

InterPlay

unlock the wisdom of your body

The InterPlay Life Practice Program

Change Your Life! Change Your World!

*Create the life you want using the tools of the InterPlay system.
Life Practice is a longer-term program based in supportive community.*

Oakland, California 2009-2010

*Two opportunities to start!
Programs begin in August and January*

*"This shift in my being has been
nothing short of miraculous.
Where there was resistance, there
is willingness, where there was
density, there is breath, where
there was confusion, there is now
clarity."*

510/465-2797
www.interplay.org



Change Your Life. Change Your World.

The InterPlay Life Practice Program is an active creative way to unlock the wisdom of your body.



ease

Learn to shape your life in the ways that work best for you. Minimize stress. Maximize ease.

community

Learn the importance of community to support change—it is so much easier than going it alone. As you change, your relationships, your communities, your world will change.

fun

InterPlay is easy, incremental, and affirming. It is playful and engaging and sometimes irreverent. It is powerful and moving and sometimes challenging. It builds on strengths rather than focusing on limitations. Who knew that change could be so much fun?

a comprehensive system

In the Life Practice Program you will learn the core elements of the InterPlay system—new ideas and practices to help you move from where you are to where you want to be. Learn the whole InterPlay system!

integration

InterPlay will teach you how to pay attention to all levels of your experience—mind, body, heart and spirit—and to see how you can thrive when all those parts are working together.

*Programs begin in August 2009 and
January 2010 in Oakland*



mentoring

You will get personal attention and support to manifest your own wishes and desires. Each person receives three individual “focus sessions” during the course of the program.

professional development

InterPlay can help you professionally. No matter what work you do, you can learn how to make your job more enjoyable, productive and sustainable. The wisdom of InterPlay can balance the stress of your everyday life. Elements of the InterPlay system are also being applied by therapists, social workers, leaders of faith communities, educators, artists, health care professionals, managers and organizational leaders.

*Get the support
you need to
manifest your
dreams and
desires.*

creativity

In InterPlay you will regain access to your stories, movement and voice, because this is the easiest way to experience mind, body, heart and spirit all at once. It is also the quickest way to community connection. InterPlay is something that any body can do—regardless of size, shape, ability, color, background, gender, orientation, belief, or nationality. All you need is a little willingness.

leadership

The Program will give you greater access to leadership skills that you can use in a variety of settings in your life. InterPlay also highlights the delightful balance between leading and following that can be so helpful in community.

InterPlay leading

The Life Practice Program is the first step toward becoming a certified InterPlay Leader. Completing the Life Practice Program will give you the skills to share InterPlay informally in your various communities.

Those who wish to lead InterPlay more extensively should go on to complete the InterPlay Leader Training Program. This program includes a weekend retreat called the Secrets of Leading InterPlay, a weekend Teaching Practicum, a Self-Study process and mentored teaching. It is offered at least twice each year in different parts of the country. Full details of this program can be found at www.interplay.org.



founders

InterPlay has been developed over the last twenty years by Cynthia Winton-Henry and Phil Porter and has spread around the world. More than 500 people have graduated from the program (formerly called Level One of the InterPlay Leadership Program) in the United States and Australia.

Who knew that changing the world could be this much fun?

the shape

The InterPlay Life Practice Program begins with a three- or four-day retreat called “The Secrets of InterPlay” and then continues with regular group meetings, either monthly or bimonthly, over a period of several months (dates and times below). Each person in the program receives individual mentoring at several points in the process. The Program also includes a self-study process that can easily be done between sessions. *Participants are also asked to accumulate 50 hours of InterPlay experience outside of the Program.* An “Untensive” retreat can count for half of that amount.



The program is offered in several cities across the country. If you live in an area where there is no local program, we offer an “away” version which includes attending 3- or 4-day retreats we call “Untensives.”

It is possible to register just for the Secrets of InterPlay, and then decide afterwards to enroll in the Life Practice Program. It is recommended that you attend the Secrets of InterPlay in your region with the group that you will be meeting with over time. If that is not possible, however, you may attend a Secrets retreat in another part of the country. It may also occur at the middle or end of your Program as well. The schedule for the Secrets of InterPlay and Untensives is on the website at www.interplay.org.



I love the way play is able to make bodies come alive. These processes have given me insight into my own patterns of behavior and the choices I make for change and creativity.

