

2nd International InterPlay Conference

**August 26-30, 2008
Berkeley, CA**

Workshop Descriptions

Early Morning

The Yoga of Joy

Come to get some breath, slowly begin to warm and stretch, and feel great as you begin your day in the InterPlay-scape. Come splash into the yoga ocean that is waiting for you! The morning will begin with music and a slow progression to let the body slowly and softly open up.



Shakthi~Sumati is a weaver of the Art of Yoga. Her style is vinyasa, a way of sequencing poses to bring the most organic benefit. She brings the sensitivity of her own journey from stiffness into openness. Having practiced in the past as an MD(!) now she offers the deeper tradition of yoga/ayurveda that comes from her Indian roots. Teaching vinyasa, she guides the curious and the experienced into a place of depth, playfulness, and exploration. She recently began bringing InterPlay storytelling to women yoginis in western medicine.

Prayer Yoga

Breathe. Stretch. Meditate. Wake up your body and voice. Take your time. Lay on the floor. Use breath and sound to stretch into the day.



Soyinka Rahim is a member of WING IT! Performance Ensemble and founder-director of Our Thing Performing Arts Company, which performs works that raise community spirit. She conducts welcomings and openings for community gatherings, with dance, percussion, flute, spoken word and audience participation. Soyinka has 25 years history as a member of the bay area's most renowned modern and ethnic dance companies. Her work taps into the power of sound and vibration to create peace and happiness for all humanity!

Gifted and Sensitive Bodies

Easily overwhelmed? Anxious? Stressed? Looking forward to the InterPlay International conference, but worried about the potential toll on your system from being in extended close proximity to so many wonderful people and so much good stuff? Join Amy for an early morning warm-up and play designed especially for gifted and sensitive bodies. Have fun. Learn special InterPlay tools for working in embodied ways with our sensitivities. Learn tips for maximizing ease and enjoyment and minimizing overwhelm. Celebrate and affirm yourself and others for your exquisitely fine attunement and special ways of knowing things. Then apply the gifted & sensitive body wisdom immediately to navigate with more ease through the marvelously abundant and multihued offerings and energies of the conference.

Amy Smith is a hospice chaplain and InterPlay leader. She knows first hand the challenge and joy of working with high-end empathy and sensitivity. Amy is gifted, compassionate, a sensitive body with somatic and InterPlay training, massage therapy, and more.

Afternoon Workshops

30 possible breakdowns: 6 workshops at a time with one primary leader

Welcome to InterPlay

InterPlay is an active, creative approach to unlocking the wisdom of the body. If you are new to InterPlay come learn a few of the basic forms: one hand dances, hand to hand dances, babbling, witnessing, the physicality of grace and more!



Lisa Laing is a regional Northeast InterPlay Leader, choreographer and modern dancer. She is a “Pied Piper,” of sorts, leading all who will follow into the fresh, transforming waters of InterPlay. As a volunteer, Lisa shares InterPlay with women at York Correctional Facility in CT. Two of the prison programs she has been invited to participate in are the Inmate Hospice Training Program and a mandatory pre-parole series, designed to help empower women to realize their potential after release. Lisa is currently dancing with Liz Lerman Dance Exchange in a multifaceted piece, “613 Radical Acts of Prayer.”

Side by Side Storytelling

Is anybody listening? What happens if we’re all talking at once? Can many voices be heard? We’ll experiment with side-by-side stories to see what happens to our own story and the greater meaning when stories weave together.



Randy Newswanger is an artist, mystic, story teller and analyst. He is co-author of “The Complete Wisdom of Hangers.”

InterPlay Poetry

We have invented several new forms of Interplay Poetry: Collaborative Improvisation in Threes, one dancer, one singer and one poet, Poeting while Moving, (or Moving Poetry,) Building on Simple Incantory Structures (I am, I speak to you with, etc.)



