

# InterPlay

unlock the wisdom of your body

## The InterPlay Life Practice Program

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### Change Your Life! Change Your World!

*Create the life you want using the tools of the InterPlay system.  
Life Practice is a longer-term program based in supportive community.*

*Program leaders in the following locations:*

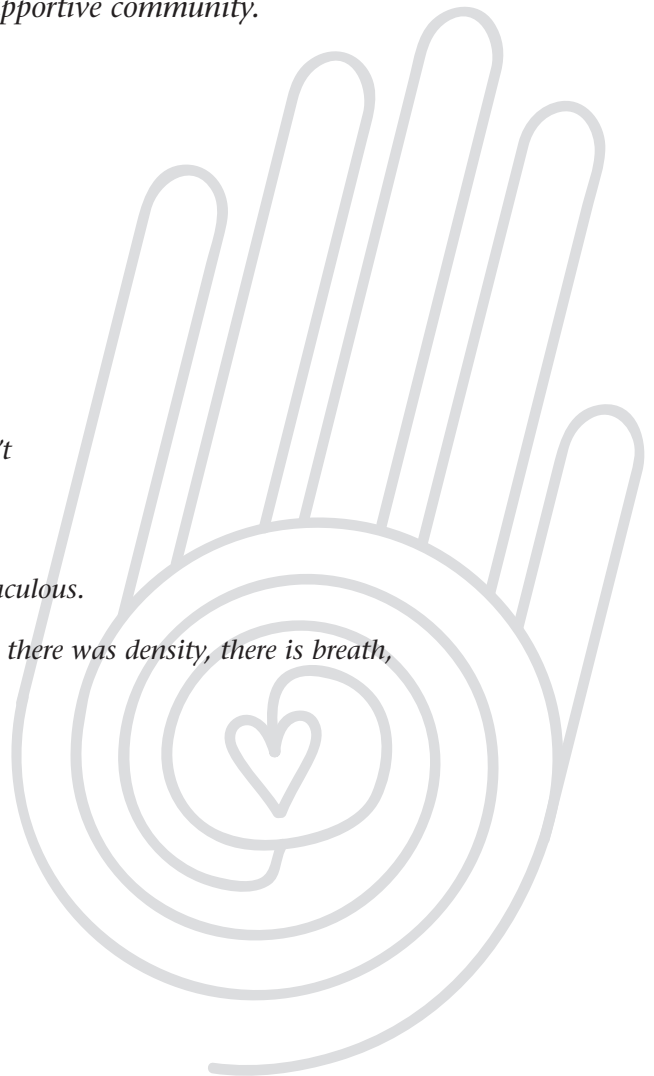
<i>Oakland, CA</i>	<i>Seattle, WA</i>
<i>Boston, MA</i>	<i>Atlanta, GA</i>
<i>Ivoryton, CT</i>	<i>Washington, DC</i>
<i>Pittsburgh, PA</i>	<i>Raleigh, NC</i>
<i>Kansas City, KS</i>	<i>Asheville, NC</i>
<i>Des Moines, IA</i>	<i>Minneapolis, MN</i>
<i>Australia</i>	<i>Europe</i>
<i>India</i>	

*Also check out the “Long Distance” option if you aren’t  
in one of those locations*

*“This shift in my being has been nothing short of miraculous.*

*Where there was resistance, there is willingness, where there was density, there is breath,  
where there was confusion, there is now clarity.”*

**510/465-2797**  
**[www.interplay.org](http://www.interplay.org)**



# Change Your Life. Change Your World.

***The InterPlay Life Practice Program is an active creative way to unlock the wisdom of your body.***



## ease

Learn to shape your life in the ways that work best for you. Minimize stress. Maximize ease.

## community

Learn the importance of community to support change—it is so much easier than going it alone. As you change, your relationships, your communities, your world will change.

## fun

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?

## a comprehensive system

In the Life Practice Program you will learn the core elements of the InterPlay system—new ideas and practices to help you move from where you are to where you want to be. Learn the whole InterPlay system!

## integration

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.

***Programs beginning soon in  
several locations!***



## mentoring

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.

