



interplay tennessee presents

TN MOUNTAIN UNTENSIVE April 21-23,
Riverdale School, East of Knoxville
PlayShop Descriptions, Leader Bios, Schedule

MORNING WARM-UP SESSIONS :

8:30-9:30am- Fri, Sat, Sun- see descripts/ bios below
2 or 3 choices each day

Fri. Anna Moore, Breathwork

Sat. 7:30am- EarthDay Spirit Walk- Candy Christman

Sat. – Judith Valerie- Stress Management

Sat.- Ajeet – Kundalini Yoga

Sun – Katherine Correa, BREEMA

Sun – Michele Flynn, Moving Peace
Out in the World



WHOLE GROUP

10am-noon- Fri, Sat, Sun- daily

“Invoking the Spirit of the Mountains”

Masankho will be leading a 2 hour morning session for each of the three days plus an afternoon playshop! He brings incredible wisdom, depth, humor and grace to leading groups in connecting with our ancestors, telling stories, singing, drumming and dance. Drawing from his experience and vision in creating Cultures of Peace, he will facilitate an opportunity for the whole group to celebrate and bridge differences, and honor the unique gifts each person brings to the world.

Masankho Banda of Malawi, Oakland is a Multi - Disciplinary International Performing Artist, InterPlay Leader, Educator, Spiritual Healer and PeaceBuilder. Recipient of the “Heroes of Compassion” Award by His Holiness the Dalai Lama for his peace & justice work around the world.



FRI AFTERNOON SESSIONS: 1:30 -3:00pm

Gym- Ed Haggard- Drumming IS Dancing!

Classroom 1- Montanez Wade- FLOWetry

Classroom 2- Anna Matheson- InterPlay and the Enneagram

Classroom 3- Candy C & Maureen- Courageous Friendship

Outdoors- focus sessions signup

FLOWETRY-- Spoken Soul PIP

Returning to the source. We will play with words of the soul. Working from the tradition of Spoken Soul we will work with Flowetry ~ Poetry in Motion. We will use babbling, movement and sound for soulful play. Come and experience some good soul food!!!

MONTANEZ WADE, Nashville, is a professional problem-solver, toastmaster, poet, and electrical engineer, is a builder of learning communities for underrepresented populations in science, mathematics engineering, and technology at Tennessee State University. Her passion is helping people find their purpose.

Montanez is an engaging speaker who speaks from her soul.

EMBODYING THE ENNEAGRAM

We will explore the nine personality types of the enneagram system, using movement, voice, and story. This is an opportunity to really experience the energy of each type (Peacemaker, Perfectionist, Helper, Achiever, etc.), as we each have all the types in us! Appropriate for those who know nothing about the enneagram, or for those very familiar with it and who know their type.

ANNA MATHESON, Asheville, Interplay leader, performer with Asheville's IP Array, world traveller, Enneagram student (Type 7, Adventurer), passionate lover of spontaneity.

Drumming IS Dancing! :-) PIP

Enjoy the healing power of a group rhythmic adventure. We'll jam with African drums, wooden frogs & Boom Whackers as we learn universal rhythms, play rhythm games and improvise our own inner beats. Drumming is dancing with each other. All levels of experience are invited to get in the flow with this unrehearsed expression session. You might experience peaks of joy through primal connection, wild tempos, sexy syncopations and Unbridled Unity with Others.

ED HAGGARD, Nashville is InterPlay leader, West African influenced drumming teacher, drum maker, drum circle facilitator, challenge/ropes course facilitator, leader of The Love Drums and Drumaluma percussion ensembles, producer of The WhizBang. Graduate of 03-04 IP leadership program

COURAGEOUS FRIENDSHIP

An exploration of different stages of friendship using the Interplay forms and principles. Great friendship has the power to bless, heal, connect and develop our ability to be free, whole and productive people. We'll play with some of the elements of friendship—honesty, trust, compassionate listening, and speaking truth to power.

CANDY CHRISTMAN, Nashville, has a BS degree in Education, and Graceworks 30+ years of experiential training in different body modalities and energy work. Her interests are storytelling, swimming/exercising, pursuing great health, dancing/Native American ceremonial dance, gardening, home & family, InterPlay and being open-minded and maintaining her connections with the natural world—with the plants – with the winged ones – and the four leggeds.

