Tamalpa Life/Art: If Your Spine Could Speak, What Would It Say?

Elisabeth Osgood-Campbell

Tamalpa Life/Art is a movement-based expressive arts approach taught at Tamalpa Institute, cofounded 35 years ago by Anna Halprin and Daria Halprin in the San Francisco Bay Area. A central component of this work investigates “body mythologies,” or the stories we carry in our physical selves. Through body part explorations involving somatic movement/dance, drawing, creative writing, and improvisational performance, participants identify resources and challenges that reside in our flesh and bones (i.e., in our feet and legs, pelvis and abdomen, spine, shoulders, arms and hands, neck and head). These insights are then integrated into a final self portrait drawing and performance ritual in which participants embody the person they are ready to become.

In this workshop we will sample this Tamalpa Life/Art process, and begin to explore one body part – the spine – through the artistic modalities mentioned above. By inviting creative dialogue between felt sensation and imagination, we discover sources of support and growth opportunities housed within. Drawing materials are provided. No previous experience with any art form is required.

Biography: Elisabeth Osgood-Campbell, MA, EdM, RSME, is an artist, educator, and researcher, who cherishes the body as a primary vehicle for creativity, learning and growth. After graduating from Tamalpa Institute’s full-time training program in 2000, Elisabeth served the institute in various capacities as a teacher, administrator, and member of the Board of Directors. With graduate degrees in Psychology and Education, Elisabeth has facilitated somatic, creative arts practices for people of all ages in a variety of contexts, including Omega Institute and the Harvard Graduate School of Education. She has also served on the Board of Directors of ISMETA since 2008.