

# Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



## Attuning our Feeling & Sensing Selves

### Master Class

25 June 2022  
Camelot Studio 1  
16 Lochee St  
Mosman Park

Attunement explores the connection of feeling between people and place.  
This relationship is animated by the presence and experience of being alive to the world.

An opportunity to engage with a master teacher and somatic practitioner: Alice is offering this workshop to those who have experience with somatic practice along with a deep interest in moving as research. This practice is a form of knowledge making. In moving with others we deepen and expand our humanity as we navigate the space of feeling and sensing in the animate world.

During this time of the pandemic it is critical we find support whilst we re-evaluate what is important to us. The process of discernment is a refined one and it begins in the body. Recent research on interoception indicates its role in our mental health. This workshop offers the opportunity for experienced practitioners to come together in a guided practice that opens a conversation between us, through the articulation of the body. Alice will guide this practice through somatic explorations that are attuned to the body and the world we now live in. She will bring attention to the resources our bodies offer in this adaptive process: Awareness of boundaries; support of our immune system and the joy that is cultivated by moving with others. We will extend our dancing explorations through compositional scores derived from the provocations that emerge in the space together and the philosophical ground of Alice's practice.

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**Alice Cummins MA**, is a dance artist, BMC<sup>SM</sup> Practitioner and Registered Somatic Movement Educator & Therapist. She has been researching and teaching her work nationally and internationally for over twenty years. Her process creates an environment of refined somatic awareness and generates engagement and embodied intelligence within a community of shared inquiry. Alice is the director of **Somatic Wisdom**, a registered training program with **ISMETA**.

**Body-Mind Centering® (BMC<sup>SM</sup>)** is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. The practice of BMC<sup>SM</sup> invites change that is an integration of our physical, psychological, intellectual and imaginative life.

"Body-Mind Centering®" and "BMC<sup>SM</sup>" are service marks of Bonnie Bainbridge Cohen, used with permission.

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**Time:** 10am – 5pm

**Fee:** \$300 (\*Payment 3 June)  
\$450 Full Fee

**Payment:** BSB: 082 057  
ACC: 559 585 230  
*Confirmation will be sent on receipt of payment*

**Refund Policy:** An administrative fee of \$110 will be charged for any changes to an original enrolment. No credit after the payment date.

**COVID 19 Policy:** Participants will need to provide proof of vaccination to attend the workshop.

Image: Christian Kipp - Dance and Somatic Practices Conference, Coventry UK, 2017  
Workshop Presentation: *being and becoming animal: how might we become more human?*