

Q &A: InterPlay Facts

InterPlay & Body Wisdom, Inc.

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InterPlay
change your life! change your world!

InterPlay is an active, creative approach to unlocking the wisdom of the body. Teaching people to improvise with the five languages of their body: movement, voice, words, contact, and stillness InterPlay leaders design artful learning environments that are enjoyable, community building and transformative.

Body Wisdom Inc, a non-profit arts education organization directed by founders Cynthia Winton-Henry and Phil Porter, administers the InterPlay practice. Classes, performances, publications and leadership training are supported worldwide through the center, InterPlayce, in Oakland, California.

Facts

- When was InterPlay founded? 1989
- History/influences: The founders have degrees in dance, education, textile design, theology, and social sciences. Porter and Winton-Henry have collaborated since 1979 through Body and Soul Dance Company, Wing It! Performance Ensemble, annual summer retreats and developing InterPlay.
- InterPlayers trained so far? Over 1000 Life Practice Program graduates
- How many people practicing? Small groups in 50 cities worldwide.

Growth Curve

- How fast is it growing? For twenty years InterPlay developed as a grass roots non-profit, body-to-body, word of mouth. In 2005 through a capacity building grant more staff was hired to foster regional development, training, and administer workshops in partnership with leaders in the U.S., India, Australia, Europe, and Africa.
- Where is it hot? (country? region? population?) InterPlay India is helping diverse communities find common ways of reclaiming joy, reducing stress, and resourcing each other. In the U.S. InterPlay is a promising practice that helps people access body wisdom in therapy, spiritual direction, and education. InterPlay initiatives include prisons, millennial activism, hospice, recovery communities, schools, shelters, and peacemaking work. Online and virtual communities are additional new offerings.
- Types of places to find it? Seminars, classes, retreats, organizational development, small group formats, performances and the extended InterPlay Life Practice

Program and Leader Training.

What to Expect

- What kind of group interaction happens? Participants work in twos, threes, in the whole group and alone. People say, "I felt close to people in such a short time." "I learned more about others and myself and it was fun."
- Learning curve? Steps or techniques to master? Incremental steps teach people to access their movement, voice, storytelling, stillness, and ability to connect. The InterPlay process holds keys that unlock security, confidence, and success. We return to same basic steps over and over even with advanced participants.
- Structured or free form? Artful exercises create space for experimentation. Similar to sitting meditation after a little instruction and a bell, there is a time of practice, then another bell. Whether in movement, voice, stories, or stillness the amount of time and the creative practices are determined according to the level of readiness. Advanced InterPlayers can improvise group and individual collaborations that look musically and theatrically choreographed without any outside director.
- Physical contact/touch/boundaries? When appropriate we invite hand-to-hand contact activity as a reference point. This common ground can lead to discovering many forms of physical partnering. Leaders reinforce, "Everyone gets to take care of their own body," so that all people can participate at their desired level of ability and engagement.
- Spiritual/emotional component? InterPlay is rooted in the idea that body mind heart and spirit are together and that we can relate to our individual and collective body data. InterPlay attracts spiritual seekers and emotionally sensitive types who seek communities that embrace the body, unique sensitivities and gifts, and creative expression.
- Music or soundtrack? Leaders welcome live music when it is offered or requested. Otherwise, we are grateful for InterPlay musicians, their recordings, as well as a broad palette of music from the world.

How might InterPlay be different from other modalities?

- Partners with all modalities seeking to reconnect body, mind, heart and spirit.
- Can be used with "people of the chairs."
- A systematic, researched evolution.
- Involves all five performative ways of the body: movement, voice, word, stillness, and contact.
- The practice includes speaking and thinking about physicality as a basic, creative aspect of life.
- Values fun and an ethic of playfulness.