Alison Luterman is a poet whose work has been seen on public transit, in various magazines and anthologies including *The Sun, Revenge and Forgiveness*. Her book of poems, **The Largest Possible Life**, is available through *BodyWisdom*. She is also a playwright, essayist, creative writing teacher, and a member of WING IT!

Expanding Your Movement

When we move in new ways, we discover new things about ourselves and each other. Elizabeth finds great joy in expanding the movement possibilities for expression. We all have our favorite movements that feel good to us. Let’s find some more! Discover new patterns and add to your repertoire.



Elizabeth Mendana has an MFA in modern dance, but don't let that intimidate you! Movement is her first and primary language. She believes every body can dance and has the knowledge and experience to facilitate it. She has taught InterPlay workshops around the United States and in Bali and Barcelona. She teaches weekly and monthly InterPlay classes in Oakland as well as Modern Dance Technique classes in San Francisco. She is a member of WING IT! and directs her own performing company, Mendana Productions. She is versed in dance, theatre, and stage wisdom with a special gift for caring about people and art at the same time.

InterPlay with Outer Limits

Playing with our physical limitations as much as our abilities toward more intentional movement, shape and stillness. Exploring the infinite within the finite. Discovering an inclusive dance vocabulary through mirroring, witnessing and improvisational solos, duets and interlocking contact.



Megan Schirle rediscovered dance when walking became inconvenient. From 1992-2002 she choreographed and performed with AXIS Dance Company, a pioneer in the field of physically integrated dance, and continues to teach in its DanceACCESS KIDS! Program. She had the great fortune to have found Interplay and WING IT! in the nick of time in 2002.

Contact for Men

This workshop is an opportunity for men to play with the safe, incremental forms of InterPlay, to engage each other in weight sharing, shape-making, movement and stillness. Many of us – especially men– live mostly in our heads, cut off from our feelings and other important information in our bodies. We will reconnect with our physicality and each other as men to bring more ease into our lives.



Tom Henderson is a certified InterPlay teacher and regional leader in the Raleigh, NC area. With his wife, Ginny Going, he is co-owner of Colleagues, providing consulting services to businesses, non-profits and religious organizations. Tom and Ginny also co-direct Off the Deep End Ensemble, an InterPlay performance group based in Raleigh, NC. Tom retired in 1994 after 25 years in the pharmaceutical industry as a Ph.D. chemist, manager, and technical administrator.



Billy Amoss is a certified InterPlay leader in the Washington, D.C. area. He has led retreats for men on leading a more embodied life. He and his wife Kate lead the training for the Level I InterPlay Leadership Program in the Washington, D.C. area. Billy is the Executive Director of the Rostropovich-Vishnevskaya Foundation, a DC-based non-profit organization that finances and manages international children's health programs.

Exformation

Dance it! Tell it! Sing it! Be seen. Be heard. Be affirmed. Be. What is inside you that wants and needs to come out? We'll learn what exformation is and what witnessing is. We'll exform and witness in partners. Then we'll offer time to those who would like to exform for the whole group. Yes, we will give you our undivided permission, attention and affirmation as you do what your body wants to do in the moment.



Susan Main has experienced first hand the healing and release of exformation and the sacred joy of witnessing. Leading the Womens' Group at Interplayce has taught her, more than ever, how important regular exformation is for all willing bodies. She has been Interplaying for 15 years and has been a member of WING IT! Performance Ensemble for 13 years. She loves this stuff!

Sing Right Where You Are!

Whether you're full, empty, in bliss or in struggle, singing is a comforting, courageous way of gathering one's whole self. Singing changes landscapes and body spirit connections. Tap into this huge reservoir of strength, vitality and peace, and come home to yourself and the bigger Body.



Trish Watts is a singer, songwriter and Creative Director for InterPlay Australia. She is a member of Café of the Gate of Salvation Gospel Choir and has recorded many original works including 'Deep Waters'. Her present work includes introducing Afghani refugee women to InterPlay through the STARTTS program and working as a Voice Movement Therapy practitioner throughout Australia.

