

InterPlay Australia

The Life Practice Program 2014



The InterPlay® Life Practice Program

is an active, creative way to unlock the wisdom of your body. By maximizing ease and minimizing stress learn how to shape your life the way you want it to be! InterPlay is easy, incremental and affirming and focuses on building strengths through community, relationships and having fun!

In the Life Practice Program you will learn the core elements of the InterPlay system; ideas and practices that 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, heart, body and spirit - to see how you can thrive when all parts are integrated. Through playing, practice and personal support you will learn the many ways in which you can apply InterPlay to your life and work - to increase community, ease, grace, energy and joy and to create more choice and empowerment in your own life. Who knew that discerning your personal goals and desires and going for what you want could be so delightful?

The Life Practice Program is a pre-requisite for undertaking The InterPlay Leader Training Program, the additional training necessary for accreditation to lead and teach InterPlay.

The Program has been offered in Adelaide, Canberra, Sydney and Melbourne over the past few years. This year it will be held in Canberra, led by Susanna Pain and Biff Ward. Please peruse the following components of the program and, if you so desire, register at www.interplayaus.com.au



InterPlay Life Practice Program

Program Components

1. **Artfulness and Play:** Involvement in a total of 50 hours of accumulated play, preferably through at least one Intensive program as well as workshops and weekly classes.
2. **The Secrets of InterPlay:** A multi-day workshop focusing on the InterPlay philosophy and Life Practice skills.
3. **Life Practice Group Meetings:** These sessions provide an opportunity for advanced focus sessions and mentoring in various InterPlay forms.

The Group Meetings will be offered over four workshops: **Friday evening/all day Saturday workshops on May 30th/31st and July 25th/26th and all day Saturday and Saturday evening on September 27th and November 1st.**

4. **Creative reflections:** A series of reflections in either written, visual (photography, video, collage, art, youtube etc) or auditory (songs, narrated stories etc) format are to be completed as part of the Life Practice Program. This will enhance your ability to articulate your experience of InterPlay and apply InterPlay insights to your own life.
5. **Mentoring:** A number of focus sessions will be offered to each participant that will centre on personal creativity and the discernment of life goals. You will then receive affirming feedback from your 'Creative Reflections' mentor.
6. **Practice of InterPlay:** At the end of the Life Practice Program participants will share a short presentation highlighting how their InterPlay experience is impacting on their lives.

Tuition Fees

Tuition covers Life Practice Group Meetings, A Life Practice Self-Study Guide, Mentoring, Feedback on your Creative Reflection Tasks, Practice of InterPlay and support in community building. The total cost for these components in 2014 is \$950 when paid over installments or \$900 when paid at the beginning of the Program. Separate payment is required for Classes, Intensives and Secrets of InterPlay.

We are keen to include people who would like to do the Life Practice Program but may have difficulty with up-front finances. Effort will be made to accommodate financial or other challenges of individual participants. For example, it's possible to organise a monthly payment plan spread over a longer period of time. All payments must be completed by December 2014.

All arrangements need to be in place prior to the commencement of the Program and organised through Bron Lin, InterPlay Australia's Administrative Officer, on enquiries@interplayaus.com.au

Registrations

Please register at www.interplayaus.com.au by the 31st March 2014, at the latest. Click on 'Register for an Event' on the Home Page and complete personal details and 'Title' as 'Life Practice Program'. You will then receive an Invoice and, where negotiated, a Payment Plan contract.

For further information about the 2014 Life Practice Program please email Susanna Pain at susanna.pain@gmail.com or Biff Ward at biffward@homemail.com.au

For general information about the Life Practice Program and other InterPlay training please contact InterPlay Australia's Training & Development Coordinator, Trish Fairley, at trishfairley@iinet.net.au