

Classes led by
The Reverend Dr. June Christine Goudey,

*Pastor, United Church
of Christ in Simi Valley, CA*

Dr. Goudey has been an ordained minister in the United Church of Christ for 26 years and has extensive experience in small group leadership and individual spiritual direction.

A former colleague describes her abilities this way: “Blessed with a quick mind, a large heart, and a terrific sense of humor, she is a fine pastor and theologian who excites people to learn more, do more, and be more than they ever imagined they could!”

Contact information

805-526-6001 pastor@uccsimi.org

**InterPlay
can
change
your life!**



The BodyWisdom Process

- Every feeling is an open door, a guide to creativity
- Learn to read your body data, listen to your truth
- Live what you learn, and affirm who you are becoming
- You don't have to speak about an experience to have one.
- There are no mistakes in InterPlay only opportunities.
- You are stronger, wiser, funnier, and *more interesting* than you think.

INTERPLAY[®]

in Simi Valley

A Philosophy and Practice for Well-being in Body, Mind, Spirit

As created by Cynthia Winton- Henry and Phil Porter

www.interplay.org

Would you like to experience grace in your body rather than stress?

Would you like to experience affirmation rather than criticism?

Would you like to experience change as a positive force?

Would you like to gain more confidence in your life, clarify your life-purpose and do more of what is good for you?

Would you like to have fun?

Consider what InterPlay can do for you!

InterPlay Teaches:

How to transform life's miscues into creative opportunities!

How to discover your own truths!

How to have more hope, more energy, and more joy!

How to be more compassionate towards yourself and others!

How to exform the negative from your life!

How to experience a more spirit-centered life!



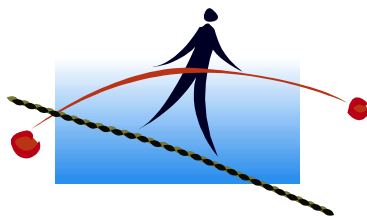
Basic Requirements

- 1: Recognize the importance of your body
2. Demonstrate a willingness to move in new ways

3. Risk exposing yourself to relaxation, laughter, acceptance, and community

4. Accept that you are human, no more ...but never less.

5. Embrace life as an adventure.



Life Approaches for Well-being

- BodySpirit Disciplines—if you want to change your life, change your practices
- Exformation—if you feel overwhelmed, release negative energy
- Incrementality—if you feel bogged down, break it down—make it manageable

BodyWisdom Tools

- Easy focus—learn how to worry less and expand life-energy
- Be aware—notice, notice, notice
- Believe what you notice—trust your inner guide
- Notice what feels good and do more of it—grace is found in physicality
- Leave the hard stuff behind—you informed it, now exform it!
- Befriend change—it could surprise you.
- Try thinking small—trouble comes and goes via tiny steps.
- Affirmation, affirmation, affirmation—look for the good.

“Our bodyspirits are our soul in action.”

June Goudey