

“Open Space” Gathering

Diane Saliba Ault of Nashville, **Kevin Meyer** of Knoxville, and **Meg MacLeod** of Asheville and are collaborating on this **SUPER retreat, slumber party, teaching & learning time** for InterPlayers/dancers/healers/community artists, etc. from all over!



Our play space will be **Riverdale School**, a great old building with wood floors/ lots of windows in a natural setting. Our vision is to co-create and facilitate together an OPEN SPACE gathering with a wide variety of experiences designed to **open our hearts, access and express our feelings**, be in tune with and celebrate our bodies, break through boundaries, and **LIVE FULLY** with joy, compassion, and love.

Within the framework of the gentle forms of InterPlay® we'll create time and space for people to share principles and practices that bring “body wisdom” and a life full of the good stuff above!

Schedule (Oct. 26-27)

5 SESSIONS OVER THE WEEKEND

SATURDAY

1. 9:30am- 12:30pm

POTLUCK LUNCH

2. 2:00pm- 5:30pm

CATERED DINNER

3. 7:00pm- 9:30pm

SUNDAY

4. 9:30am- 12:30pm

CATERED LUNCH

5. 1:30pm- 5:00pm

Cost "Early-bird special"

REGISTER BY OCT. 19 and get a
FREE MEAL each day!"

FULL WEEKEND including
food & overnight stay- \$70,
Sat all day \$45, Sunday all day \$30
Each Session \$18

(some work exchange available)

Registration

Send \$20 deposit to hold your space to:

Diane Shenk, 3319 Lake Brook
Boulevard, Knoxville TN 37909

Email: dianeshenk@msn.com; phone:
865/584-8946. Directions & registration
form at www.interplaytn.org

NOTE: Please arrive **PROMPTLY** at the
starting times of the sessions you choose to
attend for the full experience.

Come Play for Peace With Us!

ONLY \$70 for a whole weekend
Including two meals & overnight

Register today for meaningful
growth and serious fun at an
affordable price!

*"Playing in this way brings
laughter, juiciness, connection,
contentment, wildness and joy."*
Suzanne Hayes, Physical Therapist

Contact us!

Diane Saliba Ault

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Kevin Meyer

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www.interplaytn.org

INTERPLAY®

Presenters

Feldenkrais & Belly Dance: Debbie Ashton, a certified Feldenkrais Practitioner and ski instructor, has been teaching dance and exercise for 30 years. She has taught her "Fluid Moves" courses at international symposiums, conferences, and re-hab hospitals. Her "Alertness Breaks" for office workers are used as college credit courses.

InterPlay & Open Space Facilitation: Diane Saliba Ault is a longtime community artist, and organizer who has used Open Space in many settings to bring energy, vision, purpose and creativity to gatherings. She is certified as an InterPlay leader, founder and director of InterPlay Nashville. InterPlay is a philosophy with simple, fun practices of voice, movement and story that bring ease and grace to daily life. InterPlay activities with the large group will frame the Open Space sessions and provide an interactive, juicy way for people to share the content that other presenters will be bringing to this weekend celebration.

BREEMA, The Essence of Harmonious Life: Katherine Correa, LMT and Certified Breema Instructor/Practitioner since 1986. Breema exercises use nurturing touch, tension-relieving stretches, and rhythmic movements to create physical, mental, and emotional balance in an atmosphere of harmony and nonjudgment. Breema's nine principles of harmony are the key to the system's many unique facets, from its enlivening effect on both the practitioner and recipient, to its ability to create deep receptivity and tangible well-being.

Living Art Collaborations: Margo Elledge, in her 20 years of teaching movement, sound, meditation, and ritual theater has studied with Emile Conrad's Continuum Movement, Anna Halprin's Life/Art Process, and Gabrielle Roth's Primal Movement and Ecstatic Dance. She is certified through the Esalen Institute and the Kripalu Center. She is the creator of Living Art Collaborations, an invitation to experiential, creative living through art and movement.

Rhythm Keepers: Mary Eileen Ferrick, a percussionist for 20 years, has studied with Ubaka Hill and has accompanied Malidoma Somé. She passionately facilitates people to move, to drum and to connect with their own and nature's rhythms and with the spiritual history of the drum. Feel free to bring your own drum or percussive instruments! Saturday only.

Sacred Dance: Kevin Meyer leads Sacred Circle and Long Dance in East Tennessee. He has choreographed many new dances to ancient and modern music, and has facilitated dance at dance camps in NY State, Canada, France, and Greece. He has a long-term vision for creating a sanctuary for sacred dance and movement in East Tennessee.

Work of Byron Katie: Gerry Brown founded and facilitates the Asheville Bryon Katie Inquiry Circle, has attended and staffed Bryon Katie Schools in the US and in Europe, and carves wooden doors. The Byron Katie Work is four simple questions that utilize a capacity of the mind to reconcile us with reality by investigating beliefs that cause us stress or suffering. Saturday only.

"...a simple way to embrace your life with joy, stop arguing with reality and achieve serenity in the midst of chaos."

Erica Jong, author of Fear of Flying

African Diasporic Movement: Tonya "Dayo" Bailey has been a dancer since birth. She studied Nikolais/Murray modern technique and West African dance at Washington University and has danced with Umoja Ensemble under the direction of Baba Chuck Davis in Minneapolis and Uhuru Dance Company in Nashville. A life-long learner of various dance forms, she'll share African-informed movement to release the soul.

Life Coaching: CREATIVE LIFE PROCESS Nika Quirk, M.B. A. and Certified InterPlay Leader, is a Life Coach, Hereditary Wise Woman, Improv Artist, Mother, and 28-year Corporate Veteran. Through her business, Betwixt 'n Between, she offers individual and group coaching services, workshops, and group facilitation. Nika believes that magic is our essence and ripples through our world. A powerful and playful ally, she holds the space, a Magik Circle, for people to dream, imagine, manifest and release their magic into the world.

Senegalese Dance & Song: Alouine Guisse is a multi-instrumentalist and vocalist, who has performed internationally with AfroPop superstars Baba Maal and Youssour N'Dour. Rama Belue-Guisse, Ph.D is a performer who has studied West African, Congolese and Modern dance with Ron Brown, Marie Basse, Mabiba Bagne and many others. The Guisses present a taste of Senegal to free you -- mind, body and soul. Sunday only.

"A sense of playfulness overtakes the room...a synergy of bodies and minds moving together, less than 15 minutes after being introduced." --Raleigh News and Observer

You're invited to a

BODY WISDOM CELEBRATION!

a weekend of rest, play,
discovery and delight
in a rustic setting



InterPlay opens a path for me to remember who I am, tame my fears of what it would mean to play big, be my full-out self."
Coletta Eichenberg

OCTOBER 26-27, 2002
RIVERDALE SCHOOL
KNOXVILLE, TENNESSEE