

## *InterPlay Co-founders*

### **Cynthia Winton–Henry & Phil Porter**

InterPlay & Body Wisdom, Inc.

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Cynthia Winton–Henry and Phil Porter co-direct Body Wisdom, Inc., an NGO that shares InterPlay®, a practice and philosophy they created over the course of a 35-year collaboration. The InterPlay tools draw out the wisdom of the body through creative practice.

As artists, teachers, performers, speakers and writers, Phil and Cynthia are committed to fostering ease, creativity and community through the integration of body, mind, spirit, and heart. InterPlay is both transformative and fun.

Phil and Cynthia first worked together in Body & Soul Dance Company. In 1989, they formed WING IT! Performance Ensemble, which first gave rise to InterPlay as a performance practice combining dance, theater, music, comedy, improvisation, ritual, and spirit. The company continues to perform in Oakland, California and in community-based concerts around the world like *The Unbelievable Beauty of Being Human*, where all sorts of people to come together to create performances on the spot.

Phil and Cynthia have performed and taught internationally in theaters, colleges, universities, seminaries, health care situations, and at national conferences. They created WING IT! Press to distribute their own materials as well as the books and CDs of dozens of InterPlay artists. With the support of the wider community, they purchased a building they call InterPlayce in downtown Oakland that serves as a center for InterPlay activity throughout the world. The transformation of this building has also added to the revitalization of the neighborhood it is in which is called “KONO,” short for Koreatown Northgate.

In 1994 they initiated an InterPlay leadership program to mentor others in embodied leadership. Since then hundreds of people have graduated and many now use InterPlay in schools, hospitals, prisons, organizations and corporations, health care settings, faith communities and in therapeutic practice. Leaders find that InterPlay tools help them

create community, hear stories, foster peace and create deeper connection in many different places. It has been used with populations facing a variety of challenges like the San Francisco Jail, Lockhart Women's Prison in Texas, St. Mary's Center for people in transition in Oakland, San Francisco Juvenile Hall, women's recovery at Grace Center in San Francisco. It has been of benefit to non-profits focused on domestic violence, AIDS, nonviolent communication, breast cancer, and rebuilding homes in the Gaza strip.

Cynthia Winton-Henry currently coaches people through Mystic Tech, publishes current writing and news online at [CynthiaWinton-Henry.com](http://CynthiaWinton-Henry.com) and is a visual artist at Redux, a project of St Vincent de Paul. Her postgraduate work is in Multicultural Education at the Western Institute for Social Research in Berkeley, CA and in Theology and the Arts at the Graduate Theological Union. She has taught at Holy Names University's Sophia Center in Oakland, the University of Creation Spirituality in Oakland, and at the Pacific School of Religion in Berkeley, which awarded her their 2005 Distinguished Alumni Award. She was honored as Arts Minister of the Year in 2001 by the Center for the Arts, Religion, and Education. Her books include *What the Body Wants* by Woodlake Press, *Chasing the Dance of Life* by Apocryphile Press and *Dance: A Sacred Art* by Skylight Press.

Phil Porter also serves as Minister of Art and Communication at First Congregational Church of Berkeley (United Church of Christ). His musical compositions are included in several denominational hymnbooks in the United States and Australia. He currently serves as the moderator of the United Church Coalition for Lesbian, Gay, Bisexual and Transgender Concerns, and has been on national boards and committees of his denomination. He is President of the Board of the KONO Community Benefit District and is helping organize the next phase of Oakland First Fridays, a major monthly street festival taking place right outside InterPlayce. He is a graphic designer and textile artist and has created a variety of visual art, including large scale installations at First Church Berkeley. His books include *The Wisdom of the Body*; *Having It All: Body, Mind, Heart & Spirit Together Again at Last*; and *The Slightly Mad Rantings of a Body Intellectual Part One* all published by WING IT! Press.