

The InterPlay Life Practice Program

Change Your Life, Change Your World

\$100 off
Register by April 12, 2019

life skills
community
body integration
mentoring
professional development
fun
creativity
leadership
ease

An immersion in the InterPlay system of practices and ideas that gives you access to the deep wisdom of your body

led by

Jennifer Denning, Carolyn Renée & Christine Gautreaux, LMSW

Atlanta, GA • 2019

OPENING RETREAT

“Secrets of InterPlay”

May 17-19, 2019

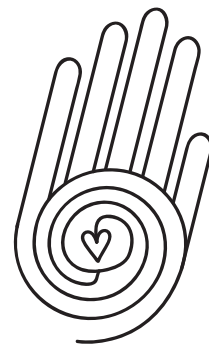
5 MONTHLY SESSIONS

Saturdays 9 am – 6 pm

June–October, 2019

CLOSING WEEKEND

December 6-8, 2019



InterPlay
unlock the wisdom of your body

Opening Retreat

“Secrets of InterPlay”

May 17–19, 2019

Friday 7–9 pm

Saturday 9:30 am–7 pm

Sunday 9:30 am–4 pm

5 Monthly Weekend Sessions

Saturdays 9 am–6 pm

June 22, 2019

July 27

August 24

September 28

October 26

Closing Weekend

December 6–8, 2019

Information Sessions

Sat, April 13, 2019 • 11:45 am–12:45 pm

The Mask Center

L5P Community Center

1083 Austin Ave NE, Atlanta 30307

Sun, April 21, 2019 • 2–3 pm

10 College Street

Norcross, GA 30071

Location

“Secrets”

Address supplied upon registration

Lineville, AL

Life Practice sessions

St. Luke’s Episcopal Church

435 Peachtree St. NE

Atlanta, GA 30308

Local contact

Jennifer Denning

404/272-0848

atlantainterplay@gmail.com

InterPlay/Body Wisdom, Inc.

510/465-2797

www.interplay.org

The InterPlay Life Practice Program may be just right for you!

In the Life Practice Program you will learn the core elements of the InterPlay system—a **comprehensive system of ideas and practices** to help you move from where you are to where you want to be.

InterPlay will teach you how to pay attention to all levels of your experience—mind, body, heart and spirit—and to see how you can

thrive when all those parts are working together. Learn to shape your life in the ways that work best for you. Minimize stress. Maximize ease.

InterPlay can help you professionally. No matter what work you do, you can learn how to make your job more **enjoyable, productive and sustainable.** The wisdom of InterPlay can **balance the stress** of your everyday life. Elements of the InterPlay system are being applied by therapists, social workers, leaders of faith communities, educators, artists, health care professionals, managers and organizational leaders.

In InterPlay, you will regain access to the **creative power** of your stories, movement, voice and stillness—the easiest way to **integration.** It is also the quickest way to **community connection.** InterPlay

is something that any body can do—regardless of size, shape, ability, color, background, gender, orientation, belief, or nationality. All you need is a little willingness.

InterPlay is **easy, incremental, and affirming.** It is playful and engaging and sometimes irreverent. It is powerful and moving and sometimes challenging. It **builds on strengths** rather than focusing on limitations. Who knew that change could be so much **fun?**

You will get **personal attention** and support to manifest your own wishes and desires. Each person receives three individual “focus sessions” during the course of the program.

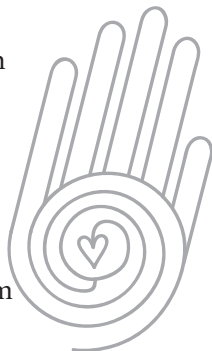
More than 1000 people have participated in the InterPlay Life Practice Program around the world.

In InterPlay, we value learning from leaders, from each other, and from our own experience. Our leaders bring body wisdoms of difference and connection across their race, gender and sexuality, class, age, health status, and dis/ability.

InterPlay is committed to **Racial Equity and Transformation.** You can read more about this on the InterPlay website or be in touch with our Liaisons to Leaders of Color Carolyn Renée (carolynrenee1@gmail.com) or Masankho Banda (ucandanc@yahoo.com).



Discover the healing
and integrative power
of InterPlay ideas and
practices through
storytelling, singing,
stillness and
movement.



The Program

The Life Practice Program begins with a weekend event called **Secrets of InterPlay** (May 17–19, 2019, Friday 7 pm through Sunday 4 pm). This is an introduction and overview of the InterPlay practice and philosophy. You may participate in this event even if you don't enroll in the entire Life Practice Program.

Note: This "Secrets" is also open to anyone who needs to fulfill that requirement for Life Practice Programs in other parts of the country.

One of the "secrets" of InterPlay is that change requires both "knowing" and "practicing," so the initial weekend is followed by **five monthly events** (Saturdays all day) where you will have opportunities to deepen your own body wisdom, get individual support and mentoring, and reap the benefits of an affirming community.

