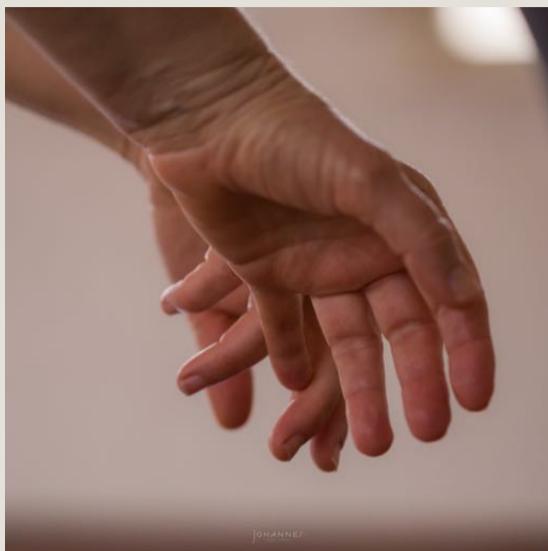


Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Body-Mind Centering®

Online Somatic Classes

4 April – 16 May 2024 (7 weeks)

Thursdays 11 – 12.30pm (AEST)

Cost: \$280

Engaging and revitalizing through a moving exploration of the anatomy & poetics of your bodymind

For this series I am interested in cultivating imagination through somatic awareness and attunement with ourselves and the world in all its complexity and uncertainty. Somatic practice enables us to navigate our lives with vulnerability, presence and joy.

My teaching is infused with a philosophy of self-organisation and relational life – sustaining our humility and our humanity. As we find our deepest connection to ourself and others we re-pattern our belief systems and invite questions about our role and place in the living world. These offerings are infused with ethics|aesthetics and the capacity for transformation is cultivated between us.

* For these 7-weeks we will bring our attention to listening to the **intuitive and imaginative body** in its diverse and unknown revelations. Having no idea how to begin is a place to begin. To stay present to what is rather than what we think we need. To go beneath the tone of membrane, bone and muscle to discover a universe through embodiment. We will integrate our discoveries through breath, stillness and dancing. From the comfort and chaos of your home you can participate in these 90min classes. Make sure you have enough room to roll, spread, reach and wriggle.

Body-Mind Centering® (BMC) is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. BMC is the ground of my somatic practice and teaching. As a study of the experienced feeling body it offers resistance to the idea of the objectified mechanical body.

I think, aside from crying and meditation, dance is the best way to handle change.

Meg Stuart (mono.kulter#41: Make the First Move 2016)

Alice Cummins MA, is a dance artist, BMCSM Practitioner and Master 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**.

Direct Payment Alice Cummins, NAB
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Confirmation will be sent on receipt of payment

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