

The InterPlay Life Practice Program

Change Your Life, Change Your World

\$100 off

Register by September 6, 2019

life skills
community
body integration
mentoring
professional development
fun
creativity
leadership
ease

An immersion in the InterPlay system of practices and ideas that gives you access to the deep wisdom of your body

led by

Ginny Going, Natalie Abdou & Ken Miller

Raleigh, NC & Online • 2019-20

WEEKEND WORKSHOP

“Secrets of InterPlay”

October 24–26, 2019

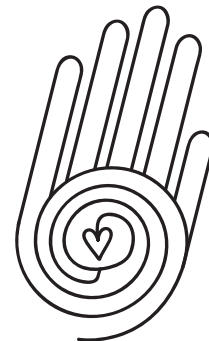
8 ONLINE SESSIONS

Wednesdays 5–7 pm (Eastern time)

November 2019 – March 2020

CLOSING RETREAT

March 26–28, 2020



InterPlay
unlock the wisdom of your body

Weekend Workshop

“Secrets of InterPlay”

Oct 24–26, 2019

Thursday 9:30 am – 5:30 pm

Friday 9:30 am – 5:30 pm

Saturday 9:30 am – 3:30 pm

8 Online Sessions (Zoom)

Wednesdays 5–7 pm (East Coast time)

Nov 13, 2019

Dec 4 & 18

Jan 8 & 29, 2020

Feb 12 & 26

Mar 11

Closing Retreat

March 26–28, 2020

Thursday 9:30 am – 5:30 pm

Friday 9:30 am – 5:30 pm

Saturday 9:30 am – 3:30 pm

Location

Opening and Closing Retreats

Pullen Baptist Church

1801 Hillsborough St.

Raleigh, NC 27603

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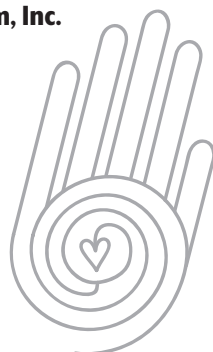
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InterPlay/Body Wisdom, Inc.

510/465-2797

www.interplay.org



The InterPlay Life Practice Program

may be just right for you!

In the Life Practice Program you will learn the core elements of the InterPlay system—a **comprehensive system of ideas and practices** to help you move from where you are to where you want to be.

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**. Learn to shape your

life in the ways that work best for you. Minimize stress. Maximize ease.

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 can be **applied to your work**. They are being used by therapists, social workers, leaders of faith communities, educators, artists, health care professionals, managers and organizational leaders.

In InterPlay, you will regain access to the **creative power** of your stories, movement, voice and stillness—the easiest way to **integration**. It is also the quickest way to **community connection**. InterPlay is something that any body can do—regardless of size, shape, ability, color, class, gender, orientation, belief, or nationality. All you need is a little willingness.

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**?

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.

In InterPlay, we value learning from leaders, from each other, and from our own experience. Our leaders bring body wisdoms of difference and connection across their gender and sexuality, race, class, age, health status, and dis/ability.

More than 1000 people have participated in the InterPlay Life Practice Program around the world.

InterPlay is committed to **Racial Equity and Transformation**. You can read more about this on the InterPlay website or be in touch with our Liaison to Leaders of Color Carolyn Renée (carolynrenee1@gmail.com) or our Liaison to International Leaders Masankho Banda (ucandanc@yahoo.com).

**Discover the healing
and integrative power
of InterPlay ideas and
practices through
storytelling, singing,
stillness and
movement.**

The Program

This program is designed in a new way to include people from a **wider geographical area**. Although the opening and closing retreats are in Raleigh, NC, the rest of the program will take place **online**. The online sessions will include both **presentation and active play**.

The program begins with a weekend event called **Secrets of InterPlay** (October 24–26, 2019, Thursday 9:30 am through Saturday 3:30 pm). This is an introduction and overview of the InterPlay practice and philosophy. You may attend this event even if you don't enroll in the entire Life Practice Program.

Note: This "Secrets" is also open to anyone who needs to fulfill that requirement for Life Practice Programs in other parts of the country.



One of the "secrets" of InterPlay is that change requires both "knowing" and "practicing," so the initial weekend is fol-

lowed by **eight online events** (Wednesdays, 5–7 pm, East Coast time) where you will have opportunities to deepen your own body wisdom, learn more about InterPlay forms and tools, and reap the benefits of an affirming community. You will also have three individual mentoring sessions (to be scheduled later.)

