

INTERPLAY

INCREMENTAL
EMBODIED
PLAYFUL
EXPERIMENTAL
WHIMSICAL
ENGAGING

PLAY LAB

A FUN PATHWAY INTO THE WISDOM OF YOUR BODY

InterPlay™ uses movement, sound, talking, and stillness to creatively reconnect us with our sense of fun.

Come as you are into the Play Lab and allow yourself to be delighted, surprised and affirmed.

SIDE EFFECTS OF PLAY LAB:

- * Spontaneous bursts of laughter
- * Unexpected creative impulses
- * Developing your capacity to "look for the good"
- * More confidence to enjoy your own quirkiness
- * Being seen and celebrated for who you are

FORTNIGHTLY: Tuesdays
From May 1st 2018
7:00pm - 8:30 pm

WHERE: Clayton Wesley
Uniting Church [Hall]
CNR The Parade and
Portrush Road
280 Portrush Road
Beulah Park, Adelaide

Car Park entrance on
Union St. Beulah Park

INVESTMENT: \$5 - \$15

CONTACT: 0409 304 171

ALL WELCOME

YOUR FACILITATOR: ELIZABETH EMANUELE is an Adelaide-based InterPlay facilitator and artist, using **PLAY** and **DANCE** to rejuvenate and reconnect with the **EMBODIED SELF**. A trained acupuncturist and psychotherapist with a long-term commitment to 5 Rhythms Dance, Yoga and Meditation, she delights in expanding the myriad ways we can find simple pleasure and nourishment in our own embodied creative expression. She is also a member of "Playing with Edges", Australia's first InterPlay based performance group.

