



ArtPlunge Workshops

Morning Workshops

The morning workshops will extend over Thursday, Friday and Saturday in the second half of the morning in three separate threads—movement, story, voice. The content will build each day, so the intention is to have you choose a track and stay with it, but feel free to make your own choices about moving between them.



Phil Porter Big Body Stories

Come explore the art and craft and enjoyment of telling your own stories in a “big body” style, weaving together movement, words and sound on the spot. Think you don't have anything interesting to share about

yourself? Think again! Turns out it's the details of our lives—the various very specific details of our hours and days and weeks—that are most interesting to others. Find humor as well as “seriousity.” Let yourself take up some space! Figure out how to stop. Learn some very simple but helpful techniques for helping your stories soar.

Phil Porter is one of the co-founders of InterPlay and WING IT! Performance Ensemble. He is famous for standing up in front of folks and making them both laugh and think, sometimes simultaneously. He has told stories all over the world. He also uses his improvisation practice in his preaching at First Church Berkeley.



Cynthia Winton-Henry Dance Like You Mean It

Dance is what a soul does when its not locked up. Come learn how to put more of you in your movement as you unlock your own vocabulary and artistry as a dancer. Whether you are a story dancer, a just-let-me-

dance dancer, an I-don't-dance dancer, a journey-trance dancer or a recovering dancer of any kind, Cynthia's natural movement approach will help you claim your unique movement gifts and turn

what other's call limits into a playground of self-expression! If that's not enough, movement is a fast track to wisdom. Make your bones, guts, heart, and soul happy to move you like you mean it.

Cynthia Winton-Henry is one of the co-founders of InterPlay and WING IT! Performance Ensemble and a coach at Cynthia Winton-Henry: Mystic Tech. She has written several books including *What the Body Wants* and *Dance: The Sacred Art: Discovering the Joy of Movement as Spiritual Practice*.



Stephanie Pile & Carol Anne Fusco Vocal InterPlay

Do you wonder what it would be like to “find your voice”? What would you sound like? What would you say? What would you sing? Are you already comfortable with singing and would like to dive deeper and in community? Did someone once discourage your singing, and you long to reclaim your voice? Do you desire greater vocal ease and freedom? In a perfection-free zone, let Vocal InterPlay lead the way in playful, incremental steps as we

explore, express and create!

Singer, pianist, teacher, InterPlay leader and Administrator, **Stephanie Pile** loves creating opportunities for people to access and freely express their voices and creative spirits. In addition to her InterPlay staff role overseeing much of Body Wisdom's financial and program administration, Stephanie teaches piano and accompanies a handful of local choral groups. She has an extensive choral, musical theater and church music background and holds graduate degrees in social work and pastoral ministry from Boston College.

Carol Anne Fusco is a singer, massage therapist and dreamworker. Singing a new paradigm into being is her calling. The Fool is her totem. In 2012, she conceived of a monthly singing circle to embody this calling. In collaboration with Stephanie Pile, she founded Singing in a New World in February

2013. Carol Anne has a BA in Theatre from Brooklyn College and a MLA in Creation Spirituality from Naropa.

Afternoon Workshops

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



Coke Tani Mini Art Retreat

Do you have a piece of writing, a craft, a project you're working on, or might like to begin? Would some quiet, side-by-side time with others' help? Using InterPlay forms as meditative guides, we will drop (soften,

plunge) into a space to explore and make progress on our own art...and let it be made through us. Witnessing will be available.

Coke Tani is a writer, dancer, InterPlay leader and member of WING IT! The more she devotes to writing and making, the more she appreciates spaces that offer both solitude and companionship. Items on her Bucket List include Tahitian and Hip Hop dancing, and Taiko, Moyo and Korean drumming.



Daniel Ari The Soul of Narrative

Specific, juicy, Technicolor details—those are the pieces of our personal stories that let others relate. As Allen Ginsberg said, “Only instants in time actually observed are universal.”

We'll practice techniques for grounding our storytelling in concrete observation and detail through writing exercises and InterPlay forms.

Daniel Ari is a widely-published poet, and a performing member of WING IT! He leads a monthly writing jam, thriving since 2011, and has led sessions and workshops in writing, creativity and improvisation since the 1980s.



Phil Porter Painting on Your iPhone

After seeing a totally cool exhibit of art work that David Hockney had done on his iPhone and iPad, Phil had to give it a try. 50 small paintings later, he's hooked. Come learn

some tricks and techniques for using the painting app “Sketches” (Tayasui) on your device. Yes, you will need one of those devices, with the app installed in advance, if possible. (\$4.99 + \$1.99 for some extra tools.) If you have a phone stylus, bring it, but your finger will also work just fine. No previous painting/drawing skills necessary!

Phil Porter, one of the co-founders of InterPlay, is also a graphic designer and visual artist. He has painted giant banners (4.5'x18') for his church and also enjoys the limits of the iPhone screen. Textiles have been a primary medium but he has also used others, including digital ones. You can get an overview of his work at his website artismymiddle-name.com.