Leading & Following to Raise Your Bottom Line... or Just Raise Your Bottom!

Join Rosemary in a lighthearted experience of playing with InterPlay and our ideas about money. This is a great opportunity to play with your own energy, exform and let your BodySpirit renew your mind. Whether you're looking at the family bottom line or your business bottom line, this workshop has lots of opportunity for exploration, aha, and hahahahaha!



Rosemary Senjem is a business consultant and InterPlay Leader. She teaches business principles, using InterPlay, to creative people who have followed their hearts into business. She has helped life coaches, yoga teachers, healers, artists, singers, musicians, inventors, engineers, writers, designers, artisans, carpenters, and more. Learn more about her at www.IntuitivePlan.com. She is also offering a pre-conference workshop on August 24 and 25. See her website for more details.

Using InterPlay in Early Childhood

Early childhood is about relationship. In the words of Jeri Pawl, "there is no such thing as a baby." There is always an infant in relationship with an "other". The quality of that relationship is the ground from which all domains of development grow. Come experience the dance of "inter subjectivity" through the Interplay forms.



Beth Hoch, LCSW Early Childhood Mental Health Specialist has been an Interplayer for over 18 years. She and Cynthia Winton-Henry developed the Dance Along form for Caregivers and Children. This is a flexible, easy set of forms to be used with caregiver/child groups or with individual dyads. The Dance Along also includes forms from Anne Gilbert-Green, author of the Brain Dance.

InterPlay with Children and their Families

Few opportunities exist in the U.S. for different generations to play together. While parents and grandparents may cheer kids on from the side-lines, InterPlay provides opportunities for the generations to play together. Come try out the InterPlay forms and tools that assist intergenerational and multicultural groups to celebrate the exuberance of children and the wisdom of ancestors and elders. Soyinka's students help to demonstrate how she shares secrets of teaching InterPlay principles such as "inner authority" to children in after-school programs. Sheila shares experience introducing InterPlay to her own grandchildren and folks of all ages in churches and community centers. Kids and grandkids are welcome to join us.



Sheila K. Collins organized and taught InterPlay in four cities in Texas and is returning to direct the upcoming Texas Leadership Program there this fall. A national leader and mentor now living in Pittsburgh, PA, this "dancing social worker" directs Wing & A Prayer Pittsburgh using InterPlay to further noble causes, such as peace building, intergenerational and cross cultural collaborations. A recovering serious person, she finds the tools and practices of InterPlay most helpful in getting through life's ordinary, and extraordinary "tough stuff". She is the author of **Stillpoint: The Dance of Selfcaring, Selfhealing** and working on a new book, **Precious Gifts, Awful Wrappings**.



Soyinka Rahim is a member of WING IT! Performance Ensemble and founder-director of Our Thing Performing Arts Company, which performs works that raise community spirit. She conducts welcomings and openings for community gatherings, with dance, percussion, flute, spoken word and audience participation. Soyinka has 25 years history as a member of the bay area's most renown modern and ethnic dance companies. Her work taps into the power of sound and vibration to create peace and happiness for all humanity!

InterPlay and Aging

All InterPlayers are early agers. They have less to prove, get right, know for sure, compare. They do more savoring of surprises, moods, flawed people, inner longings and their own idiosyncrasies. They celebrate gifts and honor limitations in themselves and others. They can stand still and not be nervous. We will indulge in the relief of getting older and the tricks it offers for InterPlaying and life. You are welcome no matter how old you are!



Penny Mann is 17 in InterPlay years and 66 in chronos time. She is a grandmother, breast cancer survivor, retired UCC minister, peace and justice activist, Central America traveler and member of WING IT! She is a "conscious ager".

Introducing InterPlay to Teens in an Educational Setting

Self-esteem, acceptance, affirmation, and recognizing gifts of the individual relate directly to the teen years. There are many ways to harness the energy and enthusiasm of youth through InterPlay and various adaptations make it easier to connect with teens and bring InterPlay into educational settings. As a long time dance educator in a public high school and parent to two teen boys that dance, she will share her methods with those interested in working with young adults.



