



A sacred place to be, and to become people of hope, compassion, justice, and service.



Planting Seeds of Joy – An InterPlay Experiential Playshop

Anita Bondi

March 15, 2019 to March 17, 2019

Joy is guaranteed to grow whenever we engage all of ourselves in present moment connection. Coming out of Winter's deep den we will explore the planting of seeds for the season ahead. Spring arrives first inside our bodies and our minds as we spend time listening to our body wisdom and exploring new ways to reclaim our joy, creativity, and inner authority. Through the easily accessible, inclusive forms and practices of InterPlay, we will play deep and wide, begin to till the soil of our beings, and find some rich compost to grow our true authentic expression. Our time together will include, ritual, writing, movement, song, stillness, and surprise!

Anita Bondi holds a Ph.D in Philosophy with a concentration in Holistic Health and Wellness. She is a certified InterPlay leader, the creator of The InterPlay Inspiration Deck, and Co-director of Wellspring Holistic Center in East Stroudsburg, PA where she maintains a private practice in Body/Mind Therapy. A lover of ritual, healing, movement, and story she brings a fresh, innovative, and engaging energy to her teaching. She includes and welcomes seekers at all levels and looks forward to meeting all who are brave enough to get their hands dirty in the soil of life. For more information check out Anita's website wellspringholisticcenter.com

Cost \$425 includes double occupancy room, board and tuition