

**"Leading an Embodied Life"
Tennessee Regional Program
InterPlay! Leadership Program**



October 22, 2007

Dear InterPlay Friends and Enthusiasts in Tennessee,

We are contacting you as we complete the process of discovering who will be part of the new 2007-08 InterPlay Leadership Program (year 5!) that has been bringing together some of the most interesting people in Tennessee! You are on our list either because you have expressed interest to us, or because you were part of one of the 400+ gatherings held in Tennessee over the past five years, or simply because we are interested in playing with you more and supporting your next steps in discovering your unique body wisdom and claiming your heart's desire.

We are sending this detailed information to support your learning more about the InterPlay Leadership Program and the mutual support network of community artists that is emerging in Tennessee and connecting within a framework of relationship to leaders in many, many places! Fifty people locally have been through the program in the first four years since we began. The InterPlay Leadership Program focuses on leading an embodied life through the transformative ideas and practices of InterPlay.

Enclosed is a Leadership Program description for the upcoming year and the tentative schedule including writing and reading assignments. The Leadership Program tuition also includes as a core component a "Secrets of InterPlay" experience sometime this year. For information about other Secrets retreats and UNTensives around the country, see the national website at www.interplay.org.

We have ongoing classes and a weekly BodySpirit Celebration at St. Luke's every Weds. Where you can come and experience a taste of InterPlay with a different guest artist each week. Also, MASANKHO BANDA is coming back to Nashville this weekend for a series of events, including a Sunday brunch at The PlayRoom with stories and video from our Africa trip this summer. It will be a nice opening for our Leadership Group to have a taste of the diversity of ways people across our region are discovering an Ethic of Play for their lives. See the schedule below, starting in November which will include one or two weekend days per month until May 2008. Jori Martinez-Woods and I will facilitate the groups along with other invited guest leaders from here and around the country and we also support you with individual mentoring. If you have any questions about any of this, please feel free to call us! See also the website and attached document. www.interplaytn.org

In peace, play and partnership,
Diane Saliba Ault, Regional InterPlay Leader

InterPlay Leadership Program

What if Life didn't hafta be So HARD?

Join the **InterPlay Leadership Program**, a series of 1 or 2 day monthly retreats, held at the Tennessee River House, St. Luke's, and other great locations, co-led by Diane & Jori & other guest InterPlay leaders. **Have less stress and MORE energy, amusement, and play!** You can have more access to your inner resources with the simple InterPlay forms of story, song, dance & stillness. The Leadership Program is an opportunity for direct mentoring relationships through a small group that meets and plays regularly for 9 months. The sessions are based on discovering the BodyWisdom that will lead you toward more grace, more ease, more community, and more connection in your life. Over 30 people have completed the program in the first three years of the Nashville program, and we can enroll up to 12 this year. Consider this as an opportunity for training and mentoring in how to create more grace and ease in your life.

'07-'08 Tennessee InterPlay LEADERSHIP PROGRAM SCHEDULE –

Tentative until the class meets for the first time and gets it gelled. Gatherings are about 3 weeks apart. Locations may be at Diane's house, St. Luke's, the TN River House and other locations. Readings, noted with page numbers each month are from "Having it All"- writings address the topics. Built in to the weekend sessions are appearances by special guest artists and IP leaders, Outta Da Blue Performances, BodySpirit Celebrations and optional activities. Contact Jori at 615-500-1437, jorispirit@bellsouth.net for more details

Oct 28th –(optional) Masankho!– Brunch with Africa Stories, film– 10am to 1:30pm– Diane's PlayRoom– Come experience the transformation of the trip to Malawi this summer.

NOV 17 – 9am–7pm, DIANE'S PLAYROOM– 1st Session

Healing Splits: What if I'm integrated and already have it all? Who am I, what does my body want? (pp 2-23, 43-59)

DEC 8 –9am–7pm, St. Luke's Community House

My Body Wisdom: What is my body data, knowledge, wisdom in (choose one or more) ... sexuality, love, money, health, creativity, family? (pp 24-42)

JAN 5 – 9am–7pm, Sun 10–3pm– St. Luke's Community House or an overnight at TN River House Sat 9am to Sun noon.