Diane Rawlinson holds a BS in Dance Education, an MFA in Dance, and was one of the first certified leaders of InterPlay worldwide. Diane has been a contributing editor for *Dance Spirit* and *Dance Teacher Magazines* in NYC since 1997 and is teaching an InterPlay workshop at the DT conference in NYC in August. Over 20 of Diane's students have performed at UBBH concerts in Nashville, Chicago, and Minneapolis.

InterPlay in Higher Education: Expanding and Applying Multiple Ways of Knowing

What would it be like to sing, dance and tell stories as we think, write and teach in the university? Presenters Nika Quirk and Gretchen Wegner independently embraced this question in their own academic journeys as they struggled with the limited ways of knowing and meaning-making currently acknowledged in the Academy. In this session, they invite you into the discussion and playful exploration of how we, as learners in higher education, deeply benefit from including the full range of our human ability to experience the world. Together we will use InterPlay forms to discover how kinesthetic awareness shapes our intellectual questions, ideas and our writing, explore how InterPlay might address the often isolating challenges of academic work by creating an affirming community of “embodied academics”, and develop and share personal action plans for balancing the “headiness” of our research and writing with embodiment and play. This session is open to all body intellectuals, whether or not you are currently in a university setting. Come play with intention, so that we might learn with abandon!



Nika N. Quirk, M.B.A. *As a playful, effective small business consultant and improvisational leader, Nika is a proven catalyst for insightful change and development. Currently a doctoral student in the Transformative Studies program at California Institute of Integral Studies, she has focused her dissertation on how InterPlay and cooperative research methods combine to increase collaborative learning. Nika is a Certified InterPlay Leader and has been playing, teaching and performing in this global improvisational community since 1992. She presented at the 1st InterPlay conference in 2004, the 2007 Performing the World gathering, and led the opening plenary session at the Applied Improvisation Network Conference in November 2006.*



Gretchen Wegner, M.Ed. *Gretchen is an enthusiastic kinesthetic learner and an unabashed intellectual. She is currently experimenting with InterPlay as a research methodology, leading playgroups for graduate students who crave more embodiment in their dissertation-writing process. In addition to being an InterPlay leader and member of WING IT! Performance Ensemble, Gretchen is a freelance teacher, trainer, and curriculum consultant based in Oakland, California.*

InterPlay in Prison

Most of the incarcerated women we serve have never had an opportunity to talk about their bodies in a non-judgmental, affirmative atmosphere, let alone participate in a class that devotes a couple of hours to listening, telling and moving together. We start by saying “what we say here stays here and if you feel you cannot commit to that we respectfully request you excuse yourself”. There’s typically a silence that’s palpable, a nodding of heads—no one’s opted to leave so far. Mostly we’re just women laughing and crying together as we share bits and pieces of our lives—hopes, dreams and regrets. In this workshop we’ll use InterPlay to tell and move and hold and release our experiences of imprisonment—literal and metaphorical.

Lila Morisee *is a play therapist who works w/ adult clients offering a variety services all incorporating play as the underlying, connecting factor. She founded and directs an improv troupe, the Play It Like It Is Players, combining InterPlay and Playback Theatre. The troupe takes their workshops and performances to jails and prisons, churches and schools and private settings and celebrations. Lila is committed to the InterPlay philosophy as a spiritual practice and as a way to shift consciousness from fear to engagement in living into who we truly are, together.*



Lisa Laing *is an InterPlay Leadership Program leader in the Northeast. As a volunteer, she shares InterPlay with women at York Correctional Facility in CT. Two prison programs she has been invited to participate in are the Inmate Hospice Training Program and a mandatory pre-parole series, designed to help empower women to realize their potential after release.*

My Body as Art: Licking the Lines to Life!

