers in midlife. It is open to all women in midlife who are interested in living life more fully. Those with and without previous dance and arts experience are welcome. Art materials provided. While this workshop will be introspective and supportive, it is not a therapy group.

Marybeth and Taira share a love for dance and a life in dance. They have danced together with Anna Halprin for several years. They bring to this workshop their specialized gifts.

Taira Restar M.A. is an ordained minister, artist, and arts educator. She is on faculty at Tamalpa Institute. She teaches and performs with her mentor, Anna Halprin. Taira has worked with children and adults for over 25 years. 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.

••Those interested in Dance/Movement Therapy are invited to join us for an ADTA/American Dance Therapy Association conference workshop: Creative Transition on Sunday May 1, 2011 from 9:00AM-5:00PM at Mountain Home Studio, Kentfield. Inquire for details. •••

For additional information and to register:
mbdancer@sbcglobal.net tairarestar@aol.com