



ArtPlunge Workshops

Afternoon Workshops

A variety of workshop with interesting and creative leaders exploring many different topics.



Sarah Carlson **West African Moves**

Come channel the power of the drums! Rhythm reigns in this easy exploration of basic West African movement from Benin. Body and spirit will unite in undulating repetition of soulful expression. Cardio-

challenged? No worries. Not coordinated? Not a problem. Let yourself get swept up in the rhythm and the movement will sing through your bones.

Sarah Carlson became a certified InterPlay leader in order to spread the healing power of play. As a choreographer, dance educator & massage therapist, Sarah brings a wealth of intelligence about the body. Sarah is the Founder & Artistic Director of DANCELINK, a Lehigh Valley based company which seeks to bridge people, ideas & understanding through movement. In 2007, she completed a Fulbright Grant studying Vodou ritual dance in Benin, Africa furthering an on-going inquiry into sacred dance forms.



Jill Cantor **Healing & Wholeness through Mandala Art**

The Mandala (Sanskrit for “circle” or “completion”) has been recognized for centuries as a source of meditation and healing by many cultures.

Come, create your very own Mandala. No prior art experience is necessary to use Body Wisdom, your Inner Authority and your third eye to bring your unconscious life to paper. Embrace the ability to Trust the Process and bring forth a meaningful reflection of yourself! Supplies included.

Jill Cantor escapes the daily stress of the IT world through dance, yoga and art. Her interest in Mandalas began in the late '90s when she attended a workshop following the Judith Cornell, “Luminous Symbols for Healing” methodology. Many workshops and retreats later, Jill continues to study Mandalas of many traditions and embraces the art of Mandala creation through meditation. Some of her works have been displayed in hospitals across the country.



Anita Bondi **Your Daily Dose: The InterPlay Inspiration Deck**

How do you get a daily dose of InterPlay?

One great tool is **The InterPlay Inspiration Deck**. Come find out

how to use the deck for inspired living everyday.

We will have fun exploring:

- colors and symbols
- asking and receiving messages
- doing a self Focus session
- picking cards on behalf of someone/something

This breakout session will be totally experiential and will include an InterPlay Inspiration Deck (if you need one for only \$10).

The InterPlay Inspiration Deck was born in 2001 at an InterPlay Intensive in North Carolina. During that workshop the InterPlay forms began to speak to Anita as characters, each with a story, symbol, and color. She was a reluctant student and did not listen to their true yearning to come to life until 2008! Suddenly, she could not stop thinking about them. By 2009 the deck was released and continues to look for ways to aid and inspire people. Anita believes it is a tool that everyone needs to have in their InterPlay toolbox!



Randy Newswanger **Fun With Stories With and Without Words**

Fun with stories, with and without words. Come play and see what we discover together. Previous InterPlay story explorers might have used these

words to describe the results: Simple, ordinary, challenging, profound, indirect, sneaky, deep, and surprising.

Randy Newswanger is a certified InterPlay Leader and masterful and amusing storyteller. He is a former member of the Body Wisdom Board of Directors and WING IT! Performance Ensemble. He has been instrumental in shaping the development of InterPlay in the world in a variety of ways, including the establishment of InterPlayce, the building that houses InterPlay's "mothership" in Oakland, CA. He currently lives in Lancaster, PA, where his family is rooted. His passion is to inspire creativity in spiritual communities.



Anita Bondi **Writing the Mind Alive: Using Proprioceptive Writing**

Proprioceptive writing is a self-guided exercise that calls forth imagination, intellect, and intuition all at once to open

your heart and clear your mind. In this exploration we will learn a little about the process, move a bit to prepare and then write and share. This simple practice has the ability to:

- dissolve inhibitions and build self-trust
- unburden the mind and resolve emotional issues
- write and speak with strength and clarity
- liberate creative energies

and so much more!

You do not have to be a writer or even have ever written before. All you need is already within you. All supplies will be included.

Anita Bondi is a student of Proprioceptive Writing and is excited by the possibilities for her own life that are coming out of this simple yet profound form of creativity and spirituality. It has elements that she has used for years in her private healing practice, with her dance classes, and in creating performance art. Anita has been working to deepen her spiritual connection for the last 30+ years and is always learning new and fun ways to dig deeper!



Phil Porter **"Big Body" Storytelling**

Grabbing hold of our stories and getting them out in the world can be delightful, illuminating and transforming. Improvising them sometimes leads to surprises, even for us the "tellers." Through some

simple and fun steps, Phil Porter will help you release fuller range in your story and find the sound and movement that can enliven your words.

Phil Porter is one of the co-founders of InterPlay and WING IT! Performance Ensemble, the InterPlay-based company of improvisational storytellers, musicians and dancers in Oakland, CA. Besides being a storyteller, he is also a writer, composer, graphic designer and textile artist. He has taught all over the place.



Anita Bondi **PULSE Trance Dance**

Using the InterPlay principles of Stillness, Exformation, Body Wisdom, Noticing, Inner Authority, and Grace we will move and groove to wonderful rhythms and beats bringing us

into a state of freedom and bliss. We will attempt to leave the mind behind as we drop into our bodies and allow the innate healing that is available to us always and in all ways to take shape. Amazing things happen when the body is freed from the cage of the mind. A safe space will be created for everyone.

An open mind and curious spirit is all you need (and some comfy clothes to move in!).

Anita Bondi has been creating trance dance experiences for the last 15 years. A student of Gabrielle Roth (5 rhythms trance dance) and Shamanic/Native American dance, Anita has been exploring the effects of heart rate and various types of music on trance states as well as working with many musicians to create something unique and inspiring. Currently she has come home to nest within the InterPlay principles and practices as they are always calling her back to her own body wisdom. She is excited about these new investigations and invites all to come to the laboratory and explore with her.



Sarah Carlson **Modern Dance Tips for Improvisers**

Modern dance offers a wealth of possibilities for expanding personal expression. Its very history is filled with pioneers wanting to drive their own “body bus”! Together we will

discuss how modern dance has evolved to embrace the pedestrian body and move through a few exercises that help us to ‘play’ with a few different approaches to movement.

Sarah Carlson is a dance educator, choreographer, dancer and a passionate advocate of the movement

arts. Sarah danced professionally for 10 years in NYC with numerous companies including Alexandra Beller/Dances, Brian Brooks Moving Company, Clare Byrne Dance, and the Metropolitan Opera Ballet. As an independent choreographer, her own work has been presented throughout the US at venues such as the Joyce Soho in NYC, On the Boards in Seattle, and The Yard on Martha’s Vineyard as well as in Benin, Africa. Sarah is a co-director of the Lehigh Valley Dance Exchange & the founder/editor of the *Lehigh Valley Dance in Review*.