

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

with Taira Restar MA, RSME and Marybeth Weinstock PhD, BC-DMT



Sunday September 29, 2013

10:30am - 4:30pm

Point Reyes beach, location to be announced

\$95.00 (work exchange available)

6 CE's for Dance/Movement Therapists

Theme: Earth, Air, Fire, Water

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.

Join us for this day of creativity and rejuvenation amidst the beauty of the Point Reyes Peninsula! Nature's four elements--earth, air, fire, water-- will be our sacred guides. This workshop 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 will benefit.

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. She teaches workshops internationally and is on faculty at Tamalpa 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. www.creativetransition.net

**For additional information and to register, email
taira@tairarestar.com**

REGISTRATION DEADLINE: September 25