



Tamalpa Institute

Movement-Based Expressive Arts





Tamalpa Institute offers programs for individuals who wish to incorporate the principles and tools of embodied creativity into their own personal development and professional practices. Programs include experiential exploration through the arts, philosophy and theory of the practice, and basic maps and methods of the work. Students learn to facilitate the application of the Life/Art Process in their personal lives and in such fields as expressive arts therapy, education, consultation, health care, organizational development, community service and the arts.





evoking the wisdom

Tamalpa Institute, founded in 1978 by dance and expressive arts therapy pioneers Anna Halprin and Daria Halprin, is a nonprofit organization internationally recognized for its groundbreaking training programs & workshops. Our unique approach was originated in the 1950's by Anna Halprin, one of the first in the contemporary Western world to use dance as a healing and transformative art. At Tamalpa, we are committed to the use of movement/dance and art as an educational force and as a source for creative expression, artful communication and new ways of learning and living. We





of
body &

offer classes and workshops for the public throughout the year and a comprehensive training program in **Movement-based Expressive Arts Education and Therapy**.

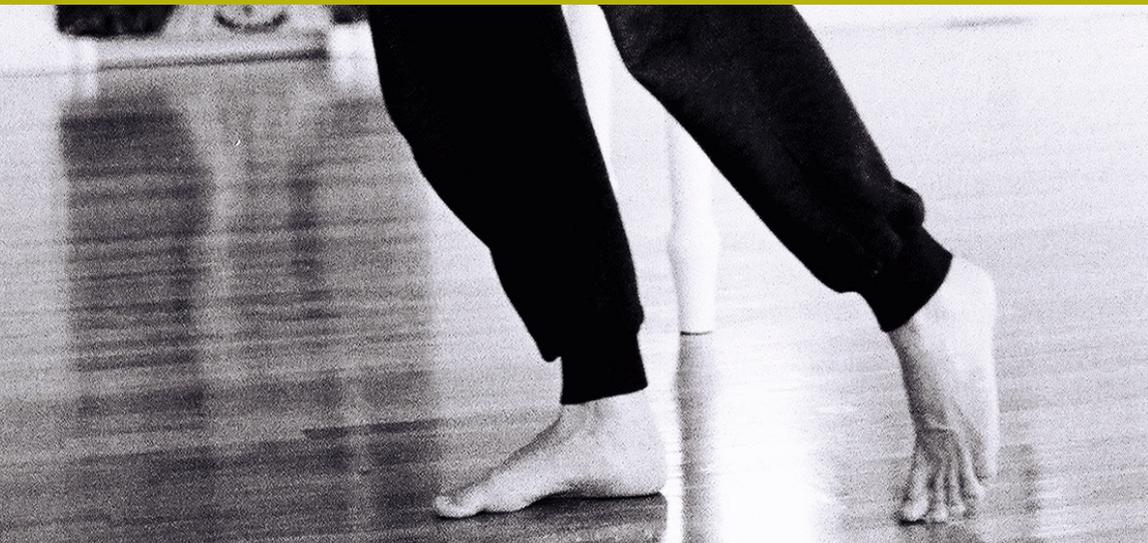
There is an essential connection between art and life that can facilitate creativity, healing and change. We are interested in a new aesthetic that reflects the here and now reality of peoples' authentic life experiences rather than a beauty based on form or technique. For us it is our real life experiences that inspire our art and our art that informs the real issues in our lives. We call this a Life/Art Process.

imagination





Enter into life/art dialogues as a moving, imaginative, art-based process. Use artistic processes and the expressive arts to explore and deepen your relationship to psychological life, to social issues and to creativity itself. Explore the living myths & metaphors that speak to your life.



