

# A “Long-Distance” InterPlay Life Practice Program

*Want to enroll in the InterPlay  
Life Practice Program but live  
too far away?*

*Longing for InterPlay but there  
isn't much happening in your  
area?*

*Want to start up InterPlay in a  
new location?*

*Want to find a way to connect  
with InterPlayers in other parts  
of the country and the world?*



**InterPlay**  
unlock the wisdom of your body

A brand new version of the **InterPlay Life Practice Program** is designed for folks who live in areas that are **far from where the program is offered**. It combines online instruction, in-person play and mentoring by phone or Skype.

## **The Program includes:**

- **The InterPlay Tools Online**

learn about the 8 InterPlay Tools and some of the simple InterPlay “forms” from InterPlay co-founder Cynthia Winton-Henry in a web-based format

- **A “Secrets of InterPlay” retreat**

a multiple-day event which you can take at any location where it is offered (*check the website for locations*)

- **Two “Untensive” retreats**

led by certified leaders anywhere in the world. (Consider producing an event in your area!) You may also do 30 hours of other InterPlay to fulfill this requirement, including events you may have done before enrolling in the Program

- **Three mentoring sessions**

with an InterPlay leader done in person, on the phone or by Skype to support you as you engage your body wisdom and creativity

- **Noticing and sharing your own body wisdom**

on a private Facebook page

- **Reading about InterPlay**

two books written by the InterPlay co-founders: *Having It All: Body, Mind, Heart & Spirit Together Again at Last* and *What the Body Wants*; the Life Practice version the *Core Elements Self-Study*, and the Life Practice Program binder which contains a variety of resources about InterPlay



**Call Cynthia at 510/465-2797** to see how a “long-distance” program could be shaped to meet your needs.

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### **Tuition**

Tuition for the entire program is \$2150 and includes all elements listed above except for room and board costs (if any) for in-person events that you attend. You may register for the InterPlay Tools Online without obligation to enroll in the whole program. If you then choose to enroll, the \$350 will be applied to your Life Practice Program tuition balance. Payment plans are available that let you spread the payments out over a period of time.

### **Watch [interplay.org](http://interplay.org) for upcoming opportunities to participate in the InterPlay Tools Online.**

The cost is \$350 and is limited to twelve participants. Previous graduates of the program are welcome if space allows.

**Discover how to foster ease, creativity and community through an ethic of play. Co-founder Cynthia Winton-Henry** will lead you through eight InterPlay Tools in a small online community.

- Easy Focus
- Body Data/Body Knowledge/Body Wisdom
- Inner Authority
- Physicality of Grace
- Exformation
- Body Wisdom Practices
- Incrementality
- Affirmation

Also learn some of the basic InterPlay “forms” that lead to movement, voice, story, stillness and contact.

- One-Hand Dances
- Warm-up
- Walking, Stopping & Running
- One-Breath Songs
- Three-Sentence Stories
- Hand-to-Hand Contact
- and more*

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*More about the InterPlay Life Practice Program at [www.interplay.org](http://www.interplay.org)*