



The Relevance of InterPlay®

InterPlay® transforms communities. InterPlay is a proven means of creating communities of diversity and acceptance—communities that say “yes!” to you. The ideas and practices of InterPlay can enhance life in your family, your circles of friends, your neighborhood, your workplace.

InterPlay is being used by educators, artists, health professionals, organizations, corporations and religious communities all over the world as:

- an integrated form of personal development
- a creative stimulus for artists and performers
- a grounding in wholeness for those in the helping professions
- a dynamic tool for organizational development
- a form of spiritual practice
- a mentoring process for life discernment

Move
through
the world
with
PASSION
&
PURPOSE

For More Information

In cities around the world, there are certified InterPlay® leaders committed to bringing the principles and practices of InterPlay into all facets of community life. For more information on InterPlay in your area, contact us.

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interplay.org



INTERPLAY®

Life can
be less
like
WORK
&
more like
PLAY

interplay.org



Photos by Dana Davis

The Practice of InterPlay®

InterPlay expands the possibilities of your life.

InterPlay is about *play*—a creative process for personal and community transformation. It honors our desires to be whole people leading whole lives in connection with each other.

Through powerful, practical ideas and a system of practices rooted in storytelling, movement, song and stillness, you gain access to your own “body wisdom”—what works best for you, what gives you purpose, what makes you fully alive.

Experience
a
CREATIVE
approach
to
LIFE

InterPlay’s affirming, incremental approach easily enhances your ability to:

- be more spontaneous
- expand your awareness and confidence
- manage change and uncertainty in your life
- collaborate with and lead others
- identify your desires and broaden your choices
- trust your body and intuition
- deal with life’s difficulties

The Experience of InterPlay®

“There is no end to the expansive possibilities of being in the moment with the InterPlay forms!”

—Tricia Fellman, Pennsylvania

“What I discovered is that not only is my body good enough, but it is one of my greatest personal assets.”

—Jeremy Shaver, Colorado

“My first experience of InterPlay arrived like a lightning bolt. I was astonished at the beautiful and subtle expressions of personal spirituality that people created on the spot, with support from one another.”

—Chris Weaver, North Carolina

“InterPlay welcomed me from the edge into the middle...” —Mary Teresa McCormick, Ireland

“Unbelievable! The change that comes from risking, saying yes to opportunities, and noticing.”

—Eilene Theilig, California

“I am discovering how to let go of control, how to be and experience my body. I am learning to not force my mind and heart into places they do not fit.”

—Steve Naylor, California

“The InterPlay process has been extremely instrumental in bringing our team together. We have grown tremendously as individuals and as a group.”

—Helene Cohen, North Carolina

The Founders of InterPlay®

Cynthia Winton-Henry and Phil Porter are teachers, performers, and philosophers. They co-direct Body Wisdom, Inc., a non-profit organization, and have developed the practice and philosophy of InterPlay® over the course of their 25-year collaboration.

Phil and Cynthia have performed and taught internationally. They are the authors of numerous publications, including *What the Body Wants*; *The Wisdom of the Body*; and *Having It All: Body, Mind, Heart & Spirit Together Again at Last*. Their work is centered at InterPlayce in downtown Oakland, California. They are co-directors of WING IT! Performance Ensemble, which uses InterPlay as a performance technique.



Photo by Peter Solness