A black and white photograph of a person leaning over a table in a dark room. A bright light source, possibly a lamp, is visible above the person, creating a strong silhouette and highlighting the contours of their body. The person's head is bowed, and their arms are resting on the table. The overall mood is contemplative and focused.

create

learn

play

reveal

embody

shift

expand

exchange

collaborate

inspire

imagine

transform



The Body: We live in and through our bodies. The body contains and reveals our entire life experience. It is through the body that our physical, emotional, mental and spiritual levels become connected. It is through the body that we come to know ourselves and the world. Expression, healing, change and transformation are acts of embodiment.

What wisdom do our bodies hold?

Movement & Dance: Movement is the body's primary language. All movement is a dance and everyone is a dancer. What are the dances that our souls call for?





Drawing: What are the colors, shapes, textures and symbols of our imagination? What will be drawn out?

Voice & Dialogue: Finding the sounds and the words, speaking, writing, singing. We become storytellers and poets of our individual and collective stories.

Improvisation: We learn to play seriously, intensely, spontaneously; taking





risks, experimenting, committing to what's happening, being fully in the moment.

Performance: A metaphor for coming forward, coming out, being seen, communicating with others with all of our senses.

Reflection: What is our art evoking in us? How is it connected to our lives? How can we live artfully in our relations and in our communities?





train

The training is comprised of Level 1, Level 2 and Level 3. Students seeking practitioner certification and professional registration as somatic movement therapist/educator and/or registered expressive arts therapist, are required to complete all 3 levels of study.

The *Level 1 Training* may be taken on its own as an intensive personal experience which focuses on Personal Embodiment and Creativity.

The focus of the *Level 2 Training* is on Embodied Leadership - the development of advanced personal practice teaching skills and professional applications of the work in the community.

L 1 & L 2 Trainings are offered in full-time and in part-time formats.



Level 3 Training is an online course that provides Fieldwork Supervision.

Tamalpa graduates who have successfully completed all three levels of training are eligible to apply for professional certification and registration. Tamalpa trainings may be applied to BA, MA and PhD degree work in affiliated university programs.



Summer Program Offered every Summer, this program includes a variety of workshops taught by different faculty members, providing a multifaceted view of the Tamalpa work and its many applications.

Tamalpa Experience Workshops These 2-day workshops, offered every Fall, Winter and Spring, provide an opportunity to delve into the Life/Art Process using movement, imagery, and poetic dialogue. A rich introduction to the Tamalpa work.

Other workshops for the public are offered throughout the year.

CEUs available for our summer program and workshops.

Tamalpa Institute is a member of the International Expressive Arts Therapy Association and the International Somatic Movement Education and Therapy Association.

Our student body draws from local, national and international participants who represent diverse backgrounds and interests including art and performance, education, health, somatics, psychology and environmental and community work.

Graduates of our teacher trainings practice as dancers/artists, educators, therapists and consultants in a variety of settings: hospitals, clinics, schools, organizations, private practice, designing performance works and participatory rituals for communities.

Tamalpa Institute is located in Marin County, California. We are 30 minutes north of San Francisco across the Golden Gate Bridge, and west of Berkeley, Oakland, and the East Bay communities.

Our Institute is influenced by the rich cultural diversity of the urban San Francisco Bay Area a place of origin for leading artistic, body-mind, and spiritual innovations.

Tamalpa Institute's senior faculty is composed of artists, educators and therapists who have contributed to the research, development and articulation of our approach and methodology. Each member of our senior faculty has a special emphasis combining several of the following fields: dance, performance, art, education and/or psychology.

Our faculty is composed of performance artists, teachers in universities and other centers of learning, and consultants in organizations around the world. All faculty members have authored books and articles, and maintain private practices as somatic/movement/expressive arts therapists.

Our website has full information on our work, faculty, programs, schedules, fees, etc. There we also have alumni profiles, news, events, articles and registration forms.

www.tamalpa.org

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TAMALPA INSTITUTE

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“Art that arises out
of the inner landscape
and is connected to our
lived experience,
illuminates the dark-
ness and heals the
soul”
daria halprin