MAUREEN WILDMAN, Nashville, is part of the current Interplay Leadership Training. She has a BA in Psychology, a certification in Montessori Education, a fine husband, and a delightful daughter. One of her prized possessions is her 22 year old friendship with Candy Christman.



FRI AFTERNOON SESSIONS: 3:30 - 5:00pm

Gym- Aisha- The Spiritual Spoken Word

Classroom 1- Candy Paull- The Sensuous Mystic

Classroom 2- Judith Reichman- Dance Assists/Techniques

Classroom 3- Carolyn Lawson- Evolving Energy-Peace

Outdoors- focus sessions signup

THE SPIRITUAL SPOKEN WORD. Coming together to create poetic rhythm with beautiful fabrics, musical instruments, improvisational movement and collective affirmation to embrace the healing power of the spiritual spoken word.

DONNA UMA AISHA BROWN, Knoxville has worked toward spiritual, cultural and social transformation for thirty (+) years as mother, poet, activist, home-schooler, reiki master, gardener, shop owner, administrator, facilitator and consultant.

BABA MUSA, Nashville, Master Drummer, Nashville-based Musician, Founder of Nature's Drummers, Co- Founder of Village Dance and Drum Ensemble and Village Cultural Arts Center

THE SENSUOUS MYSTIC: Nurture Your Spirit by Coming Back to Your Senses

Celebrate the mystery, delight, and wonder of life. By moving from a head-oriented religion to a body-embracing spirituality, The Sensuous Mystic offers simple, playful exercises to recharge body, soul, and spirit by coming back to your senses. The Sensuous Mystic explores a mysticism that embraces both matter and spirit, tracing the ways mind, body, soul, and spirit are interconnected, and how the wisdom of the senses can be tapped into for greater spiritual understanding and soul growth. From seeing God in the mundane things of earth to learning to surrender to the sacred Lover who desires the union of human and divine, fall in love with life in all its earthy glory.

CANDY PAULL, Nashville, is the author of *The Art of Simplicity, The Art of Abundance, The Art of Encouragement, and Christmas Abundance.* As well as being a freelance writer, speaker, and author, she is a published songwriter and performer who makes her home in Nashville, Tennessee. She is currently part of the 2005-2006 Interplay Leadership Group.

DANCE ASSISTS AND TECHNIQUES FOR INTERPLAYERS PIP

Wanna add some toe pointing or ease of arms to your solo dances, follow the leader, etc? This will be un-tekky technique... more fun than struggle, in the usual InterPlay way.

JUDITH REICHMAN, Vermont, MA in Theology, MFA in Dance. *Judith was part of the InterPlay community in Raleigh, and a member of "Off the Deep End" performance ensemble before moving to Vermont to begin an InterPlay community there.*

Evolving Energy: A Path to Peace

Exploring our evolving capabilities to heal. Join this exciting workshop and step up to your evolving energy.

Carolyn M. Lawson, Cloudland, GA, is a medical intuitive and energy specialist working with the MillenniumHealth Care Clinic in Atlanta. Carolyn is a writer, public speaker, spiritual healer, workshop facilitator and frequent radio guest. She's with Antara Center.

FRI EVENING SESSION: 7-9:30pm: InterPlay Spirit Dance & Song

- facilitated by Masankho, Meg (Contact Play) & Diane **BodySpirit Celebration** featuring music by Angela Holley, invited spoken word artists. Drumming Circle by Ed Haggard, NIA-Elizabeth Cole, & performance play by participants. Closing circle dance by Kevin Meyer



SAT AFTERNOON SESSIONS: 1:30- 3:00pm

Gym-

Classroom 1- Mary K & Michele, Diane, Montanez- Leadership

Classroom 2- Meg MacLeod- Animal Channel

Classroom 3- John & Angela Holley- Theater Games & More!

Stage- Nell Levin, Ron Ault Music 4 The Moment

Outdoors-



PLAYING WITH PURPOSE: Authentic Leadership through InterPlay PIP

(Mary, Montanez, Michele & Diane presented this workshop at the Applied Improvisation Network Conference in NYC in the fall of '05) What is Leadership if not the Interplay of everything we have become or hope to be? In this workshop you will play to locate and express your authentic voice. Experience an internal shift. Discover new tools for enhancing your leadership skills. Through movement, song, spoken word and stillness, participants will discover the power, joy and creative energy of having more access to your true voice. Come play to bring deeper meaning to your work life.