Soyinka Rahim I Let My Light Shine

How is your light shining in the world? Is it a challenge to claim your own light? Are others supporting you to let your light shine? Come and learn more about letting your light shine through movement, visualization

and play. Then decorate your own BIBO (“breathe in, breathe out”) candle to remind yourself to let your light shine.

Soyinka Rahim, your grassroots spiritual practitioner, was born and raised in Oakland, California in an Afrocentric family that explored holistic thinking, power to the people, the world's religions, and many different art forms. Soyinka has channeled her experiences in dance, music, theater, poetry and song into facilitating movement, storytelling and ritual with diverse groups of children and adults in the U.S. and abroad. “Since we all deal with fear, doubt, shame and disappointment,”

says Soyinka, “it’s important to make opportunities to play, laugh, celebrate and love one another through this human experience.”



Agnotti Cowie **Around the World in 80 Plays**

After wandering the world for a year, Agnotti has soaked up stories from many situations and perspectives. In the workshop, players will explore cross cultural Big Body Stories. These stories aren’t necessarily about travel—they can be about our understanding of self and community in a global context.

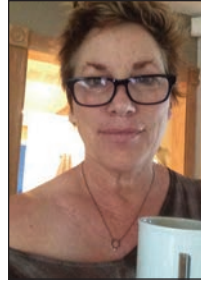
Agnotti Cowie is a Chicago native that is passionate about the intersection of social justice, community dialogue and performing arts. She facilitates workshops employing a variety of pedagogical techniques such as InterPlay, Theatre of the Oppressed and Devising to engage cross-cultural narratives. She just spent a year wandering the world and learning from the stories of others.



Alison Luterman **Poemscapes**

Using simple structures based on the oral traditions of poetry, we’ll combine voice, movement and singing to build group and solo “poemscapes.” What’s a poemscapes? She just made that up! It’s a scenic view of the country of metaphor, emotion, and the unconscious.

Alison Luterman is a long-time InterPlayer, a member of WING IT! and the author of three books of poetry: *The Largest Possible Life*, *See how We Almost Fly*, and *Desire Zoo*. She has taught poetry to just about everyone, from kindergarten students to prison inmates, and she will play with whomever and whatever shows up.



Julie Caffey **Alphabetrics**

A is for all the fun we’ll have rolling down the 26 letters. 1-2-3-4...

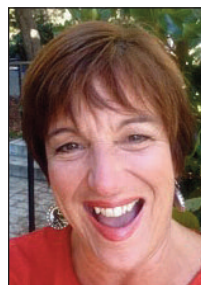
B is for butter up your psyche, make the jump from one poem to another—mini essay meets

word jazz meets form loose enough to play deeply in.

C is for come. Come roll around in language and body and the ABCs of meaning, wonder and nonsense. Laying the letters down like breadcrumbs toward a magical place. Finding meaning we didn’t know was there until we lay down the letters one next to the other and back again.

Using writing, movement and sound, Julie will share the joy of alphabetting that you can include in your creative tool box.

Julie Caffey has been alphabetting for over 15 years and has performed commissioned collaborative and solo alphabets in intimate venues, large conferences and on street corners in Northern California, Chicago and Southern California. Come play with the woman named 2010 “Best Alphabet Performance Artist” of the year by the *East Bay Guardian*.



Susan Main **Exformation**

Is you body full of the joy of being alive? Anger at your boss? Pride in your grandchildren? Inappropriate sexual attraction for your mailman? Grief? Confusion? Exhaustion?

“Exformation” is one of the InterPlay “tools.” It’s a simple way to move stuff out of your body that you don’t want to hold on to or may be getting in the way. Come to this workshop and let it out in a very safe and affirming place. Warm up your body, voice and a few different types of exformation. Then we will let the exformations fly up and out. Ah, freedom! Personal and creative juices crack open and flow. Opportunities to exform in front of the group available. Privacy is also always an option.

Susan Main has loved the InterPlay exformation and has reaped it's benefits since her early InterPlay days in 1994. She's done InterPlay, led InterPlay, and performed with WING IT! Performance Ensemble ever since. And the more she exforms for a witness, the better it all flows!

Susan has her BA in Dance and Theater from UC Santa Cruz. She infuses InterPlay into her 12-step recovery work, nature play, tap dancing, dance teaching, attitude and life. Her specialty: creating a safe and playful haven for creativity, truth, wit and laughter.



Cynthia Winton-Henry
I Shrine: Mini Altar Making

Cynthia spends about 4–8 hours a week in her art studio at Redux in Alameda in shrine-making rapture with more found objects than you can imagine. She easily spends 90

percent just rearranging and looking at stuff. She is an obsessive enshriner, altarer of strange and familiar states. In this workshop she offers and welcome objects, images, gold leaf and the time and space to create a mini-shrine. Be a glue artist, placement snob, heart worker, and tender of inner knowing. “I shrine. Do you?”

Cynthia Winton-Henry, co-founder of InterPlay, sold angel wands on Canyon Road in Santa Fe, dumped murky water all over Phil's silk painting, uses Sharpie markers to tattoo baby dolls, and upset her college art professor with a bland charcoal still-life. Her studio is a playful mess and her husband is glad that some of that stuff is out of the house.