

Life Practice Program for Spiritual Leaders Full Curriculum

Online Orientation to get to know media and participants. Time TBD

October 2–5, 2017 • Opening Retreat: The Secrets of InterPlay for Embodied Spiritual Formation, Oakland, California. Mon 7–9 pm, Tue & Wed 9 am – 5 pm, Thu 9 am – 12 pm.

Start your journey in the creative diversity of the Bay Area, among local redwoods and in the artful sanctuary of InterPlayce. With time to explore the balance of creative practice and wisdom teachings, the journey unfolds through elegantly crafted moments of movement, voice, story, and stillness, which open like parables. Learn the tools that are helping people orient to the wisdom of their body: Easy Focus, Body Data/Knowledge/Wisdom, Internal Authority, Physicality of Grace, Exformation, Spiritual Disciplines, Incrementality, and Affirmation. Gather into a sense of grace, ease, and spontaneous health where body and soul yield refreshment, connection, and guidance.

This workshop uniquely introduces the following

- The Soul Loves The Body: Recovering our Soul Languages • Our Bodyspirit Is Bigger Than Our Skin
- Spontaneity As A Signature Of Soul
- Transformation As A Creative Process
- The Architecture of Soul Is Bigger Than One Body
- Different InterPlay Forms Create Different Results
- Time as Multidimensional

Eight online wisdom teachings, Tuesdays 9-11am PST

2017: Oct 10 & 24, Nov 14, Dec 12

2018: Jan 9 & 30, Feb 20, Mar 13

Each two-hour session builds on the Secrets of InterPlay Retreat in Oakland giving you a place to practice in the same community using the InterPlay forms and ideas. Learn from each other as we explore

body and soul, spiritual sensitivity, life purpose, right relationship, liberation, prayer, contemplation, meditation, healing, discernment, visionary leadings, and using creativity to address hard things. Listen in to the body as we create, play, rest and practice

1. Recognizing the wisdom of the body

- connecting body wisdom to earth wisdom
- exploring a generative creative community practice
- healthy embodied witnessing
- the movement from shame/trauma to grace-making
- personal creativity and resourcefulness
- the need for an ethic of play
- uplifting diverse wisdom in culture, gender, faith, and class

Workshop 1: “Creating on behalf of” as Prayer and Service

What does the Body Want? Create Play and Rest Tapping Guidance, Honoring Lineage

Dancing on Behalf Of

Giving & Receiving Simultaneously

- Hand dance
- Babbling
- One breath songs

Witnessing Partners

Reading/writing on Physicality Is Basic, What do Body and Soul Want?

Workshop 2: Tapping Body Wisdom for Vision, Discernment, Purpose

Noticing: Body Data/Knowledge/Wisdom

Claiming What We Notice: Internal Authority Practicing Easy Focus

Witnessing and Discernment

Movement Pairs Gifts, Call, and Purpose

Reading/writing on Body Data/Knowledge/Wisdom

Workshop 3: The Highest Good—Grace Making?

Noticing and Savoring as Contemplative Practice Physicality of Grace review—stress/ease

Movement Meditation Shape and Stillness

Going the Speed of the Body Vocal Play, Singing to a partner

Practicing Affirmation

Reading/writing on Physicality of Grace

Workshop 4: Embracing Healing and Wholeness

Creative Soul Restoration, Release and Retrieval Truth-Telling: Made Up Language and DT3's Exformation: Dance with a Witness
Evil Twin--Otherness
Reading/Writing on Exformation

Workshop 5: Reverence for Inner and Outer Diversity

DT3 (Dance, Talk, Dance, Talk, Dance): Diversities Four Movement Patterns
Body Wisdom Practices/Spiritual Disciplines Affirmation
Reading/Writing on Affirmation in community

Workshop 6: Finding Our Delight in Spiritual Discipline

Embodied Virtues: Creating What We Want More of
Incrementality
Homework: Reading/Writing on Body Wisdom Practices, Incrementality

Workshop 7: Inviting Truth Telling

Body as Sacred Text and Teacher DT3's
Gesture Choir
Speaking Side by Side Improvising our Prayers
Reading/writing on the meaning of a more embodied playful life practice

Workshop 8: Initiations--How to Play with Challenges

- Recognize, Play for Change without Demonizing Big Body Deals: Money, Death, Body Image, Belonging, Sex, Race.
 - Play Practice: Surrender, Engage /Fall, Get Up/Resist, Persist/Power, Powerless
 - Freeing Energy from Reaction. Review the 8 Tools.
- Write on Playing with Challenges.

April 9–12, 2018 • Closing Retreat: The Art of Collective Peacemaking and Ritual, Oakland, CA.

The closing retreat invites a greater encounter with Group Body Wisdom. How do we play, bless, and strengthen both individual

freedom and group fullness in the living body? How do allow the body to help us organize to right relationship and justice? Engaging with elements of ritual, what do we learn from Walk/Stop/Run, Side-by-Side Stories, Contact, Shape and Stillness, and Gesture Choirs, and Group Song as improvisational architectures and channels for spirit? Bodyspirit celebrations, prayers, and a closing graduation highlight the week. In addition, we review the Body Wisdom Tools, introduce the Core Elements Self Study book and take time to notice how we integrate the InterPlay tools and forms in personal professional practice.

Registration requires a deposit of \$100. To Body Wisdom, Inc. Please contact info@interplay.org or 510-465-2797 2273 Telegraph Ave, Oakland, CA 94501 to talk to a truly wonderful person! We do payment plans.

To inquire about the program contact Cynthia@interplay.org to set up a time to talk.