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, and play will be our palette to enliven and broaden self-discovery and expression.

photo by Taira Restar

Autumn: Sunday October 17, 2010
Winter: Sunday January 30, 2011
10:30AM–4:30PM
Historic Mountain Home Studio, Kentfield, CA; featuring indoor studio & outdoor dance deck
$95 per workshop; two work exchange positions available

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 these workshops 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 25 years, including at San Francisco Museum Of Modern Art, SF State University, and Esalen Institute. 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.

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Coming soon by request: Creative Transition blog