



Creative Openings

Introducing Expressive Arts

The world we live in is in great upheaval. Add to that our busy lifestyles and the few moments we have to simply relax and reflect ... Is it a wonder that we often feel disconnected from our own bodies and our inner rhythms?

Movement, drawing, improvisation, writing, and ritual offer ways to shape our connection to ourselves and the world around us. Learn to use these tools to tap into your own creativity and to find a sense of well-being.

No art or movement experience is necessary! Wear loose, comfortable clothing.

About the Instructor

Tamara Gilbert holds an MA in Dance from UCLA and has taught movement to adults and children for over 20 years. A recent graduate of the Tamalpa Institute in California, Tamara uses expressive arts to help others tap into their creativity and to understand more about their bodies, their feelings, their relationship to others and to the world.

Upcoming Workshops

(2 different introductory sessions)

Thursday, June 4

7-9 PM

McLean House

5350 River Street

West Linn

(1048.301)

Saturday, June 6

10 AM – Noon

Sunset Fire Hall, Ballroom

2215 Long Street

West Linn

(1049.301)

Register online at www.westlinnorgegon.gov
\$25 West Linn residents • \$30 non-residents

Or call West Linn Parks & Recreation
(503) 557-4700i