

# Penny Mann InterPlay Frontrunner

**REFLECTIONS FROM CYNTHIA WINTON-  
HENRY, INTERPLAY COFOUNDER**



When Phil and I met Penny, her way of doing things was already close to our way of working. We teased and honored her as a "born InterPlayer, an ecstatic follower, a savorer!" Plus, she took notes on everything we said and did.

Because of people like Penny, Phil and I realized the power of "ecstatic leaders and followers." We joked that a person with a good idea might dance a solo. But any real movement takes at least one good follower, a number 2. The power of the second person, or follower, is to amplify. They make the next thing happen. This power is always underestimated by followers. Even I, an irrepressible visionary, learned to ecstatically follow, because following is how we bring a communal dance or a story into being. Following is the great, Yes-Anding,

Who we choose to follow means EVERYTHING!

Penny and Fawn Christiansen taught the first InterPlay class in San Jose, where Phil and I weren't involved in any way. We attended the class performance and observed Penny and Fawn and their students faithfully convey the InterPlay forms, the spirit of InterPlay, and even the exact words that we often shared. What an odd and profound feeling to witness InterPlay spring to life outside of our bodies in a way that was successful and meaningful. That would not have happened without Penny, her documentation and love for structure. Penny gave us a living sign that InterPlay was worthy of repeating and indeed replicable. Wow!

Then, I became a follower of Penny Mann. In addition to experiencing her brilliance as a storyteller, song-maker, and dancer in Wing It!, she organized the community to fill the seats of our first large performance of the Unbelievable Beauty of Being Human at the Cowell Theater in San Francisco. She served on the Body Wisdom Board and organized the first Raising More Money (Benevon) Fundraising events. Penny counseled me that I was prone to overwork and gave key feedback when I needed it.

Penny! Her buoyancy after Breast Cancer and end of life illness, her faithfulness to those she loved and played with, and with her Hagitude as a wise elder, Penny is now an InterPlay Ancestor, a Playmate and Holy Woman forever on our Spirit Team!