A **Closing Retreat** will be held December 6–8, 2019.

Those who complete the InterPlay Life Practice Program will be eligible to enroll in the Leader Training Program and become a certified leader. (Full information about that program at www.interplay.org.)

About InterPlay

InterPlay was developed by Cynthia Winton-Henry and Phil Porter, beginning in 1989, in the San Francisco Bay Area. The two are leaders, writers, artists and



philosophers who seek to put the wisdom of the body back in the center of learning and life. InterPlay has grown into a worldwide movement dedicated to creativity, well-being and peace building. Trained leaders are taking the deep body wisdom of InterPlay into many different professional settings and communities. More at interplay.org.

Leaders



Jennifer Denning is keenly interested in using the InterPlay forms to promote racial justice and healing and collaborates in developing and leading the workshops "Sankofa Communities" and "Using Body Wisdom to Build Just Communities." She launched InterPlay

Atlanta's programming with women in prison and teaches regularly at Trinity House and The Friendship Center. Jennifer has also worked as a professional actor and currently teaches and directs with Synchronicity Theatre's "Playmaking For Girls" program. She is the director of InterPlay Atlanta's performance group, "Soulprimg Players." Her work has long centered on the intersection of creativity and spirituality.



Carolyn Renée is a healer, artist, and community organizer. Her passion is advancing healing using creativity. She is a playwright, storyteller, and singer/songwriter. She works as a teaching artist with Playmaking for Girls (PFG), serving on a teaching team that

leads girls from foster care, refugee communities, and those who are serving time in youth detention centers in turning their own stories into theatrical performances. She is a third degree Reiki master and certified Natural Health and Wellness Consultant. Carolyn Renée loves to create art-infused projects that incorporate the healing arts and help create positive change. She is most thrilled to be co-leading Atlanta's 2019 Life Practice Program.



As a Licensed Master Social Worker, **Christine Gautreaux** uses InterPlay in a variety of settings and workshops with her peers and clients. She enjoys taking InterPlay and performance into underserved communities. She has worked with women in Lee Arrendale State

Prison and the pre-trial detention center in Atlanta, GA. Christine also uses InterPlay with her Life Coaching clients and in her workshops with foster/adoptive families. Dedicated to the pursuit of play, joy, laughter and love, Christine enjoys InterPlay, yoga, blogging, DCP, triathlons, family & friends and tea. Her superpowers include connecting people, helping folks manifest their dreams and juggling a full delightful life.

Tuition

The tuition for the InterPlay Life Practice Program is \$2250.

A \$100 deposit reserves your place in the program and a payment of \$400 will be due when you register for Secrets of InterPlay. Both of these payments apply to your total program tuition. The balance of the tuition can be paid all at once or in installments over time. If you are paying in installments, we require that monthly or quarterly payments by credit card or bank withdrawal be set up in order to enroll.



Register and make your deposit by April 12, 2019 and get a \$100 discount for the program.

Based on InterPlay's commitments to build transformational communities of practice, people of color, millennials, full-time artist-activists, and undergraduate and graduate/professional students are eligible for the \$1000 repeaters rate. (see below.)

Your deposit and/or tuition checks can be made out to "Body Wisdom, Inc." and sent to 2273 Telegraph Avenue, Oakland CA 94612. Call the InterPlay office at 510/465-2797 to pay by credit card (Visa, MasterCard, American Express, Discover) or set up a payment plan.

Repeating the program

Graduates of previous years of the program may take the InterPlay Life Practice Program at a greatly reduced rate.

Repeating only the Secrets of InterPlay retreat is \$300 (not including any costs for food or housing). Participating in just the Life Practice group sessions is \$750. If you wish to do both, tuition is \$1000.

Repeaters who enroll in the whole program and pay a deposit by April 12, 2019 will receive a \$50 discount.

Continuing Education Credit

15 CE credits for Secrets of InterPlay and 50 for Life Practice Program for various healthcare and allied healthcare professions are available for those practicing throughout the U.S. CE preregistration is recommended at least 2 weeks before the start of your event. Notify Body Wisdom staff at time of registration that you are requesting CEs. Indicate the profession (e.g. LCSW) and the state you have your license in (e.g. MI). A CE fee of \$25 is due when you register. CEs are offered through Continuing Education Institute of Illinois.

Sign me up!

Send this form to the address below or fax to 510/836-3312. You may also call the Body Wisdom office at the number below.

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

AREA CODE/PHONE

I am enclosing a check for my deposit of \$100, made out to "Body Wisdom, Inc." Please send to 2273 Telegraph Ave, Oakland, CA 94612. (Payments for all programs regardless of their location in the country go to this address.)

Please charge my credit card (Visa, Mastercard, Discover or American Express.) You may also register by phone at 510/465-2797.

CARD #

EXP DATE

SIGNATURE

Body Wisdom, Inc.

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510/465-2797

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www.interplay.org



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