A **Closing Retreat** (March 26–28, 2020, Thursday 9:30 am through Saturday 3:30 pm) will also take place in Raleigh.

Those who complete the InterPlay Life Practice Program will be eligible to enroll in the **Leader Training Program** and become a certified leader. (Full information about that program at www.interplay.org.)

About InterPlay

InterPlay was developed by Cynthia Winton-Henry and Phil Porter, beginning in 1989, in the San Francisco Bay Area. The two are leaders, writers, artists and philosophers who seek to put the wisdom of the body back in the center of learning and life. InterPlay has grown into a worldwide movement dedicated to creativity, well-being and peace building. Trained leaders are taking the deep body wisdom of InterPlay into many different professional settings and communities. More at interplay.org.

Leaders



As a recovering serious person, **Ginny Going** considers InterPlay her life practice for having more ease and grace. She has worn a variety of vocational hats in her life and currently describes herself as a community artist, bodyspirit mentor and InterPlay leader. She loves offering people the "big body" tools of InterPlay for telling their stories, especially people on the margins of our communities, and is passionate about embodied spirituality. With her partner and husband Tom Henderson, she teaches and leads retreats in a variety of settings.



Natalie Abdou has been on a life-long journey of curiosity and creativity, and has spent the last 10+ years connecting and collaborating with diverse communities, in North America and the Middle East, by co-creating learning environments that are founded upon shared values of diversity, love, respect and self-empowerment. She weaves together elements of embodied wisdom, Theatre of the Oppressed and other visual/movement/story arts into her practice. She first came to InterPlay in 2015 through the Arts & Social Change program and now co-leads the program.



Ken Miller was introduced to InterPlay by Tom Henderson and Ginny Going in 2002. Ken accepted their invitation to join Off the Deep End Ensemble as a musician in the group. Ken creates beautiful keyboard solos as well as sensitive accompaniment for the group's dance and vocal improvisations. Since retiring in 2009, he has been leading InterPlay for beginners through seasoned InterPlayers. He is known for his masterful storytelling—and for his irrepressible humor.

Tuition

Tuition for the InterPlay Life Practice Program is \$2250.

A \$100 deposit reserves your place in the program and a payment of \$400 will be due when you register for 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. If you are paying in installments, we require that monthly or quarterly payments by credit card or bank withdrawal be set up in order to enroll.

Based on InterPlay's commitments to build transformational communities of practice, people of color, millennials, full-time artist-activists, and undergraduate and graduate/professional students are eligible for the \$1000 repeaters rate (see below).

Register and make your deposit by September 6, 2019 and get a \$100 discount for the program.



Your deposit and/or tuition checks can be made out to "Body Wisdom, Inc." and sent to 2273 Telegraph Avenue, Oakland CA 94612. Call the InterPlay office at 510/465-2797 to pay by credit card (Visa, MasterCard, American Express, Discover) or set up a payment plan.

Repeating the program

Graduates of previous years of the program may take the InterPlay Life Practice Program at a greatly reduced rate.

Repeating the Secrets of InterPlay retreat is \$300 (not including any costs for food or housing). Participating in the online group including three mentoring sessions is \$450. Tuition for both the online portion and the final retreat is \$750. To do the full program, tuition is \$1000.

Repeaters who enroll in the whole program and pay a deposit by September 6, 2019 will receive a \$50 discount.

Continuing Education Credit

CE credits for the Life Practice Program for various healthcare and allied healthcare professions are available for those practicing throughout the U.S. CE preregistration is recommended at least 2 weeks before the start of your event. Notify Body Wisdom staff at time of registration that you are requesting CEs. Indicate the profession (e.g. LCSW) and the state you have your license in (e.g. MI). A CE fee of \$25 will be due once your profession and state are approved. CEs are offered through Continuing Education Institute of Illinois.

Sign me up!

Send this form to the address below, fax to 510/836-3312, or scan and email to info@interplay.org. You may also call the Body Wisdom office at the number below.

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

AREA CODE/PHONE

I am enclosing a check for my deposit of \$100, made out to "Body Wisdom, Inc." 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 (Visa, Mastercard, Discover or American Express.) You may also register by phone at 510/465-2797.

CARD #

EXP DATE

SIGNATURE

Body Wisdom, Inc.

2273 Telegraph Ave
Oakland, CA 94612

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www.interplay.org

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