

The art of sacred play

lead by Steph Gesling

- *To keep religion on the side of humanity instead of against it, we need continuously to refresh its playfulness.*
- *Sacred play promotes the best of our human nature, improves our wellbeing, and is fun.*
- *Religion lacking play can become destructive...*

With a background as a performer and community play practitioner with 20+ years of facilitation experience, Steph Gesling loves teaching **InterPlay** - a system of ideas and practices that helps people play again.

Steph enjoys singing and eating, and is currently experiencing the beauty and awkwardness of pregnancy, as she and her partner Matt journey toward the birth of their first child. She is the creator of **Rest and Play**, a community of curious humans celebrating and embracing their creative power in work and life.

"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."

Beyond tradition or non-tradition the **InterPlay** framework offers an affirming space to engage, build, and express the spiritual intelligence of your body wisdom through elegantly crafted moments of movement, voice, story, and stillness.

Steph will lead us through a series of these simple playful practices. No prior experience is needed. Each activity is an invitation to explore tools that allow us to play with what we notice, bypassing the habitual and connecting with self and other and the Divine through easy activities that anyone can do.

Play at your own pace in this guided introduction to the art of sacred play.

Sunday March 17

5:00pm - 6:30 pm

St Johns Uniting Church, Essendon

Cnr Mount Alexander Road & Buckley St, Essendon.

Bring: comfy clothes to move in, a water bottle, a spirit of participation.

Suitable for ages 15 - 100.

More info: <https://www.restandplay.co>