This workshop will use the skills of embodied improvisation to explore the realm of art making on paper, where the fullness, the shadow, and the quirkiness of life leaves a residue. This is image making as a direct impression of being body, an art vessel skimming through life, a mobile studio on legs, a research institute with skin.



Rod Pattenden is a restless improviser and experimenter with forms, founder of InterPlay Sydney Australia.

Art Play - In the Big Web

What about the lines around us, through us, among us, connecting us? What about the web of existence as an interwoven net, a myriad of almost tangible threads? What about drawing your life into existence? We talk about how one movement affects all - the butterfly effect. We notice our feelings of interconnected body spirits between two, across a room and around the world. Come join in as we play with visible and invisible lines, threads and connections, an exploration of the visible and the sensed. We'll have time for reflection and noticing our outdoor bigger body container(s). This session will include both led forms, some visible and some invisible art and extended time for an indoor/outdoor suite of connecting lines.



CC King is a visual artist, teacher and parent (and of course InterPlayer!). In addition to playing around, she leads workshops in organic sculpture and organizes community performance. CC's background includes nonprofit management, art and family therapy, grief transforming play, and a life-long commitment to finding in the natural world that which nurtures our souls.

InterPlay and ArtPlay: Mining the Playground of Possibility

Join an inspiring, committed artist in the playground of InterPlay and Artplay. Tempt and explore expansiveness and possibility through movement, babbling, exformation and Artplay.



Mary Sobrina Kuder is a Multi-disciplinary artist: Visual, Textile, Performer, Teacher and InterPlay Leader. She has studied at the Instituto Allende in San Miguel de Allende in Guanajuato, Mexico as well as teaching and training at the San Francisco Art Institute, and Laguna Beach school of Art. Mary's work has been exhibited at the San Francisco Museum of Modern Art Rental Gallery, M.H. de Young Museum, MOCA and many others. Her paintings are found in both private and Corporate collections. She appreciates and encourages the fun in art.

Praying in Color

Praying in Color is an active, meditative, and playful prayer practice for the word-weary and fidgety pray-er. It is both a process and a product. The process uses pen, paper, and markers to create a time of stillness and listening. The product is a prayer drawing or icon—a visual reminder to continue to pray throughout the day. Absolutely no artistic ability is necessary! The workshop is based on her book of the same title: *Praying in Color—Drawing a New Path to God* (2007). For more information visit her website: www.prayingincolor.com



Sybil MacBeth is a mathematics instructor, an InterPlayer, a dancer, and a doodler. She lives in Memphis, Tennessee.

InterPlay as Visionary Practice: Soul Play

Soul Food = the substance that nourishes the body (mind and spirit)

Fragmentation = scattered bits of data on a hard drive

The soulful play workshop is rooted in the belief that the power of spirit always exists in the present moment. This play works to bring people out of the past, and or out of the future into the NOW using story, movement and sound. We will journey from fragmentation to wholeness in a joyful and soulful way. Outcomes: Soulful encounters and Renewal.



Montanez Wade, professional problem solver, poet, Interplay leader, and electrical engineer is a builder of learning communities for underrepresented populations in science, mathematics, engineering, and technology at Tennessee State University. Her passion is helping people find their purpose. Montanez is an engaging speaker who speaks from her soul. Her work/life is rooted in the practice of integrated embodied spirituality derived from the African – American experience in America and other world traditions. A believer in love Montanez is a whole brain woman who lives at the intersection of technology and creativity, who has the divine spark flowing through her.



Cynthia McGahan, long fascinated with the power of creative play, has a rich background in using breath, movement, sound, and art-making as a tool for self discovery. Trained in the science of subtle body vibration, she uses the full spectrum of spiritual art practices for transformation and empowerment in her work. Using the power of creation, she opens portals of sacred connection to support life's unfolding journey. The heart and soul of her service is to ignite within the individual their unique creative life path. This fostering of others in their alignment with authentic living is her greatest joy!

