

The InterPlay Life Practice Program

Change Your Life, Change Your World

\$100 off

Register by September 8, 2017

life skills
community
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

Phil Porter

assisted by **Soyinka Rahim**

Oakland, CA • 2017-18

WEEKEND WORKSHOP

“The Secrets of InterPlay”

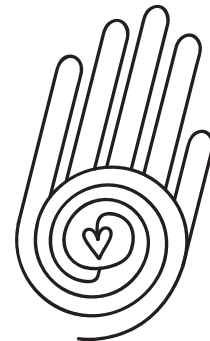
October 13-15, 2017

6 MONTHLY SESSIONS

Fridays 7 pm to Saturdays 6 pm

Nov 2017 – May 2018

(no session in Jan)



InterPlay
unlock the wisdom of your body

Weekend Workshop

“The Secrets of InterPlay”

October 13–15, 2017

Friday 7–9 pm

Saturday 9:30 am – 6 pm

Sunday 1:30–4 pm

6 Monthly Weekend Sessions

Fridays 7–9 pm

Saturdays 9:30 am – 6 pm

Nov 10–11, 2017

Dec 8–9

(no session in Jan)

Feb 9–10, 2018

Mar 9–10

April 13–14

May 11–12



Location

“Secrets” and Life Practice sessions

InterPlayce

2273 Telegraph Ave

Oakland, CA 94612

Local contact

Phil Porter

phil@interplay.org

510/465-2797

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 are being applied by therapists, social workers, leaders of faith communities, educators, artists, healthcare 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, background, 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.



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

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

The Program

The Life Practice Program begins with a weekend event called **The Secrets of InterPlay** (October 13–15, 2017, Friday 7 pm through Sunday 4 pm). This is an introduction and overview of the InterPlay practice and philosophy. You may participate in 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 followed by **six monthly events** (Fridays 7–9 pm and Saturdays 9:30 am – 6 pm) where you will have opportunities to deepen your own body wisdom, get individual support and mentoring, and reap the benefits of an affirming community.

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



Phil Porter co-founded InterPlay with Cynthia Winton-Henry in 1989. He is an artist, teacher, activist, writer, graphic designer and performer. He also directs the InterPlay-based performance group WING IT! which has created countless improvised performances over the last 27 years. His books include: *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*. He is also Minister of Art & Communication at First Church Berkeley, United Church of Christ. He travels and teaches nationally and internationally.



Soyinka Rahim (Assisting), founder and director of OurThing Arts Company, is a Certified InterPlay Leader. Her CD, *BIBO Love*, launched in 2016. Soyinka has a long history as a member of the Bay Area's most renowned modern and ethnic dance companies. Her work taps into the power of sound and vibration to create peace and happiness for all humanity. She has served as a conference weaver and workshop leader with Race Forward; National Association for Independent Schools Teachers of Color; Boys and Girls Clubs; Spiritual Directors International; and the Parliament of World Religions.

Tuition

The tuition for the InterPlay Life Practice Program is \$2150.

A \$100 deposit reserves your place in the program and a payment of \$350 will be due when you register for “The 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 automatic check be set up in order to enroll.

Some scholarship support is available.

Students currently enrolled in undergraduate or graduate programs may enroll at the “repeaters” tuition rate (see below.)

Register and make your deposit by September 8, 2017 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 only the Secrets of InterPlay retreat is \$250 (not including any costs for food or housing). Participating in just the Life Practice group sessions is \$700. If you wish to do both, tuition is \$900.

Repeaters who enroll in the whole program and pay a deposit by September 8, 2017 will receive a \$50 discount.

Continuing Education Credit

CE credits for **RNs, MSWs, LPCs, and MFTs** are pending approval (15 for the Secrets of InterPlay and 44 for the Life Practice Program), offered through Commonwealth Educational Seminars. No partial credits will be given. CE preregistration deadline is no later than **September 29, 2017** for Secrets and **October 27, 2017** for Life Practice. Notify Body Wisdom staff when you register that you want CEs. A **fee of \$25** will be due at time of preregistration.

Sign me up!

Oakland 2017-18

Send this form to this address or fax to 510/836-3312. 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.” 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

510/465-2797

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www.interplay.org



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