

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

The “Long-Distant” 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 Body Wisdom Tools Online**

learn about the 8 InterPlay Tools and some of the simple InterPlay “forms” from certified InterPlay leaders 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 hour-long focus & 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 of the *Core Elements Self-Study*, and the Life Practice Program binder which contains a variety of resources about InterPlay



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

InterPlay/Body Wisdom, Inc.

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Tuition

Tuition for the entire program is \$2250 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 Body Wisdom Tools Online without obligation to enroll in the whole program. If you then choose to enroll, the \$400 tuition for that program 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.

Enrolling

To enroll in the Long Distance Life Practice Program, call Stephanie at the InterPlay office (510/465-2797) to pay a \$100 deposit. If you have already attended events that are counted as part of this program (i.e. you’ve attended an Untensive already), you can find out from Stephanie how that will affect the remaining cost.

More about the InterPlay Body Wisdom Tools Online

Discover how to foster ease, creativity and community through an ethic of play. Certified InterPlay Leaders will lead you through the **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*

This online class is limited to twelve participants. Previous graduates of the program are welcome if space allows. Check the “Online” section on the “Classes & Events” page of **interplay.org** to find out when it is being offered (generally twice a year.)

More about the InterPlay Life Practice Program at www.interplay.org