



# *Wednesday Workshops with Steph*

**Wednesday 28 Feb, 6:45 - 9pm Brunswick Uniting Church,** in the Olive Way space, 212 Sydney Rd.

An InterPlay workshop with Steph Gesling

*Come and try this practice of play, wellbeing and curiosity.*

**INTERPLAY** is a community arts practice and an active creative way to unlock the wisdom of the body.

Everyone is welcome, no previous experience needed. Come as you are!

**Steph Gesling** is a performer and community play practitioner with 20+ years of facilitation experience.

"I believe play is essential for human flourishing because it activates the joy in us and reminds us of who we are and what we delight in".

**\$15 full / \$10 concession** by donation.

Booking required with Eventbrite:

<https://www.eventbrite.com.au/e/interplay-wednesday-workshops-with-steph-tickets-42693518463>

Or contact Steph: [hello@restandplay.co](mailto:hello@restandplay.co)

Find out more about it:

InterPlay Australia:  
[www.interplayaus.com.au](http://www.interplayaus.com.au)

Rest and Play:  
[www.restandplay.co](http://www.restandplay.co)

“fun, joyful, centred, calming and energising. Steph is a wise storyteller and facilitator” - Craig

**Upcoming workshops: Wednesdays March 14, 21, 28.**