



WisdomPlay:

A Weekend Retreat at the PLAYROOM

(and Percy Priest Lake)

with Masankho and MorningStar

APRIL 16-18, 2010

Give yourself a **wonderful weekend** to recharge your batteries, share your wisdom, and be honored in a special ceremony for your special place in the great wheel of life. Join Masankho and MorningStar for 2 1/2 deLIGHTful days with a few other sweet people at **The PlayRoom in Hermitage**, (with outdoor gatherings on the nearby **Percy Priest Lake** on Sat.) Starting on Friday 6pm through Sunday 2pm, at, we'll take some time to reflect on what our lifestories are showing us, let gazing at the lake teach us about "flow", make **collage art**, dance, sing, tell stories, laugh, shake out old habits, experience good food, fresh air, warm sun, (if we are lucky), have some quiet time. There is sleeping space for about 8 folks, and we'll shape the weekend out of the energy and desires of each soul who shows up. Our very loose theme will be around the "**doorway**" we face at midlife, a **portal for opening our hearts** to embracing the challenges and opportunities of aging with grace, adapting mindfully to the many changes going on in ourselves and the world. At this restful retreat space in MorningStar's home you'll find an environment of fun, ease, inspiration, and support in which to explore and play with possibilities for action at this portal in your life. Open to people of all ages.

REGISTRATION- The \$150-180 sliding scale includes all sessions, stayover space & Sat. dinner. Space is limited to 15 lucky people! Preregister and send a check in advance to 309 Canberra Ct, Hermitage, TN 37076 and get free gifts with a \$30 value! We ask that you bring lunch and breakfast foods you like, your favorite pillow, journaling materials, comfortable clothes, and a playful spirit! Don't let \$\$ be a barrier. If you feel called to be there, talk to us and we can discuss a variety of ways to exchange energy

Your facilitators for April's WisdomPlay River Retreat, and April 18- NIONS presentation (see below)

Masankho Kamsisi Banda is a warm-hearted multi - disciplinary Performing Artist, Educator and InterPlay Leader originally from Malawi. He brings many unique perspectives to his work around the world. He was greatly influenced by relationships with his grandparents and the Elders in his African village. He regularly takes groups from the US to his home village and shares the warmth and wisdom, humor and depth of his ancestors in his work as a peace artist. Using the performing arts and InterPlay Masankho motivates and inspires people of all ages to work together to bring about peace, social justice and cultural understanding. For his international peace work through the arts he was awarded an Unsung Hero of Compassion Award by the Dalai Llama. In 1997, he started UCanDanc' African Healing Arts to bring his passion for dance and storytelling to communities across the globe. He's been to Nashville now over twenty times to share his shining presence in the schools, churches, community centers and has been very influential in helping build relationships between people of different cultural backgrounds, in a unique heart-opening way.

www.ucandanc.org 510-773-7328

Diane MorningStar Ault is a longtime community organizer, activist and artist whose purpose is building a mutual support network of community artists as a soulforce for a better world. She was born in Lawrenceburg, TN into a web of close farm family with relationships to grandparents, great-grandparents, spent many years working with national and international grassroots women's groups filled with high-spirited sages, and has been mentored by many a wise woman. She regularly communes with the ancestors through dreams and visions and has been facilitating rites of passages for folks for a long time. After 8 years of leadership in the forms of InterPlay, she is currently designing MorningStar Community Arts, linking arts and social transformation, writing, performing and producing dozens of community gatherings, house concerts, and sacred circles in her home- The PlayRoom. She is planning the 3rd trip to Morocco to visit her grandchildren's other family and experience the the World Sacred Music Festival this summer. She is a devoted grandmother of Ben & Sam, 5, and Kinza, 2, who live next door and remind her daily what is REALLY important.

615-594-4410

www.MorningStarArts.net

dianamorningstar@gmail.com

Also! See www.NashvilleIONS.net for details about April 18 presentation, 4pm, Unity Church- Hermitage