

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

Facilitated by
Taira Restar MA, RSME &
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, drawing, writing, and play are our palette to enliven and broaden self-discovery and expression.

Date: March 24, 2012; 10:30AM-4:30PM
Theme: Emergence into Spring
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 summer workshop on June 24, 2012; venue to be announced.

Creative Transition workshops grew out of Marybeth's research on women dancers in midlife. They are 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 these workshops are introspective and supportive, they are not therapy groups.

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
arts educator. She
and performs with
workshops for
www.tairarestar.com



MA, RSME is an ordained minister, artist, and is on faculty at Tamalpa Institute. She teaches her mentor, Anna Halprin. Taira facilitates people of all ages in California and abroad.
www.tairarestar.com

Marybeth
Movement
practice for almost

Weinstock PhD, BC-DMT has been a Dance/Therapist in hospitals, schools, and in private 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: mbdancer@sbcglobal.net

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