Having Grace & Spirit: What and who makes grace for me? (pp 61-81)

JAN 26 –9–6pm –St. Luke's Community House Sat session–

Exformation: What needs exformation? What could I practice if I wanted more of something? (pp 82-96)

FEB 23 – 9am–6pm – St. Luke's Community House–

Experiments with Affirmation- pp 98-103, What seems so big its too much? How can I incrementalize it and enjoy the speed of my body?

MAR 15 – 9am–7pm – St. Luke's Community House

My Body/Group Body/Earth Body, pp105-127, What does affirming and being affirmed create?

APR 19 – 9am–7pm – St. Luke's Community House

Dancing Singing, Stillness and My Words: Free writing, What happens as I am witnessed, have and affirm my truth in InterPlay? How is it affecting how I live my life?

MAY 2–4 –CLOSING RETREAT –Starting 7pm Fri to 4pm Sun – Tennessee River House- Each participant leads a 40-minute session of this weekend retreat as an offering of embodied leadership to the group.

Tennessee Regional InterPlay Leadership Program “Leading an Embodied Life”

InterPlay is about art, spirit and transformation. It playfully reintegrates body and spirit through new ideas and practices and is dedicated to community building, artfulness, fun and transformation for anyone.

The InterPlay Leadership Program is designed to immerse and mentor participants in the practice and philosophy of InterPlay. The program creates a framework of relationship with Phil Porter and Cynthia Winton-Henry, creators of InterPlay and the Leadership Program, Diane Saliba Ault, certified InterPlay instructors and leaders of the new Tennessee Regional InterPlay program, and other InterPlayers in the region and throughout the 50 cities where InterPlay is happening. Together, we use InterPlay to experience integration of body, mind, heart and spirit personally and in community.

Play, practice, and personal attention enable each participant to discover their own ways to apply InterPlay to life and work. The Leadership Program offers the essentials of transformation: affirmation, body wisdom tools and practices, and community support. All you need is willingness.

The Leadership Program is a great place to take next steps in personal growth, discern present desires, future goals and discover what you have and want. You may be interested in applying InterPlay to teaching, therapy, spiritual direction, ministry, performance, organizational development, social work, healing arts, relationships and daily life. Completion of the Leadership Program is one of the criteria for those desiring to teach InterPlay and use the InterPlay name.

Persons who complete the Leadership Program may join the InterPlay Leadership Network and have access to the growing community of InterPlayers in the US, Australia and other locations around the world.

The program generally takes one to two years to complete and individual variations can be accommodated. Previous work with Cynthia & Phil, Tom & Ginny or Diane may be applied to the requirements of the program.

PROGRAM

- *Secrets of InterPlay Week - (see www.interplay.org for list of these offerings)**
- *Leadership Group Sessions – (one weekend per month Nov through May)**
- *Focus Sessions (three for each participant)**
- *Reading and Writing Assignments**
- *Leadership Retreat (Friday dinner thru Sunday lunch in May)**
- *2 Multi-day UNTensives with Phil & Cynthia, Diane Ault or other leaders**
- *Two classes with Diane or other TN leaders (or one class and one BodySpirit Group)**
- *Introduce and share InterPlay**

LEADERSHIP SKILLS

The Secrets of InterPlay week and nine monthly sessions deal with the practical application and communication of InterPlay philosophy and practices for personal and professional life.

COMMUNITY BUILDING/LEADERSHIP DEVELOPMENT

Once a month and in a closing weekend retreat the Leadership Group gathers to play, engage in body wisdom practices, share writing, and be witness and support to one another in the mentoring process.

MENTORING AND WITNESSING

In three focus sessions each person gets personal attention, opportunity to play with and affirm specific interests, develop ease in areas that present challenge, and discuss questions. The Leadership Group witnesses and supports the mentoring of each person.