InterPlayful Spiritual Direction: Playing into consciousness our deep connection with Spirit and Grace

The perennial wisdom of the great spiritual masters of our planet is alive and well within our own bodies. We can awake to the healing power of this wisdom. We can move within, connect to and be blessed by what we already know; what we are heirs to; what we have seen but only sometimes **remember**. InterPlayful Spiritual Direction calls out to you to “Come play with your own deep soul wisdom!”



Connors McConville is a Dancer, Interplay Leader and a Marriage and Family Therapist Intern. Connors is presently employed as a Spiritual Care Counselor for a Hospice Company that serves the dying and their families in the Bay Area. Connors also works as a Spiritual Director at St. Agnes Spiritual Life Center in San Francisco. Connors confesses that he is deeply attached to Thailand where he spent 15 years as a teacher, dancer and student of Buddhism, Thai, Thai Massage, Thai food and sweating.

InterPlay and Chaplaincy

In this workshop we will explore the ways InterPlay forms and Body Wisdom tools can help us in pastoral care work with patients and families in a healthcare setting. In the context of caring for others pastorally, we will gather from the group body knowledge and body wisdom using Easy Focus, Hand Dances, Vocal Play, Babbling, Deep Breaths, On Behalf Of, Walking Stopping and Running, and the Big Body Story. There will also be time to focus on the ways InterPlay can be a primary practice for SELF CARE as a Chaplain. This workshop is open to all who care for others or wish to care more for self.



Jonathan Leavy has been a hospital Chaplain for 3 years and a member of the WING IT! Performance Ensemble for 9 years. In his previous life, Jonathan was a vocal music major (Colorado State University) and performed in theatre on the east coast for 12 years. Jonathan worked in the Oakland InterPlay office for 6 years where he led many InterPlay classes and workshops. Inspired by Trish Watts, Jonathan brought his style of Vocal InterPlay to many regional sites including NC, WA, FL, TX, MN and Australia. Today, Jonathan also leads the youth group at 1st Congregational Church of Alameda.



Judith Dunbar MDiv, MA (Theological Studies), BApp Sc (Advanced nursing), Dip AppSc (Community Health nursing), RM, RN, Australian InterPlayer for 8 years, she co-leads with sister Denise, a monthly InterPlay workshop in Newcastle NSW. Previously a nurse and health services manager and alternative health practitioner, she is a pastoral educator and supervisor and director of Royal North Shore Hospital Clinical Pastoral Education centre in Sydney, developing a private practice in professional and pastoral supervision, spiritual accompaniment and counseling.

Interplay in Caregiving

For those in caregiving roles, either by choice or necessity, in our personal or professional lives, help is on the way! Whether the object of our care is an environment in cataclysmic peril, a beloved pet on dialysis, or dear dotty aunt Martha until she moves to assisted living, let's face it, caregiving is work. After 40 years of caregiving and two years of InterPlay, Diane Storm realized that while caregiving is sometimes long hard thankless work, it is also profound, scary, crazy making, and deeply rewarding. It is quite possibly the most important work there is. So join Diane in exploring caregiving as a life practice. The art of showing up, being present, following through, taking care of ourselves as the source of caring of others – all this is deeply enriched by sharing fun the InterPlay way. There will be ease, grace, and so much affirmation you may explode!



Diane Storm is the parent and primary caregiver of her daughter Nicole who lives with the challenges and triumphs of Down Syndrome. Sharing a love of creative movement, they discovered InterPlay in 2006 and completed the InterPlay Leadership Program in 2007. Diane is a Certified Massage and Acupressure Practitioner, teacher, and owner/manager of Take Care Healing Arts in Alameda.

Dancing With Depression

Often when we are depressed the last thing that we feel inclined to do is to be with others and do something we enjoy. Yet, opposite action is one of the best ways to lift depression. Find out how we can PLAY together with respect for our travels into, and through, the dark places. Let your spirit be nourished by the warmth of community as we explore the wisdom of bringing more grace and ease to our journeys with mood swings and depression. Whether you are a person that experiences depression yourself, have a family member that suffers, or work with folks who are depressed, this session is for you!



