

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Body-Mind Centering®

Online Somatic Classes

20 July – 31 August (7 weeks)

Thursdays 11 – 12.30am (AEST)

Cost: \$280

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

In this series we will continue to cultivate a practice of 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 lived world. These offerings are infused with ethics|aesthetics and the capacity for transformation is cultivated between us.

*My focus for these 7-weeks will include the buoyant resiliency, ease and sequential integration organs bring to our voice, expression and locomotion - integrated through dancing, sounding and playful application of the neuro-cellular movement patterns. 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® (BMCSM) is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. BMCSM 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.

These online workshops cultivated spaciousness and compassion for our selves and each other, tuning us into our liveness – physical, virtual and spiritual.

Julie Robson – performance maker and educator

Alice Cummins MA, is a dance artist, BMCSM Practitioner and Registered 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](#).

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Direct Payment Alice Cummins, NAB
BSB: 082057
ACC: 559585230
Confirmation will be sent on receipt of payment

Further Enquiries 0419 227 800
www.alicecummins.com
alice@footfall.com.au