



## **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:** Saturday January 26, 2013; 10:30AM-4:30PM

**Theme:** Winter Retreat: Inner Light

**Venue:** Western Sky Studio, Berkeley, CA

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

**CE's:** 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 those 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 bring to this workshop their specialized gifts.

**Taira Restar MA, RSME** is an ordained minister, artist, and body-based arts educator. She is on faculty at Tamalpa Institute. Taira facilitates workshops internationally. For more information on Taira and to sign up for her *Living Life As Art* e-newsletter visit: [www.tairarestar.com](http://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](http://www.creativetransition.net)

**For questions and registration: [taira@tairarestar.com](mailto:taira@tairarestar.com)  
visit us on Facebook!**