

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

Facilitated by 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. Breath and somatic movement, improvisational dance, art making, writing, movement-based ritual, and play are our palette to enliven and broaden self-discovery and expression.

Summer Theme: Inner And Outer Nature

Sunday June 10, 2012

Held at a beach (location to be determined by weather), Point Reyes, CA

10:30AM-4:30PM

\$95 per workshop; two work exchange positions available; PayPal available

6 CE's for Dance/Movement 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.

ABOUT THE FACILITATORS: Marybeth and Taira share a love for dance and a life in dance. They bring to this workshop their specialized gifts.

Taira Restar MA, RSME, is an ordained minister, artist, and arts educator. Taira has taught for over 25 years, including at SFMOMA and the Edinburgh Festival Fringe. She is on faculty at Tamalpa Institute. She teaches and performs with her mentor, Anna Halprin. For Taira's workshop calendar and to sign up for Living Life As Art newsletter: contact@tairarestar.com
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

For
and to



additional information
register:

mbdancer@sbcglobal.net