

Couple turn games, play into a career

By Megan Finnerty
megan.finnerty@arizonarepublic.com

It looks like a normal house — beige walls, tile roof, greenish lawn.

And they look like a normal couple — affectionate, smiling, good teeth.

But turn into their living room and witness Rahla Kahn and Richard Rossner's personalities blossom around them.

A lamp masquerades as a pink carnation strewn with crystal bugs. Boxes and knickknacks bloom with vibrant glass and ceramic flowers.

Along one wall, a fruit grove of ceramic apples, bananas, oranges, limes, lemons and cherries bursts out of the white plaster.

This is not the home of a normal couple. Which is the point. Kahn and Rossner are, in fact, in the business of not being normal.

As the creators of the Power of Play, they work full time at being themselves and helping others do the same. The Power of Play is a six-week seminar in which they teach attendees how to access their "true selves" and their playful side by using the theories and games of improvisational performance.

Kahn, an actress who has done humor therapy with the mentally ill and homeless, and Rossner, a writer and producer for *Full House*, are in tune with their inner joy and spontaneity.

These "enter-trainers" will present elements of their seminar series July 28 at InspireU, a one-day self-empowerment event.

QUESTION: What is the Power of Play?

ROSSNER: The Power of Play is about applying the rules of improv to your everyday situations....

KAHN: We use those rules to teach people to feel the feeling and live PLAY — Possibility, lightening up and living with more Laughter, being in Action and finding the "Yes" when you only see the



Suzanne Starr/The Arizona Republic

Rahla Kahn and Richard Rossner of Scottsdale help adults lighten up and learn to be themselves through games.

q&a

Rahla Kahn and Richard Rossner

"no."

Q: What does living the Power of Play mean?

KAHN: We're committed to having a playful life: being your most authentic, self-expressed you that you can be. The Power of Play isn't playing the hand you were dealt; it's getting up and picking another hand.

Q: How can people start to live more playful lives?

KAHN: To play, you've got to be willing to risk, and that can be as simple as driving a different way home and noticing what you don't normally see.

ROSSNER: It's about seeing new relationships and being open to the power of synchronicity.

Q: How is it that people don't already have the Power of Play?

KAHN: As they grow older, people divorce their playful selves. As kids we are curious, playful risk-takers... And as we grow, we're told to get

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InspireU

WHAT: A self-empowerment seminar.

WHERE: Radisson Resort, 7171 N. Scottsdale Road, Scottsdale.

WHEN: 9 a.m. to 4:45 p.m. July 28.

COST: \$90, if received by July 5; \$105, if received after.

DETAILS: (602) 573-3524.

serious, be responsible, get a real job, and when you buy into that, the "no" shows up. You get into the fear that if you don't conform, you're not going to make it.

Q: How do people respond to your seminars?

ROSSNER: We have people who come in and say they don't play anymore, who are too serious. They say they have no sense of humor...

KAHN: And those same people say, "I've been in 25 years of therapy, and I just had the light-bulb moment during that game."

ROSSNER: We never cease to be surprised at how you can see the soul flourishing and the creativity and growth come out.

Reach the reporter at
(602) 444-8497.