2009-2010 programs

The InterPlay Life Practice Program will be offered twice in Oakland in 2009-2010

August 2009

Secrets of InterPlay Retreat

Aug 13-16, 2009

Group Meetings

Friday 7-9 pm

Saturday 9:30 am-9 pm

Sunday 9:30 am-12:00 pm

Over 500 have completed this program in the United States and Australia.

Sept 11-13, 2009

Oct 9-11, 2009

Nov 13-15, 2009

Dec 11-13, 2009

The group will be led by InterPlay leaders **Phil Porter** & **Susan Main**.

Phil Porter is one of the founders of InterPlay. He is a teacher, performer, writer, and organizer. He directs WING IT! Performance Ensemble, and has written several books, some in collaboration with co-founder Cynthia Winton-Henry, including *Having It All: Body, Mind, Heart & Spirit Together Again at Last* and *The Slightly Mad Rantings of a Body Intellectual Part*

One. Phil is particularly interested in the use of InterPlay in organizational life, and believes that InterPlay can be a powerful tool to create communities of diversity and peace.

Susan Main has been InterPlaying since 1992. She has been leading since 1995. She infuses InterPlay into her tap dancing, 12-step recovery work and life. She will continue to InterPlay until her dying day at which time she will say "I was sometimes brilliant, sometimes good, sometimes mediocre and sometimes down- right boring. But hey, that's what it's all about...besides the hokey pokey." Susan is a member of WING IT!

Performance Ensemble and teaches an ongoing class for women at InterPlayce.



"...play-filled, life-changing work"

January 2010

Secrets of InterPlay Retreat

Jan 28-31, 2010

Group Meetings

Friday 7–9 pm

Saturday 9:30 am–9 pm

Sunday 9:30 am–12:00 pm

Feb 12-14, 2010

Mar 12-14, 2010

Apr 9-11, 2010

May 7-9, 2010

This group will be led by **Cynthia Winton-Henry**.

Cynthia Winton-Henry is one of the founders of InterPlay. She is a teacher, performer, writer, and organizer. With Phil Porter she co-founded WING IT! Performance Ensemble, and has written several books including *What the Body Wants* and *Chasing the Dance of Life*. She and Phil have produced the community concert *The Unbelievable Beauty of Being Human* in cities in the US and Australia. Cynthia is interested in the use of InterPlay for individual and group healing, fostering freedom, and innovating down-to-earth strategies for playing with life issues.



A deposit of
\$100 will reserve
your spot in the
program. Charge
by phone:
510/465-2797

tuition

The tuition for the InterPlay Life Practice Program is \$1950. A **\$100 deposit reserves your place in the Program** and a payment of \$350 will be due when you register for “The Secrets of InterPlay.” Both of these payments apply to your total program tuition. The balance of the tuition can be paid all at once or in installments over time. Depending on where you attend “The Secrets of InterPlay” there may be additional costs for food and/or lodging for that event (not included in the total tuition price.)

Your deposit and/or tuition checks can be made out to “Body Wisdom, Inc.” and sent to 2273 Telegraph Avenue, Oakland CA 94602. You may also use a credit card (Visa, MasterCard, American Express) to enroll in the program and to make monthly tuition payments by calling the national InterPlay office at 510/465-2797.

repeating the program

Graduates of previous years of the program make take the InterPlay Life Practice at a **greatly reduced rate**. The Program is an excellent setting for ongoing mentoring, personal development and community support. Repeating only the Secrets of InterPlay retreat is \$250 (not including any costs for food or housing). Participating in just the Life Practice group sessions is \$600. If you wish to do both, tuition will be \$800.

Body Wisdom, Inc.

2273 Telegraph Ave
Oakland, CA 94612
510/465-2797
info@interplay.org
www.interplay.org

Call the national InterPlay office for more information, to register for the Secrets of InterPlay, or to enroll in the InterPlay Life Practice Program.

Look for more information on the national InterPlay website.

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11/21/08

Sign me up for the Life Practice Program!

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

AREA CODE/PHONE

I am enclosing a check for my deposit of \$100 made out to "Body Wisdom." Please send to 2273 Telegraph Ave, Oakland, CA 94612. (Payments for all programs regardless of their location in the country go to this address.)

Please charge my credit card. We accept Visa, Mastercard, and American Express. You may also register by phone at 510/465-2797.

CARD #

EXP DATE

SIGNATURE