

What Graduates Are Saying

“InterPlay® forms have enabled me to approach hard places indirectly, with lightness, ease and humor...” —Kylie, physiotherapist (Perth, Australia)

“I have one word to summarize the Program after my graduation day: YES!” —Stan, computer expert and musician

“InterPlay® taught me how to enter into the mystery of relating to people body-to-body, soul-to-soul, heart-to-heart, no words required.” —Bob, computer systems administrator

“My spirit has been awakened and my true self has emerged with gusto!” —Carol Ann, pastor

“InterPlay® is the perfect place for me to express what’s been inside me all my life. I don’t have to hide anymore.” —Duke, builder

“Coming to InterPlay® is like coming home! It’s like giving birth to my true self; finally having permission to claim all of me for the very first time in my life.” —Alison, community activist (Brisbane, Australia)

“Personally, I was humbled by this experience. I came away feeling more connected to the world.” —Dyck, general contractor

“The InterPlay® community is built around a respect of radical diversity. Everyone’s difference is applauded and enjoyed. One of the great gifts of InterPlay® to people is that they are more able to embrace their own uniqueness, and then also graciously to accept that in others.” —Rod, artist and organizer (Sydney, Australia)



“wildly empowering”

Cynthia Winton-Henry & Phil Porter
InterPlay® founders



Cynthia Winton-Henry and Phil Porter are teachers, performers, and philosophers. They co-direct **Body Wisdom, Inc.**, a non-profit organization, and have developed the practice and philosophy of InterPlay® over the course of their **25-year collaboration**. They are committed to helping others find ease in their lives through the wholeness of body, mind, spirit, and heart.

Phil and Cynthia have **performed and taught internationally**. They are the **authors of numerous publications**, including *The Wisdom of the Body*; and *Having It All: Body, Mind, Heart & Spirit Together Again at Last*. Their work is centered at InterPlayce in downtown Oakland, California. Since 1989, they have co-directed **WING IT! Performance Ensemble**, which uses InterPlay® as a performance technique.

In 1994 they initiated the InterPlay® Leadership Program to mentor others in embodied living. InterPlay® has been shown to be an excellent way to create communities that are intergenerational, multicultural, and interfaith.

contact us for:
locations
schedules
financial details

FOR MORE INFORMATION

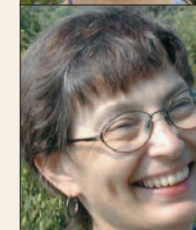
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THE INTERPLAY® LEADERSHIP PROGRAM

INTERPLAY®

interplay.org

a program of Body Wisdom, Inc.



THE INTERPLAY® LEADERSHIP PROGRAM

LEVEL ONE Leading Your Own Life

LEVEL TWO Leading InterPlay®

Create more ease, community, grace, energy, and joy in all parts of your life.

Uncover the deep resources of your “body wisdom.”

Explore new life possibilities in a community that says “yes!” to you.

InterPlay® is a new way of life, that allows us to have **all of our passion and all of our purpose**. We can shift from a work ethic to an ethic of play—from “life is hard” to “life can be easier.”

What if change were fun? InterPlay® can make that possible. It will also lead you to deep places in your life—the places that feed, nourish, and energize. **It creates powerful connections with others in a community that is open and accepting.**

InterPlay® is incremental. Through years of exploration we have made the practices of InterPlay® **easy and doable, but also challenging and rewarding**. These practices are rooted in our stories, movement, voice, and stillness. We are committed to creating an atmosphere of affirmation and support.

InterPlay® is taught in over 30 cities around the world. Regional leadership programs are available in many of those cities. Over 300 people have already been involved in the Leadership Program.

The InterPlay® Leadership Program has two parts—Level One: Leading Your Own Life and Level Two: Leading InterPlay®.

A new way of life!



How can you have more of what you want?

How can you be more fully who you are?

How can InterPlay® help you get where you want to go?

Level One will help you answer these questions.

You will learn to create **ease, grace, energy, connection, and joy** for yourself and your communities and to ground your life in an ethic of play.

In Level One you will learn the “how” and “why” of InterPlay®. Then you will receive direct support to **apply this wisdom** to your next steps in personal growth and development.

You will learn how to **increase grace and decrease stress in your life**, to honor your own wisdom, to heal “splits,” and to integrate body, mind, heart, and spirit.

You will get InterPlay® “in your body,” making your life easier, fuller, and more in line with your desires.

LEVEL ONE INCLUDES:

- “The Secrets of InterPlay®,” a multiple-day retreat presented in several locations each year where you will be immersed in the InterPlay® philosophy and practice
- monthly leadership group meetings for play, presentation, discernment, and interaction, where you will have a chance to explore new options in a supportive community
- three focus sessions during which you receive personal support from the program leaders to get more of what you want
- reading and writing assignments which will help you apply InterPlay® insights to your own life.

In addition, you will be asked to accumulate 50 hours of InterPlay® experience, including at least one “untensive” (a multiple-day retreat) in your region. These hours are not included in the program tuition. Although some previous experience with InterPlay® is encouraged, there are no prerequisites for taking part in Level One.

The InterPlay® Leadership Program is offered in many locations (see the website at “interplay.org” for current locations.) **Special arrangements can be made for those who live at a distance from one of those locations.**

Level One creates many opportunities for personal and professional growth. Those who complete Level One may share the forms and practices of InterPlay® on an occasional or informal basis.



Level Two will provide you with additional skills to **effectively lead InterPlay® forms and practices in a variety of settings**. It includes presentation, interaction, play, and practice teaching.

You will learn how to create a welcoming and affirming atmosphere, **present InterPlay® forms and principles clearly**, take incremental steps, attend to the energy and pacing of the group, elicit noticings of body data, knowledge, and wisdom, lead focus sessions, deal with resistance, and take care of yourself emotionally and physically.

You will learn about **organizing InterPlay® events**: finding space, setting fees, promoting your activities, creating mailing lists, and following up with participants.

LEVEL TWO INCLUDES:

- a multiple-day retreat called “The Secrets of InterPlay® Two”
- a class series providing practice teaching opportunities and direct reflection on teaching skills
- apprentice teaching where participants can co-lead with a mentor.

It is also recommended that you take part in an “untensive” outside of your region to give you a chance to connect with InterPlayers from other parts of the world.

Level One is a prerequisite for taking Level Two. **To become a certified InterPlay® leader** one completes Levels One and Two, participates in the InterPlay Leadership Circle, and covenants to return a percentage of InterPlay® income to Body Wisdom, Inc.

more ease grace energy joy