MARY KIPP, Nashville, consultant, author and executive coach, has a talent for engaging complex systems in ways that enable leaders and organizations to achieve enduring results. She engenders trust and is known for her candor, insights, humor and creativity. Clients have included Unilever Holland, Nortel Networks, PolyGram, British Airways, Cingular, Banana Republic and NATO.

ANIMAL CHANNEL PIP

Let an animal friend, and InterPlay's "Spiritual Disciplines," help you experience new movement possibilities, and expand your idea of who you are. We'll each chose a picture of an animal and then use InterPlay forms and our imaginations to embody our animal's special way of moving and knowing, through their bones, organs, and nervous system. Especially for those who want to find new ways of moving. (She'll also be leading in some other IP forms- Rhyming and improv solo singing, Foundation/decoration, Contact Improv, Dance on behalf 3-somes)

MEG MacLEOD, Asheville In 1998, Meg brought InterPlay to Asheville, NC, where she leads and produces classes and workshops in InterPlay and the Work of Byron Katie, and performs with IP IP Array, Asheville's InterPlay performance group. She is a certified InterPlay instructor and energy healer, and is a lover of Arnold Mindell's Process Psychology, Continuum Movement, tap dance, Byron Katie's Inquiry, Alba Emoting and_ Taka-Ti-Na Education



Theatre Games and More!!

Play with acting exercises and improvisation incorporating characters, props, interesting situations and places; collaborate using your imagination with fellow players; no experience necessary just a willingness to have lots of fun and even be silly.

ANGELA & JOHN HOLLEY have both been professional actors for many years performing on stage and film from Shakespeare to Musical Comedy from the West Coast to the East. Also, Angela has been a drama teacher and is currently in the Interplay Leadership program

MUSIC 4 THE MOMENT! Improv Theory & Technique Join a group of great musicians, get some music theory, discover some new sounds to "play" with. Learn a set of chords that always "work" without dissonance. Bring your instruments and play along in a "jam" session experimenting with a range of musical styles. The workshop will help participants get in touch with their intuitive musical ability, teaching them how to listen creatively to other musicians and add a part that enhances the musical experience of everyone involved. BRING YOUR INSTRUMENTS.

Nell Levin, Nashville spent a number of years as a working musician, playing fiddle and keyboards in bands in CA, IN, CO and TN. She played fiddle with bluegrass legend Earl Taylor, was a member of the nationally-acclaimed all-female bluegrass/swing band Buffalo Gals, and toured Korea, Japan, the Philippines, and Alaska with the California-based country band, the Cadillac Cowgirls. Nell is a songwriter and has a degree in music from Indiana University.

Ron Ault, Nashville has a twin love of art and music with 25+ years experience in graphic design, illustration and art direction. Ron loves Oldtime and Celtic music and plays mostly fiddle and some guitar, mandolin and banjo.



SAT AFTERNOON SESSIONS: 3:30- 5:00pm

Gym- Elizabeth Cole- NIA – Health Through Movement
Classroom 1- Cynthia & Robert- Heart Art Play
Classroom 2 –Maureen & Donna- Teacher as Child
Outdoors- Diane Ault- Simply Stories! Bridging Culture

THROUGH MOVEMENT WE FIND HEALTH

As a pioneer in body mind fitness, **“The Nia Technique”** has been charting new territory in the relationship between fitness and wellness since 1983. **Nia** has motivated runners, Olympic athletes, dancers, and fitness buffs and novices to embrace this new way to get and stay fit. Endorsed by thousands of students and health practitioners, **Nia** changes the bodies of people of all ages and from all walks of life, using pleasure, not pain, by integrating the body, mind, and spirit through movement. **Nia** is a unique blend of East and West concepts that combine the healing power of music to deliver effective fitness and lifestyle programs.

ELIZABETH COLE, Knoxville, Certified Blue Belt Nia Technique instructor has been leading Nia classes in East Tennessee for nearly 3 years. She has performed and choreographed with Circle Modern dance and recently performed text-driven improv with Mark Lamb in his Primitive Light in the Big Apple!! She enjoys dancing through life wearing a number of hats that include mother, newlywed, Autism treatment specialist and student of love, life and spirituality. **Nia** has expanded her world and she loves sharing this passion.

