

Light in the Tunnel: Journeys with Cancer

An InterPlay workshop weekend and informal performance
for persons facing cancer

January 31-February 1, 2015

@ Pullen Memorial Baptist Church Meditation
Chapel, 1800 Hillsborough St., Raleigh, NC

A weekend workshop focused on opening our
bodies and creativity, for persons who are **facing
cancer and chronic stress** — patients and
caregivers, current and former.



Schedule:

- Saturday January 31: 9 am – 4 pm
- Sunday February 1: 1 pm – 6 pm, including an informal performance by workshop participants for friends and family

Registration:

There is **no cost** to participate thanks to support provided by the Triangle InterPlay community and Pullen Memorial Baptist Church, Raleigh. Homestays can be arranged for out of town guests. [Register by Friday January 23](#), as enrollment is for 12 participants. **Register with Marie**, marie@itisinyou.org

About this workshop

This weekend workshop will incorporate the embodied practices of **InterPlay** through **movement** and **stillness, voice, breath, and story**. InterPlay is rooted in **ease, affirmation, restoration** and **play**. There is no wrong way to do it! Gentle step-by-step forms will lead you to rediscover your inherent creativity in a playful atmosphere based in freedom and flow.

Why do InterPlay while a patient or caregiver?

While dealing with cancer you may have often been told all *about* your body (or your loved one's) — diagnostic reports, tests, lots of instructions on what to do, and when. ...So **how do we find ourselves in our bodies and stories?** The diverse patients and caregivers who face cancer hold many forms of body wisdom that can be of benefit to ourselves and others. This weekend will help you **build skills** to explore some of these stories in new ways — often without words — and give you methods to discover some of the mystery and grace that can come when we say “hello” to ourselves right where we are.

Who's it open to?

You need no experience! People who “think they don't do this type of thing” are especially invited to be a part of this supportive community. Appropriate for **all people's physical forms and energy levels**, including those undergoing treatments or life transitions.

Workshop Leaders:

Marie Garlock is a facilitator, dancer, and story-performer who leads community-building projects internationally. As a UNC-CH PhD researcher and instructor in Health Communication and Performance — and as a family member of cancer patients — she co-facilitates a stress management and meditation/creativity group with current and former patients, caregivers and people whose loved one transitioned.

Ginny Going is a master InterPlay teacher, community artist and recovering serious person. She leads retreats focused on embodied spirituality and dancing our prayers and co-leads InterPlay across the U.S and internationally with her husband, Tom Henderson.