Discover the Playful Journey of Stephen Jepson

Unlock the secrets to lifelong health and joy through the eyes of a true advocate of playfulness.

keynote speaker organizational reviews





Stephen is On Wikipedia



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Stephen Jepson

Stephen Michael Jepson was born May 31, 1941, in Sioux City, Iowa. After receiving his MFA from Alfred University in 1971, he went on to open his studio in...





Early Life and Childhood

Curious Exploration

From a young age, Stephen was captivated by the world around him, constantly seeking new adventures and discoveries.

2 — Active Lifestyle

He developed a deep appreciation for physical activity, spending countless hours playing sports and exploring the great outdoors.

3 — Cultivating Imagination

Stephen's childhood was filled with boundless creativity, as he transformed everyday objects into sources of endless fun and imagination.



A Passion for Play and Movement

Lifelong Learner

Stephen's thirst for knowledge and understanding of the human body led him to explore a wide range of movement disciplines, from martial arts to parkour.

Embracing Playfulness

He believes that play is not just for children, but a fundamental human need that should be nurtured throughout one's life.

Inspiring Others

Stephen's infectious enthusiasm and passion for movement have inspired countless individuals to incorporate more play and activity into their daily lives.



Lifelong Learning and Inspiration

Lifelong Learner

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