HeartArt: A Colorful Adventure PIP

Explore the fascinating world of HeartArt where breath, tone, movement and artplay navigate us into uncharted territories of the inner world. Listen deeply to heart's desire and surrender to its guidance. Unleash luscious interior landscapes through color, line, shape and form. When our visual plays arise from these sacred spaces, our beings can be infused with aliveness. Join us for a juicy journey into the ancient art of visual play. Bring your journal, your imagination, and a cushion or blanket for this art and soul adventure.

CYNTHIA McGAHAN, Bowling Green, KY, long fascinated with the transformative power of expressive arts and creative play, has a rich 20 year background in using movement, sound, and artmaking as conscious awareness tools for self discovery.

ROBERT ALFORD, KY, he has been involved in community service for the last 30 years. combines his diverse background in graphic arts, printmaking, sales and marketing with his unique leadership and communication skills. A long time lover of life pleted the Nashville Leadership Program last year and look forward to bringing **InterPlay to KY.**

SIMPLY STORIES: BRIDING BRIDGES ACROSS CULTURES. PIP

Telling stories, and playing with the art and science of synchronicity, while lying in the grass on our bellies looking for four leaf clovers! We'll do some story rounds, reduce/expand our stories to their marvelous poetic essence, discover and connect sounds and movement to our stories. We'll "notice" what new stories are waiting to pop out, and how witnessing and being witnessed creates new possibilities for life **DIANE SALIBA AULT, Nashville** is a long-time community organizer, activist and artist who is passionate about building community across lines of race, class and culture. She is beginning her fourth year teaching the InterPlay Leadership Program. Her group hosted the first International InterPlay Conference in the summer of 2004 and she loves the idea of playing outside for this retreat



**CHILD AS TEACHER/ TEACHER AS CHILD:
InterPlaying Bodies in the Classroom PIP**

We will explore some basic forms of dance, word, voice and stillness in ways that can easily translate into simple exercises for bodies of children at home and in the classroom. A delicious sampling of practices parents and teachers can gather up and try on Mon awaits you.

DONNA MAZZOLA, Cleveland, OH. brings with her experience in grades 1 thru 8 in Cleveland Public Schools and over 25 years of teaching. She integrates art, dance, music, writing, poetry, and yoga into her own spiritual practice and welcomes the spillover into the communities of which she is a part. Donna is in the 2005-06 InterPlay Leadership Group.

MAUREEN WILDMAN, Nashville, has a BA in Psychology and is a certified Montessori Educator. She has worked with the elderly and with young adults. She has also played/worked/hung with 3 - 9 year olds in small classroom settings for 18 years. Her main interests are Art, Ethics, Peace Education, Drama and Math. Maureen is thoroughly enjoying the InterPlay Leadership Training this year.

SAT EVENING SESSION: 7-9pm

Dancing our Stories with Meg & **BodySpirit Celebration** facilitated by Masankho, Meg & Diane -featuring music by Ron & Nell, Tracy Rice, and dance, songs, poetry by guest artists.



SUN MORNING SESSION- LEADERSHIP PROGRAM GRADUATION & CELEBRATION

SUN AFTERNOON SESSIONS: 1:00- 3:30pm

Gym- Marquetta Dupree- Dance, Dance, Dance!
Classroom 1- Ed & Masankho- Drum Play- coming into gym
Classroom 2 – Shanti- Lightening Up with Yoga
Classroom 3-

AFRICAN INSPIRED DANCE!

Adora's beautiful daughter of last year's TN leadership program will lead us in DANCE, DANCE, DANCE!! She says "If you like to move your body to the beat, come dance with Marquetta and stomp those feet! Your body will be rejuvenated and your spirit invigorated when you come to DANCE DANCE DANCE!!

MARQUETTA DUPREE, Nashville is an athletic training major at MTSU and has 10 years of West African dance experience training under Karen Roberts of Uhuru Dance Company.

LIGHTENING UP WITH YOGA

Lighten-up and awaken your body-mind with slow-rhythmic movements that allow your breath to flow with ease throughout your whole being. Self-vibration exercises and Qi-gong will be included. To feel Joy and Peace, Light and Truth is the purpose of our practice!