## professional development

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 also being applied by therapists, social workers, leaders of faith communities, educators, artists, health care professionals, managers and organizational leaders.

*Get the support you need to manifest your dreams and desires.*

## creativity

In InterPlay you will regain access to your stories, movement and voice, because this is the easiest way to experience mind, body, heart and spirit all at once. 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.

## leadership

The Program will give you greater access to leadership skills that you can use in a variety of settings in your life. InterPlay also highlights the delightful balance between leading and following that can be so helpful in community.

## InterPlay leading

The Life Practice Program is the first step toward becoming a certified InterPlay Leader. Completing the Life Practice Program will give you the skills to share InterPlay informally in your various communities.

Those who wish to lead InterPlay more extensively may go on to complete the InterPlay Leader Training Program. This program includes a weekend retreat called the Secrets of Leading InterPlay, a weekend Teaching Practicum, a Self-Study process and mentored teaching. It is offered at least twice each year in different parts of the country. Full details of this program can be found at [www.interplay.org](http://www.interplay.org).



## founders

InterPlay has been developed over the last twenty years by Cynthia Winton-Henry and Phil Porter and has spread around the world. More than 1000 people have graduated from the program in the United States and Australia.



## the shape

The InterPlay Life Practice Program begins with a three- or four-day retreat called “The Secrets of InterPlay” and then continues with regular group meetings, usually once a month over a period of several months (schedules vary from region to region). Each person in the program receives individual mentoring at several points in the process. The

*I love the way play is able to make bodies come alive.*

*These processes have given me insight into my own*

*patterns of behavior and the choices I make for change*

*and creativity.*

Program also includes a self-study process of some of the core elements of InterPlay that can easily be done between sessions.

The program is offered in several cities across the country. If you live in an area where there is no local program, we offer a “long distance” option (see below.)

It is possible to register just for the Secrets of InterPlay, and then decide afterwards to enroll in the Life Practice Program. It is recommended that you attend the Secrets of InterPlay in your region with the group that you will be meeting with over time. If that is not possible, however, you may attend a Secrets retreat in another part of the country. It may also occur at the middle or end of your Program as well. The schedule for the Secrets of InterPlay and Untensives is on the website at [www.interplay.org](http://www.interplay.org).

## “long distance”option

If you don't live in a location where the Life Practice Program is offered consider the **“Long Distance” Life Practice Program**. This version combines a multi-week “InterPlay Tools Online” class, attending “Secrets of InterPlay” and “Untensive” retreats offered in several locations, reading and writing assignments and meeting with a mentor either in person, online or by phone. You can call **Cynthia Winton-Henry at 510/465-2797** to learn more about this program or **download a brochure** on the Life Practice Program page at [interplay.org](http://interplay.org).



## 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 bank withdrawal be set up in order to enroll.

Depending on where you attend “The Secrets of InterPlay” there may be additional costs for food and/or lodging for that event (not included in the total tuition price.)

Your deposit and/or tuition checks can be made out to “Body Wisdom, Inc.” and sent to 2273 Telegraph Avenue, Oakland CA 94602. Call the InterPlay office at 510/465-2797 to pay by credit card (Visa, MasterCard, American Express, Discover) or set up your payment plan.

**A deposit of \$100 will reserve your spot in the program. Charge by phone: 510/465-2797**

## repeating the program

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

Program is an excellent setting for ongoing mentoring, personal development and community support. 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 will be \$900.

### **Body Wisdom, Inc.**

2273 Telegraph Ave  
Oakland, CA 94612

510/465-2797

info@interplay.org

www.interplay.org

*Call the national InterPlay office for more information, to register for the Secrets of InterPlay, or to enroll in the InterPlay Life Practice Program.*

*Look for more information on the international InterPlay website.*



# Sign me up for the Life Practice Program!

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NAME

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ADDRESS

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CITY/STATE/ZIP

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EMAIL

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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. We accept Visa, Mastercard, Discover and American Express. You may also register by phone at 510/465-2797.

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CARD #

EXP DATE

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SIGNATURE