

The InterPlay Life Practice Program

Change Your Life, Change Your World

\$100 off

Register by January 3, 2020

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

Sharie Bowman, TraceyJoy Miller & Steve Condit

Seattle, WA • 2020

WEEKEND WORKSHOP

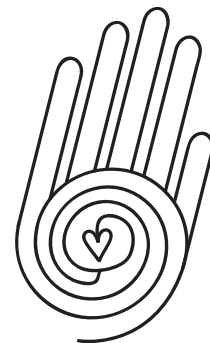
“The Secrets of InterPlay”

February 6-8, 2020

4 MONTHLY SESSIONS

Fridays & Saturdays, 9:30 am – 5 pm

March – June, 2020



InterPlay
unlock the wisdom of your body

Weekend Workshop

“The Secrets of InterPlay”

February 6–8, 2020

Thursday 6:30–9 pm

Friday 9:30 am – 5 pm

Saturday 9:30 am – 5 pm

4 Monthly Weekend Sessions

Fridays & Saturdays 9:30 am – 5 pm

Mar 6 & 7, 2020

Apr 3 & 4

May 1 & 2

June 12 & 13

Continuing Education Credit

CEs are available to RNs, MSWs, LPCs and MFTs. Full information at interplay.org in the listing for these events.

Location

“Secrets” and Life Practice sessions

St. Paul’s UCC

6512 12th Ave NW

Seattle, WA 98117

Local contact

Sharie Bowman

infoseattle@interplay.org

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, 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, 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 begins with a weekend event called “The Secrets of InterPlay” (February 6–8, 2020, Thursday 6:30 pm through Saturday 5 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 four monthly events (Fridays & Saturdays all day) 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



Sharie Bowman, MA, is a Mental Health Counselor and Regional InterPlay Leader. She has been leading InterPlay since 2004 and has co-led seven Life Practice Programs. In her private practice she regularly weaves in InterPlay’s life-enhancing forms and philosophies to help individuals and families thrive. For over 20 years, she has been exploring the wisdom of the body through a variety of modalities, including InterPlay, Authentic Movement, Core-Energetics, and Biodynamic Psychotherapy.



TraceyJoy Miller is a certified InterPlay leader with 20 years of InterPlay experience. Her leadership is grounded in mindful presence, curious awareness and connection to the Divine. She is committed to co-creating affirming environments which support participants in discovering and more fully expressing their unique gifts to bring the best of themselves into all aspects of their lives. TraceyJoy’s leadership is also informed by 20+ years of studies and practice including: Ethics Based Spiritual Healing, The Wallace Method, Massage, Cranio-Sacral Therapy, Kundalini Yoga, Sat Nam Rasayan, Authentic Movement, ReConnective Therapy, Functional Yoga & Movement Mechanics, Aikido, and Tango.



After decades in higher education and technology, **Stephen Condit** rediscovered life-below-the-neck through movement and the embodied voice practices of Gabrielle Roth’s 5Rhythms® and Chloe Goodchild’s The Naked Voice. But this was just a prelude to InterPlay. Steve says “for me, discovering InterPlay was like coming home. InterPlay combines my major life interests, movement, voice, storytelling, and stillness and has opened new, easier paths for my personal and spiritual growth, all in the context of play. It has provided balance to my intellectual and serious approach to life and restored my joy and creativity.” Steve leads InterPlay so that others may rediscover the joy of play and learn that transformation does not have to involve struggle.

Tuition

The 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 “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 bank withdrawal be set up in order to enroll.

Register and make your deposit by January 3, 2020 and get a \$100 discount for the program.

Diversity is a great gift in the InterPlay experience. Based on our commitment to Racial Equity and Transformation and our understanding of other structural and personal inequalities that exist, we are committed to making our programs financially accessible. Financial considerations need not be a barrier to your participation. Financial support and flexible payment plans are available. Please feel free to speak to one of the leaders of this program or to one of the InterPlay staff in the national office (info@interplay.org or 510/465-2797). You may also download a Tuition Proposal Form at interplay.org (you will find a link in the online listing for this program.)

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 \$300 (not including any costs for food or housing). Participating in just the Life Practice group sessions is \$750. If you wish to do both, tuition is \$1000.

Repeaters who enroll in the whole program and pay a deposit by January 3, 2020 will receive a \$50 discount.

Sign me up!

To enroll in the 2020 Life Practice Program in Seattle, WA, send this form to the address below 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, 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 94612-2330

510/465-2797

info@interplay.org
www.interplay.org

© 2016 Body Wisdom, Inc. All rights reserved.