SHANTI, C.Y.T. Knoxville- She facilitates yoga with a smile. She grew up learning and practicing yoga as a Lifestyle and as a way to restore and maintain EASE in Life. Both her parents were her instructors at their Yoga Institute in Nicaragua and she has continued to learn from various teachers here and abroad. She has been facilitating yoga, leading workshops and retreats at her studio as well other facilities in East TN for the last 10 years.

YOU FILL UP MY SENSES! PIP

Take a sensuous journey into your senses as you experience exotic smells, tastes, textures and sounds that leave you "seeing" the beauty of your being.

JENNIFER DURAND, Murfreesboro, TN, Business Owner, The Nurture Nook Day SPA in TN, Master Licensed Massage Therapist, Certified Bodywork Therapist, Facilitator, Comforter, Humorist, Leader, Guide, Networker, Wife, Mother & Friend. Jennifer is a seeker of Beauty, Wisdom and Truth and believes in empowerment through Adventure, Play, Humor, Stillness, Simplicity, Acceptance and Love. She especially loves helping others find the 'hidden treasure chest' of creativity, wisdom and play within.



SUN AFTERNOON 3:30-5:50 BodySpirit Celebration/Performance led by Masankho, Meg & Diane, offering the gifts of the weekend an opportunity to be expressed and shared... **CLOSING CIRCLE**



A BodySpirit Celebration is an opportunity for anyone to make an "offering" of improvised music, song, dance or story. It welcomes all spiritual paths. Participate or just relax and receive the gifts of the community.





MORNING SESSION LEADERS:

Breema®- "There's Nowhere to go, Be where You Are."

All of us want fuller, richer lives. The problem is, we believe that something outside ourselves is going to give that to us, so we look for new and better experiences all the time....What Breema gives us is a way to see that the fullness and richness we seek already exists in ourselves, as we truly are, in the moment when we drop our concepts of what we think we are and what we think we need....

Breema is a complete and practical system for living more fully in the present via connection to the body. Breema® bodywork and Self-Breema® exercises are comfortable, enjoyable, relaxing and revitalizing. Received fully clothed on a padded rug or mat, this method uses comfortably supported movements including firm yet gentle stretches, gradual leans into muscles, nurturing brushes and holding postures, and a wide variety of playful rhythmic movements.

Katherine Correa, Nashville LMT, Breema Instructor, earned certification to practice Breema Bodywork in 1989, Feldenkrais in 1994, and to teach Breema in 1991. Currently a faculty instructor at the Natural Health Institute in Nashville, Katherine has been teaching Breema since 1994. Her classes are playful and fun, yet effective in demonstrating and teaching Breema practice and principles. She did this year's leadership program in Nashville

BODY AWARENESS, MEDITATION AND DANCE

We will explore a breathing meditation, moving into body awareness and chakra visualizations. This will culminate in a playful group dance.

ANNA MOORE, Nashville - Tantra teacher, mother of 4 and grandmother of 6. She is a hippy community teacher and bold explorer of Sacred Sexuality and Authentic Interaction. She brings vitality, humor and depth to her classes.



STRESS MANAGEMENT--- LETTING GO WITH THE FLOW...

Come and explore dance, sound, and yoga... invite deep healing exformation.

JUDITH VALERIE, Raleigh, NC has been a professional yoga teacher for 16 years. She is also an Inter-Play leader who loves to write, perform, and co-create in the moment.

KUNDALINI YOGA PLAY- Invoke the powers of spirit and soul in the Art of Awareness Yoga Dance Workshop with Ajeet! Ajeet brings to the class her powerful, yet subtle energy spices-- including kundalini power postures, pranic breathing, chanting, mantra, meditation and gong relaxation. Be prepared to let go and kali upon your kundalini rising! Love and Light, given!

AJEET KHALSA, Knoxville, has studied and practiced Kundalini Yoga, as taught by Yogi Bhanjan, for the last 16 years. She has been a practitioner of modern dance, kinetic body-mind work, hatha yoga, and just plain fun, pretty much all her life, since inception, at least. Keep dancing and come and groove with the Princess of Victory, P>O>V> as she rocks you out! She is finishing this year's leadership program and has brought to the group a great deal of bodywisdom gained through her broad and deep knowledge and practice of yoga and dance....