Victoria Allen is an educator, landscaper, and InterPlay leader. She owns and runs Victoria Gardens, teaches Liberal Studies at Sonoma State University and will lead InterPlay anywhere, anytime (almost!) if asked. She holds an M.A. in Ethics from the Graduate Theological Union.



Julia McKay is a cultural creative and has facilitated many forms of public arts ministry. Julia is a Ministerial Candidate with the Unitarian Universalist Association, and a 2008 graduate of StarrKing School for the Ministry. She is currently serving as a Chaplain Resident in Washington. She is also a recording artist, InterPlay leader, former educator and psychotherapist. Her CD of original contemplative solo piano music is entitled “Where the Light Shows Through”.

InterPlay in Therapy

Being in therapy doesn't hafta be so hard. We have all felt the healing magic of InterPlay in our playgroups. But what happens when the forms and ideas of InterPlay are intentionally used in a therapeutic setting? Kate Amoss, LCPC, and Sharie Bowman, MA, would love for you to experience their approaches to using InterPlay in their private practices. All are welcome.



Kate Amoss, LCPC, is a licensed professional counselor, certified InterPlay leader, dancer, and weaver in the Washington DC area. She is using InterPlay with individuals and groups in her private practice where she has delighted in observing first hand the power of its forms to enliven and heal. She and her husband, Billy, are currently leading and mentoring Level One of the DC InterPlay Leadership Program. She is also one of the founding members of The Big Yes, the DC InterPlay Performance Troupe.



Sharie Bowman, MA, is a therapist in private practice, a certified InterPlay leader, and a member of the Seattle Regional InterPlay Leadership Team. InterPlay and therapy have been deeply woven together for her because she completed the InterPlay leadership program while earning her master's degree in Mental Health Counseling. The focus of her research has been about complex trauma and how the gifts of InterPlay support the evolution of individuals who grew up in challenging family situations. Sharie regularly uses InterPlay forms with individual clients, couples, and families. She also leads a monthly exform group and a monthly group fostering the exploration of the healthy embodiment of Christian Spirituality called “Let the Spirit Play”.

InterPlay BrainPlay

This workshop will be a cross-pollinated session of hand dances, hand yoga, cross lateral exercises, contact, “Braindance”, babbling and other InterPlay story forms. Neuroplasticity through swing, shape, hang and thrust! This workshop is great for those with short attention spans, like Leah's!!



Leah Mann experienced a brain hemorrhage some years ago. Since then, Leah's interest in the brain and its health and development was peaked, peeked and piqued. Since then, one of her interests has been exploring the use of improvisational ritual and play as it relates to health – mind, body and spirit. 4 yrs ago Leah established Integrated Music in 2 Seattle area hospitals providing personalized music, singing and humor for and in the moment for patients, their families and hospital staff with a roster of 10 diverse Seattle artists. For the past 2 yrs she has worked with Alzheimer patients at Vashon Island Community Care Center, helping elders re-member by thinking less and playing more!

InterPlay Ambassadors

Cynthia Winton-Henry hosts Prashant Olalekar, Masankho Banda, Diane Ault and others who will share learnings about adapting InterPlay practices when leading groups that don't share common language or culture. Sharing experiences of Morocco, India, and Malawi, we will survey the advantages for using InterPlay in traveling communities, share good times we've had, awkward times, lift up InterPlay as a form of body based hospitality and offer visions of upcoming trips.



Diane Ault is a longtime community organizer, activist and artist who wears lots of hats! Her roles are many but her vision is one: wholeness for all. She has a passion for community-building across lines of race, class and culture. She loves the simplicity and elegance of the InterPlay forms and shares them with other adventurous souls. She has organized over 150 InterPlay gatherings in the last 4 years and is building a strong mutual support network of community artists in Nashville.



Masankho Banda is a Multi-Disciplinary International Performing Artist, InterPlay Leader, Educator, Spiritual Healer and PeaceBuilder. Recipient of the "Heroes of Compassion" Award by His Holiness the Dalai Lama for his peace & justice work around the world.



