



InterPlay in Malawi

with
Masankho Banda
Cynthia Winton-Henry
Phil Porter

August 5-20, 2007

*Experience Africa and its people in powerful ways
in Masankho Banda's homeland.*



Masankho Banda, international InterPlay ambassador and WING IT! Performance Ensemble member, and InterPlay founders Cynthia Winton-Henry and Phil Porter, will lead a group of travelers to Malawi in central Africa for two weeks of connecting and playing in the summer of 2007. What a wonderful way to make a life-changing visit to Africa, surrounded by folks who are committed to ease and community, led by someone with an intimate knowledge of the area who can help us see the country and its people in direct and personal ways.

Experience the beauty of the area around the monumental Lake Malawi—mountains, rivers, lakes, wild animals—and meet some of the friendliest people you will encounter any-



where. That Malawi is called the “warm heart of Africa” is not a cliché. Get a taste of rural village life and visit a game park teeming with all sorts of wildlife—elephants, zebra, lions, hippos, buffalo, and more. Tukombo is the village of Masankho's father, Aleke Banda, who also represents that area in Malawi's Parliament. We will be staying at the Kande Beach Resort (www.kande-beach.com), and

playing about five miles away near cottages owned by Masankho's parents and sister. During the second week, participants may choose to tour while based at the resort, or go on other excursions which will be

organized. One of those choices will be to tour the Nkhata region with Masankho.

InterPlay is an easy-to-learn way of community building through stories, movement,



and singing. It takes little or no previous skill, only willingness. It is a great way to connect with others and will allow us easy ways to create community with people in Malawi. Since InterPlayers are good at dealing with the unexpected, the trip will be conducted with a spirit of ease. (You can learn more about InterPlay at www.interplay.org.) You don't need to be an InterPlayer to go on this trip, but

you may end up being swept into the InterPlay community!

“My recent trip to Malawi opened my eyes and heart to the cultural treasures and the profound challenges of everyday life in one of the world’s poorest nations. The people in the villages are warm-hearted folks who nurture the bonds of community through music, dance, and laughter. They are definitely our InterPlay sisters and brothers! (Caution: this trip could change your life.)”

—**Krista Gemmell Harris**, InterPlay Seattle



Schedule

August 5 depart the United States

August 7 arrive in Malawi

August 8-12 InterPlay in Malawi (in the village of Tukombo)

August 13-18 Multiple opportunities for touring Malawi

August 19 depart Malawi

August 20 arrive in the US

The trip will include:

- Staying in a village by beautiful Lake Malawi
- Sharing InterPlay forms and principles with each other and our Malawian hosts
- Learning Malawian forms of improvised theater, dance & music
- Enjoying watching & learning African dance & drumming
- Experiencing African storytelling
- Enjoying snorkeling, water sports, hiking, fishing etc...
- Visiting a game park to see a variety of wild life
- Enjoying traditional Malawian meals
- Visiting local and urban produce markets
- Interacting with crafts people, healers and artists
- Plenty of free time for rest & relaxation

\$3900 USD includes airfare (leaving from New York City), food, accommodation, transfers and transportation in-country, and leadership. Optional entertainment activities may be extra.

\$300 non-refundable deposit due by Feb. 28, 2007.

We are anticipating that we will have an “add-on” arrangement for airfare between the SF Bay Area and NYC for those who are coming from that part of the country.

If you are coming from somewhere other than the United States or will be arranging your own airfare for any other reason (e.g. if you want to use frequent flier miles) the cost of the trip will be **\$1600 USD**.

A Vision for the InterPlay Malawi Trip

What if every InterPlay community were represented on this trip?

InterPlay has proven to be a powerful way to connect across boundaries and borders. We get to know each other quickly when we are willing to move together, to share stories, to bring one hand to another's for a simple dance. A web of connections is constantly growing from these interactions. The InterPlay community transcends geography; we know others all over the place

because we have played together. In a surprisingly short time, we are able to share who we are at a deeper level. We create space for each other. **This sense of trust is a fundamental element of peace-making.**

These connections are not confined to the United States. They already extend to other parts of the world as people of all sorts are drawn to InterPlay. Masankho Banda has been part of the InterPlay community for many years now.

He is a member of WING IT! and a valued ambassador of peace who holds a firm commitment to InterPlay. He has long held the vision of InterPlayers visiting Malawi—**bringing his “family” home to meet his family.** He has already begun organizing trips to Malawi, including a recent trip that three InterPlayers from the Seattle area joined.

Next August, Masankho and InterPlay founders Cynthia Winton-Henry and Phil Porter will lead an InterPlay trip to Masankho's homeland, where we will get to experience this south-central African nation in a unique way. **We will gather our body data and body knowledge about this place**

in direct and special ways. And we will be changed by it.

It is an important and opportune time to experience Africa directly. Can you feel the attention of the world turning in that direction? And we have a unique gift right in the middle of our InterPlay community—Masankho's interest and desire to facilitate this journey.

This trip will be more than an opportunity for individual experience. **It has the potential for growth and change that is magnified through community: it will be a “bigger body” experience.** Not only will we have a shared experience, but what we see and hear and taste and smell will be brought back to our home communities through big body stories, dances on behalf of, and other InterPlay forms.

So here's a big picture: **what if every InterPlay community were represented on this trip?** What if we saw our participation in this trip as traveling on behalf of the people in our InterPlay communities? We would bring their interest, energy, and support along with us, and we would be prepared to share the experience when we returned.

Not everyone will be able to afford the time and resources this trip will require. But what if InterPlay communities came together to support those who could go—emotionally, spiritually, even financially?

For Body Wisdom's part, we will be exploring grant possibilities to subsidize travel expenses. Body Wisdom will also be setting up a scholarship fund for this trip. Contributions will be tax deductible. One may contribute to this fund generally, but we would encourage your support to be for a particular person or persons from your InterPlay community.

We hope that you will take part in the bigger vision of this trip. Consider going yourself or supporting others to go. Commit yourself to the stories that come from this trip, whether you are telling them yourself or hearing them from others.

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**Multiplying
the effect
of this trip
through the
power of
community.**