REFLECTION

Written materials on InterPlay will be provided. Specific writing assignments deepen the reflection process and develop the ability to articulate your experience. Writings are read to and witnessed by another group member and shared with program leaders.

PRESENTING

InterPlay leadership forms include just leading your life, teaching, performance, writing, one-on-one sessions, public speaking, preaching, etc. The Leadership Group shares presentations and reflections at the concluding weekend celebration.

INTERPLAY AS A PRACTICE

(Scheduled and paid for individually to accommodate variations in personal timing)

ARTFULNESS

Two InterPlay eight-week classes are suggested to teach the forms of dance, song, story, stillness and more. Classes provide lots of attention on affirmation and play, with opportunities to notice and share with others. Classes and workshops are offered throughout the year.

BODYSPIRIT DIRECTION

An alternative to an eight-week class, a BodySpirit small group experience creates more focused direction, play and personal attention. Groups generally meet once a month.

PLAY

Two multi-day UNTensives, one with Phil & Cynthia, and one with Diane or other InterPlay leader immerse individuals in BodySpirit community, laughter, ease, nurture, play and new information. UNTensives are offered CA, NC, TN and other places.

INTRODUCING AND SHARING INTERPLAY

Each participant will be encouraged to create an opportunity for Diane to introduce InterPlay ideas and practices to a group or organization with whom the participant is affiliated or has contacts. This can take a number of different forms such as a presentation, class, workshop, performance, sermon, retreat or informal gathering. Diane may have contacts with particular individuals or organizations that will be helpful to participants in arranging such an opportunity.

Other Resources:

Two books, handouts, and the Secrets training manual are included in the leadership program. What the Body Wants, by Cynthia Winton Henry, & Having it All by Phil Porter.

PROGRAM COST (2005-2006 Program Year)

THIS YEAR IS THE FIFTH YEAR for the Leadership Program in Tennessee and is being offered at a rate and terms that encourage diversity and cross-cultural community development. Tuition for the Tennessee program this year is \$1990 **payable in installments over time.** (\$40 book allowance included)

DEPOSITS AND PAYMENT OPTIONS

To register for the InterPlay Leadership Program, send a \$250 enrollment deposit payable to BodyWisdom, Inc, attn: Phil, 2273 Telegraph Ave., Oakland, CA 94612, along with your letter of intention around payment. The cost of "Secrets" when you attend one will be deducted from program cost. The balance of the tuition can be paid over a period of 10-14 months. There is a commitment to flexibility and ease around \$\$ in InterPlay as well as other aspects of life, so you are invited to make a covenant around payment that reflects your personal circumstances and your desire for mutually beneficial exchanges with other leaders around the world.

The basic tuition covers:

Secrets of InterPlay Week- Tuition (room and board to be paid by participant)
Leadership Group Meetings- 9 monthly sessions
Individual Focus Sessions – 3 sessions spread over the course
Readings and Written Reflections – monthly writing assignments, see topics on website
Individual Mentoring & Support- arrangements for connections within the network
Leadership Weekend Retreat (3 or 4 of these will be held in a retreat setting)

Remaining program elements are paid for individually at time of registration:

One mutli-day UNTensive with Diane or other leaders
One multi-day UNTensive with Phil and Cynthia
Two multi-week classes with Diane or other leaders

NOTE:

Phil Porter and Cynthia Winton-Henry claim authorship of the InterPlay technique and reserve the right to exercise control over how and when the ideas, techniques, and the InterPlay name are used. They along with Regional Program Leaders reserve the right to reconsider the involvement of any participant who does not meet obligations of attendance.

SECRETS OF INTERPLAY and UNTENSIVES DATES can be found at the InterPlay website at www.interplay.org and www.interplaync.org.

The Secrets of InterPlay and the InterPlay UNTensive are open to persons not enrolled in the Leadership Program. Also, the Leadership Program can be audited by special agreement if space allows for \$120 pr. Session. Contact Diane for information on this option.

For more information contact:



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