

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

Facilitated by Taira Restar MA, RSME & Marybeth Weinstock PhD, BC-DMT



{photo by Taira Restar}

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. Breath and somatic movement, improvisational dance, drawing, writing, and play are our palette to enliven and broaden self-discovery and expression.

Winter Retreat: Finding Repose, The Art Of Being At Rest

Date: Saturday January 21, 2012; 10:30AM-4:30PM

Venue: Western Sky Studio, Berkeley, CA

Cost: \$95; two work exchange positions; PayPal available

CE's: 6 CE's for Movement/Dance Therapists

Save The Date for our spring workshop on Saturday March 24, 2012; venue to be announced

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 MA, RSME 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 facilitates workshops for people of all ages in California and abroad. www.tairarestar.com

Marybeth Weinstock PhD, 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

**For questions and registration: tairarestar@aol.com
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