Earth Day Spirit Walk (7:30am Saturday morning) Time to allow our beings to be called to an open field of energy where we can receive information about what we are wanting. Listen to our Mother about the Truth of our Being. An early morning walk through the beautiful natural setting of Riverdale School. Reflect and offer back as inspiration with **Candy Christman**



COMING TO PEACE, MOVING OUT INTO THE WORLD

Sunday morning meditation--A gifted facilitator with a lifetime of community development experience, Michele will bring wisdom and heart to a circle of people who want to reflect on the ways in which we embody peace in the world. Join in for a quiet, thoughtful opening for the day.

MICHELE FLYNN, Nashville, has most recently spent 14 years leading a statewide non-profit economic development organization. She has an extensive background in mental health, legal services and poverty elimination. Michele has gathered collaborations of stakeholders around social and economic justice issues including the rights of women, African Americans, those of limited incomes, and individuals with a disability. She is currently focusing on helping people to reclaim their original selves through improvisational storytelling, song and dance--engendering laughter and a sense of peace.





Tennessee Mountain UNTensive
April 21-22-23
PROGRAM OUTLINE: (tentative!)

Morning Opening Times: 8:30-9:30am
Friday, Saturday, Sunday
(Breakfast before this on your own)

Fri- Anna Moore, Breathwork

Sat- 7:30am – EarthDay Spirit Walk-Candy

Sat- Ajeet- Kundalini Yoga Play

Sat- Judith Valerie- Stress Management

Sun- Shanti- Lightening Up With Yoga

Sun- Katherine Correa- Breema (?)

Sun- Michele Flynn, Moving Peace Out in the World,

THE WHOLE GROUP BODY: 10am-12noon --Friday, Saturday, Sunday
“Invoking the Spirit of the Mountains”
Masankho will be leading a 2 hour morning session for each of the three days. He brings incredible wisdom, depth, humor and grace to leading the group in connecting with our ancestors, telling stories, singing, drumming and dance.



Afternoon Sessions:

Friday 1:30-3pm

Gym- Ed Haggard, Drumming IS Dancing!
Classroom 1- Montanez Wade - Flowetry
Classroom 2 –Anna Matheson- IP & Enneagram
Classroom 3-Candy C & Maureen- Courageous Friendship
Outdoors-

Friday 3:30-5pm

Gym- Aisha- The Spiritual Spoken Word
Classroom 1- Candy P.- The Sensuous Mystic
Classroom 2- Judith Reichman- Dance Assists & Techniques for Dancers
Classroom 3- Carolyn L. IONS-Energy Healing
Outdoors- focus sessions signup

Saturday 1:30-3pm

Gym- Stage- Nell & Ron - Music 4 The Moment
Classroom 1- Mary Kipp & Michele, Diane, Montanez- Authentic Leadership Through Play
Classroom 2- Meg MacLeod- Animal Channel
Classroom 3- Angela Holley- Theatre Games

Saturday 3:30-5pm

Gym- Elizabeth Cole- NIA– Health--Movement
Classroom 1- Maureen, Donna- TeacherPlay
Classroom 2 – Cynthia & Robert, ArtPlay
Classroom 3-
Outdoors- Diane Ault- Simply Stories

Sunday 1:30-3pm

Gym- Marquetta - Dance, Dance, Dance!
Classroom 1- Masankho, Kofi & Rebekah- Drum Play- coming into gym at the end
Classroom 2 – Jennifer- You Fill Up My Senses
Classroom 3-
Outdoors-

Friday Evening Session: 7–9pm- Inter-Play Spirit Dance & Song Time- facilitated by Masankho, Diane- Meg’s Contact Play- & BodySpirit Celebration facilitated featuring Ed Haggard and a drumming circle, live music, spoken word, stories, NIA dance and closing circle dance by Kevin Meyer

Saturday Evening Session 7-9pm
BodySpirit Celebration facilitated by Masankho, Meg & Diane and featuring music by Tracy Rice and Nell & Ron’s group.

SUNDAY- 3:30-5:30 -BodySpirit Celebration/Performance led by Masankho, Meg & Diane, offering the gifts of the weekend an opportunity to be expressed and shared... invite your friends from Knoxville. Kofi & Rebekah Mawuko, cultural artists, featured.

MUSIC-- BRING YOUR INSTRUMENTS AND PLAY ALONG!!!



Contact InterPlay! TN at

www.interplaytn.org
615-884-8074, 615-594-4410c

