



MorningStar Community Arts Collaborative presents



# The Healing Power of Play

**JULY 26**  
**1-5pm**

**CathyAnn Beaty of MN facilitating a Half Day Workshop for Therapists, Ministers, BodyWorkers, Health and Social Workers, Spiritual Leaders, Helping Professionals.**



hosted by **Vanderbilt Center for Integrative Health**  
and Tobi Fishel, PhD. at 3401 West End Ave, 218-6020

**CathyAnn Beaty** is a dancer, visual artist, certified InterPlay leader and master teacher. She specializes in using InterPlay with therapists, clergy and spiritual leaders through her business- SoulPlay. She is an ordained minister in the United Church of Christ and was a parish pastor for 15 years. CathyAnn is director of SoulPlay Performance Ensemble and has been practicing and teaching InterPlay for more than 20 years.

**Kenneth Robinson** has worked for more than 20 years in the healing arts as a therapist, counselor and teacher. Throughout that time he has been a student of meditation and yoga, and has for many years studied and practiced Alaya Process. He is drawn to more spirit-centered, body-oriented approaches and recognizes heartfulness and mindfulness as the ground of all healing work.

**Diana (Morningstar) Ault** is a community artist, activist, producer and InterPlay regional leader. She loves creating cultures of peace by bringing people together to play across lines of race, class, and culture, recognizing the oneness and interdependency of all beings.

The indirect nature of play makes it a powerful transformational agent. Just the notion of playing with an issue, challenge or story shifts the energy of what we are doing from working to heal something, to holding ourselves lightly, as play creates ease and grace. This energetic shift enables our bodies to relax, reshape, and be revitalized.

As we discover ease and grace in one part of who we are, it spreads and can embrace the wounded broken places in our bodyspirits that so need comforting attention. In this way, step by step, play by creative play, what we once experienced as dis~ease, now becomes wisdom for the healing process.

InterPlay is the foundation of my work for the last 24 years which includes ministry, therapy and the arts. InterPlay is about creating art out of life through solo and group play~a creative process for personal and community transformation. It honors our desires to be whole people leading whole lives in connection with each other. Through powerful, practical ideas and a system of practices rooted in storytelling, movement, song and stillness, you gain access to your own "body wisdom"~ what works best for you, what gives you purpose, what makes you fully alive. Using the InterPlay practices and principles we will explore using play in the helping professions.

**Kenneth Robinson of YogaForTheEmotionalBody.com**, who specializes in the creation of healing ritual, and **Diane Saliba Ault (MorningStar) of InterPlay Tennessee** will be supporting CathyAnn in this process of bringing together our various life experiences into creating a day of play, discovery, healing and expansion. **\$75**

*From CATHYANN- "InterPlay has been an intricate part of my life for many years. It has given me the capacity to play through just about anything, even times of life changing challenges, loss and now the stunning reality of aging. As a result of my own practice, and my years of teaching and playing with others I have come to see the wisdom of using InterPlay with those in the helping professions. In my Therapist's and Spiritual Leader's Wisdom of the Body groups InterPlay provides core tools for participant's own personal and professional growth, as well as forms and philosophy that are pertinent to their work with clients, parishioners and others. See the web for more feedback from therapists about InterPlay at [www.interplaytn.org](http://www.interplaytn.org)*

See the website for the other 5 workshops and performance that CathyAnn, Masankho and the PachaMamas are doing on Embodying the Golden Rule at the First UU Church on Woodmont. JULY 24-29

Call 615-594-4410, or email [diane@interplaytn.org](mailto:diane@interplaytn.org) for more information.

[www.interplaytn.org](http://www.interplaytn.org)