

City Dance Edinburgh - Biographies

Facilitators: City Dance Edinburgh workshops and performance co-facilitated and directed by **Taira Restar (USA) & Audicia Lynne Morley (Scotland).**



Taira Restar (USA) is a movement artist and arts educator with extensive training in visual arts and a Masters Degree in Movement Education. Born into a family of artists, Taira is passionate about the creative process and has made it her life-long study. In 1983 and 1984 Taira trained at [Tamalpa Institute](#) a movement-based expressive arts training center founded by Anna Halprin and Daria Halprin in California.

Taira is now a core faculty member at the Institute. She teaches and performs with her mentor, Anna Halprin. [Watch a video of Taira performing with Anna Halprin.](#)

Taira teaches classes and workshops to children, adults, and communities at a variety of venues, including San Francisco State University, [San Francisco Museum of Modern Art](#) and [Esalen Institute](#). She is thrilled and honored to bring City Dance to Edinburgh. www.tairarestar.com



Audicia Lynne Morley(Scotland)

Choreographer, Dancer, Artistic director of [State Theta Galleries](#). Assistant Director and Core faculty Teacher for [Tamalpa UK](#). Board of directors for the [Tamalpa Institute](#) from 2003 to 2009.

Audicia began studying with [Anna Halprin](#) in 1999 and from 2002 at the Tamalpa Institute CA with co- founder Daria Halprin - expressive arts educator and Author.

She graduated as Practitioner and Teacher of the Tamalpa Life Art Process in 2008 and has taught this approach throughout the UK and Europe. She is the first trained facilitator of Anna Halprin's [Planetary Dance](#) in the UK and has presented internationally.

Audicia has over 30 years experience in the field of the performing arts and health. Since the late 1980's, she has produced and performed both her own work, for the Edinburgh Festival Fringe and UK touring. International companies worked with include: Rosemary Butcher Dance Company, Davis Glass Mime Ensemble, Tom Yang Dance ,Theatre Workshop Scotland, The Traverse Theatre Company and Tom McGrath. Between 2005/2008 She was project manager for the renovation of [State Theta Galleries](#) using The Halprin/Tamalpa Life Art approach to create a dedicated centre for the development of Movement, Health and the Arts. Her work is influenced by a deep interest in both Eastern and Western approaches to energy, the body and health. She continues to study with influential teachers around the world

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Consultant:



Ken Otter (USA) has been involved with transformative education for over twenty-five years in a variety of settings. He began his affiliation with the Tamalpa Institute in 1981, as a student, performer, and teacher. He has been on core faculty at Tamalpa since 1993. In addition, Ken is the program director of the Master of Arts in Leadership at Saint Mary's College. His work at Tamalpa and elsewhere focuses on individual and group development through creative, reflective and experiential learning practices. His work focuses on how collective creativity and art-based communication enhances personal and group learning. Ken's educational background includes ecological studies, somatic and organizational psychology, adult learning and development and collaborative group work and leadership.

Anna Halprin



Anna Halprin (USA).The Dance Heritage Coalition has named Anna Halprin one of "America's 100 Irreplaceable Dance Treasures." Anna Halprin's diverse career has spanned the field of dance since the late 1930s, creating revolutionary directions for the art form and inspiring fellow choreographers to take modern dance to new dimensions. Now in her 90's, Halprin continues to make revolutionary work exploring the beauty of the aging body and its relationship to nature.

Halprin Ph.D. (Hon.) co-founded the Tamalpa Institute. She is the author several books and has numerous dance works documented on film. The documentary *Breath Made Visible* by filmmaker Ruedi Gerber portrays the life and work of Anna Halprin.

For more information on Anna Halprin: www.annahalprin.org

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Tamalpa Institute

Tamalpa Institute, founded in 1978, offers training programs and workshops in the [Life/Art Process](#), a movement-based expressive arts approach that integrates movement/dance, visual arts, performance techniques and therapeutic practices. This approach supports personal, interpersonal and social transformation, teaching new models for health, psychology, art and communication.

The Life/Art Process was originated in the 1950's by Anna Halprin, who is among the first pioneers in the contemporary Western world to use dance as a healing and transformative art. In the 1970's, Daria Halprin further developed the artistic and therapeutic aspects of this work and articulated the methodology that is currently taught in the Tamalpa training programs.

Tamalpa Institute provides one of the most renowned movement-based healing arts programs in the world.

Tamalpa branches are located in Germany, Korea, and Latin America and will soon be opening in the UK and France.

For more information on Tamalpa Institute: www.tamalpa.org

Audicia Morley and Taira Restar, the producers and facilitators of City Dance Edinburgh, met through Tamalpa Institute.

City Dance Edinburgh has been formed in order to:

- Build the possibility for creative dialogue and exploration across the globe (between America and Scotland).
- Enable the evolution of the arts, performance, collective creativity and the scoring process as developed by Anna and Lawrence Halprin.
- Launch the Tamalpa approach to movement, creativity and the arts in Scotland.
- Create links with sponsor organizations such as [Tamalpa UK](#).
- Share and develop as artists, creators and teachers.