Prashant Olalekar, the Director of Pasayadaan, is playing a pioneering role in actively promoting Interplay in India. He was the former Novice Director and Coordinator of Formation of the Bombay Jesuit Province. He is the founder of Pasayadaan Peace Partnership, a fledgling global network for peace. At the Global Peace Initiative Conference on "Making Way for the Feminine" held at Jaipur in March 2008 he conducted a brief InterPlay icebreaker for one of the concurrent circles on "Bringing Feminine Principles of Compassion and Collaboration to Economic Life".

InterPlay and Rhythm - reclaiming rhythm in every body

To be rhythmic is to be human. It is at the core of every body. Many cultures remember this in their daily practice of community rhythm making, but in the West we have often left it to the specialists and we act as if rhythm is something in the head to be intellectualised about. This workshop will reclaim rhythm in every body, building on existing InterPlay forms, as well as play inspired by Reinhardt Flatischler's "Taketina." Together we will make rhythm as community in connection, play and fun.



Tony Hole is a musician who sometimes can't decide whether his first love is melody or rhythm, so why not both? He has a passion for global music, and has spent time in Ghana, studying West African rhythms on djembe and kpanlogo drums, as well as India, studying rhythms on tabla and mridangam drums. He has performed in African music and dance ensembles, as well as bands rooted in the musical traditions of the South American Andes.

InterPlay for Musicians

Although music is a complex and intricate language, it begins with the sound of vibrating molecules and atoms. Various religions and spiritual practices sometimes refer to this as the music of the spheres, the primal sound or the name of God. We'll use some tuning in techniques to get in touch with our own source of music and with each other and then see where the music takes us.



Amar Khalsa has created music for the WING IT! Performance Ensemble for the past 15 years. His expertise in keyboard, percussion, and wind instruments, along with his incredible ability to craft his compositions, have impressed audiences around the globe.

Interplay and Earthtending

A time of sharing love and care for the Earth. Tell stories, dance, sing with and listen to the Earth, take an Earth Walk, and find out what the Earth says to you.



Dolores Nice-Siegenthaler, *Earthtender and Interplay Leader*, grew up on a dairy farm in Illinois, lived and worked in three national parks, a Waldorf and Godly Play Teacher, Mother of two 20-something Earthtenders, Spiritual Director, Storyteller and Gardener.

Hang Swing Thrust Shape for Performance and Play

This workshop will explore both the personal and interactive effects of the Coordination Patterns™ in improvisational performance. Its goal is to enrich each participant's creative processes, as well as explore the effects on the group as a whole, by consciously applying the movement patterns to InterPlay performing experiences.



Betsy Wetzig, *director of Wetzig Dance Co. and Sound Shapes Improvisation Group ('71-'82 in NYC), the originator of Coordination Pattern Training" and Full Potential Learning" (developed with Dr. Patricia Pinciotti); co-author, with Ginny Whitelaw, of Move to Greatness: Focusing the Four Essential Energies for Whole and Balanced Leader; dance faculty member Upsala College, NJ '71-'82 and Cedar Crest College, PA '86-'03.*

Let's Meet In the Field Between: A Dance of Reconciliation and Restoration

If you are up for an experience that will further your personal understanding and embodied experience of the diversity that you are and that others are, you will find this to be a profoundly satisfying opportunity. This playshop is not for the faint of heart. This is some of the deepest play in town! Jori and Marquetta will take you through a deeply connected journey across the fabric of what separates us as humans and the dance of finding our way back as whole and complete. Featuring the Pacha Mamas on music.

Jori Martinez-Woods and Marquetta Dupree

One World Performances: The Pacha Mamas

The Pacha Mamas offer a model for creating community performance using song/singing/voice. Share ideas around the One World Community Arts Performances model.



Marquetta Dupree/ Angela Holley/ Vivian Clausing