

## Tuition

The tuition for the InterPlay Life Practice Program is \$2150.

The Opening and Closing Retreats in Oakland are non-residential. Participants will need to arrange for their own housing and meals. The Body Wisdom office can share a resource for housing options.



A \$100 deposit reserves your place in the program and a payment of \$350 will be due when you register for the Opening Retreat. 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 automatic check be set up in order to enroll.

**Students currently enrolled in undergraduate or graduate programs** may enroll at the “repeaters” tuition rate (see below).

**Register and make your deposit by August 21, 2017 and get a \$100 discount for the program.**

Make your deposit and/or tuition checks payable to “Body Wisdom, Inc.” and send to: 2273 Telegraph Avenue, Oakland CA 94612-2330. Call the InterPlay office at 510/465-2797 to pay by credit card or set up a payment plan.

## Repeating the program

Graduates of any previous versions of the Life Practice Program may enroll at a greatly reduced rate.

The tuition for repeating only the Secrets of InterPlay retreat is \$250. The tuition for repeating the whole program is \$900.

Costs for housing and food will be additional.

**Repeaters who enroll in the whole program and pay a deposit by August 21, 2017 will receive a \$50 discount.**

## Sign me up!

Send this form to the Body Wisdom address below or fax to 510/836-3312. You may also call the office at 510/465-2797 to enroll.

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 94612-2330. 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.

2273 Telegraph Ave  
Oakland, CA 94612

510/465-2797

info@interplay.org  
interplay.org

© 2016 Body Wisdom, Inc. All rights reserved.



# The InterPlay Life Practice Program for Spiritual Leaders

**\$100 off**  
Register by August 21, 2017

community  
body wisdom  
spiritual guidance  
creative practice  
integration and healing  
professional development

**An immersion in the InterPlay system of ideas and practices, specially designed for spiritual leaders. Get access to the deep wisdom of your body!**

*led by InterPlay co-founder*

**Cynthia Winton-Henry**

## In Person & Online • 2017-18

### OPENING RETREAT

October 2-5, 2017 • Oakland, CA

### 8 TWO-HOUR ONLINE SESSIONS

Tuesdays 9-11 am PST (CA time)  
October 10, 2017 – March 13, 2018

### 3 MENTORING SESSIONS

Flexible timing

### CLOSING RETREAT

April 9-12, 2018 • Oakland, CA



**InterPlay**  
unlock the wisdom of your body

## ONLINE ORIENTATION

Time TBD

## OPENING RETREAT

The Secrets of InterPlay for Embodied Spiritual Formation  
Monday–Thursday · October 2–5, 2017  
InterPlayce · Oakland, CA

## 8 TWO-HOUR ONLINE SESSIONS

Tuesdays 9–11 am PST (CA time)  
October 10 & 24, 2017  
November 14  
December 12  
January 9 & 30, 2018  
February 20  
March 13

## 3 MENTORING SESSIONS

Flexible timing

## CLOSING RETREAT

The Art of Collective Peace-Making and Ritual  
Monday–Thursday · April 9–12, 2018  
InterPlayce · Oakland, CA

## Online Information Sessions

Wednesday, April 26, 2017 · 4 pm (CA time)  
Wednesday, July 26, 2017 · 10:30 am (CA time)  
Email Cynthia to participate

## Info

Cynthia Winton-Henry  
cynthia@interplay.org  
510/465-2797

## InterPlay/Body Wisdom, Inc.

510/465-2797

www.interplay.org



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

Are you a faith community leader, spiritual director, chaplain, clergy, religious educator or pastoral counselor?

In the fall of 2017, InterPlay co-founder **Cynthia Winton-Henry** will lead a **Life Practice Program** specifically designed for **spiritual leaders**.



This program, which includes **two in-person retreats** (at InterPlayce in Oakland, CA) and **online sessions**, is **open to anyone across the continent** (and beyond?).

The program will help you **access your own body wisdom**—for your own well-being and that of the people you work with. It combines the **Core Elements of InterPlay**, including ideas and practices like the **8 InterPlay Tools**, with **specific content for spiritual leaders**.

Cynthia has spent over thirty years exploring **embodied spirituality and spiritual leadership**—as an artist, mystic, writer, performer, and community leader. She will share her own special wisdom and support your spiritual “voice.”

This program puts the **body back in the center of spiritual intelligence**. Racism, gender, class, ability, politics, religion, climate change and care for all of creation are all **body issues**. As all of us navigate the challenges of life, we can be reminded to align our lives with essential body wisdom.

In the program you will:

- **Integrate body and soul** in formation, healing, prayer, speaking, discernment, celebration, justice-making and ritual
- Increase fluency in the **languages of the soul**: moving, voice, word, stillness
- Enjoy time for **fun, reflection, conversation and ease** in community
- Affirm what your body knows as intrinsic to your **spiritual intelligence**
- Open to **Spirit** and **Mystery**

## The Program

**Online Orientation** An initial meeting to get to know each other and to learn to navigate the online learning environment (Zoom).

**Opening Retreat** “The Secrets of InterPlay for Embodied Spiritual Formation” is a four-day retreat at InterPlayce in Oakland, CA, October 2–5, 2017. You will experience InterPlay’s easy and incremental “forms,” which play with movement, voice, story and stillness. You will learn about the 8 InterPlay Tools—simple but powerful ways to understand our experience and be more in our bodies. You will also



explore important topics related specifically to spiritual development.

You may enroll in this retreat before committing to the whole program. This retreat may also be taken to fulfill the “Secrets of InterPlay” requirement of other Life Practice Programs.

**Online Wisdom Trainings** Eight two-hour online sessions led by Cynthia will cover aspects of the creative spirit, the art of truth telling, the nature of being a body intellectual, how to play with challenge, healing and wholeness, and how to encourage creative offerings in prayer and service in others. These sessions will be live, interactive and experiential.

A fuller description of the content of these sessions can be found in the listing for this course at [interplay.org](http://interplay.org).

**Mentoring Sessions** Each participant will receive three one-hour sessions over the course of the program with an InterPlay mentor, to explore your own particular personal and spiritual development. These may be done in person or by Skype.

**Closing Retreat** “The Art of Collective Peace-Making and Ritual” is a four-day retreat at InterPlayce in Oakland, CA, April 9–12, 2018. We will explore new vistas for communal life from an embodied point of view. The retreat will include a graduation and celebration.

## Leadership Training

Completing this Life Practice Program will make you eligible to enroll in the Leader Training Program and become a certified InterPlay leader. (Full information about that program at [interplay.org](http://interplay.org).)

## About InterPlay

InterPlay was developed by Cynthia Winton-Henry and Phil Porter, beginning in 1989, in the San Francisco Bay Area. Both 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.

## Leader



**Cynthia Winton-Henry**, who co-founded InterPlay with Phil Porter, has researched “what the body wants” in the arts, in jails, shelters, slums, hospitals, churches, businesses, classrooms and doctoral programs in theology and the arts. She has developed somatic curriculums to address racism and

leadership for the Earth and has a special passion for supporting millennials. She’s been a featured speaker on the Body Intelligence Summit online series and a keynoter at many conferences. Cynthia is the author of *What the Body Wants*; *Dance: A Sacred Art—Discovering the Joy of Movement as Spiritual Practice*; and *Chasing the Dance of Life: A Faith Journey*, in which she explores how attuning to the wisdom of the body radicalized her faith and worldview. She is currently writing on “ensoulment” and coaches leaders seeking spiritual intelligence for our time through Mystic Tech ([cynthiawinton-henry.com](http://cynthiawinton-henry.com)).