

The InterPlay Life Practice Program

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Change Your Life, Change Your World

Begins Feb 9, 2018

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 • 2018

6 MONTHLY SESSIONS
Fridays 7 pm to Saturdays 6 pm
Feb—June 2018



InterPlay
unlock the wisdom of your body

Weekend Workshop

“The Secrets of InterPlay”

This event was held in October 2017. If you did not attend, you can still enroll in the Life Practice Program and take the Secrets of InterPlay later.

6 Monthly Weekend Sessions

Fridays 7–9 pm

Saturdays 9:30 am – 6 pm

Feb 9–10, 2018

Mar 9–10

April 13–14

May 11–12

June 8–9

June 29–30

Location

InterPlayce
2273 Telegraph Ave
Oakland, CA 94612

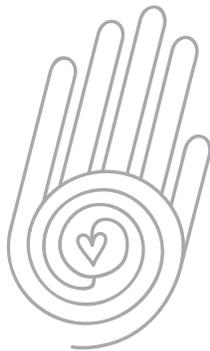
Local contact

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.



The Program

The Life Practice Program generally begins with a weekend event called **The Secrets of InterPlay**. This is an introduction and overview of the InterPlay practice and philosophy. The Secrets weekend for this particular program took place in October of 2017, but you may enroll in the Life Practice Program even if you didn't attend that event. You can attend another Secrets in Oakland or another location later on.

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.)

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.

Participating in just the six Life Practice group sessions is \$700.

Sign me up!

Oakland 2018

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

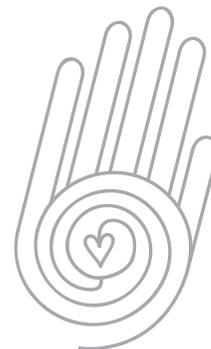
SIGNATURE

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www.interplay.org



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