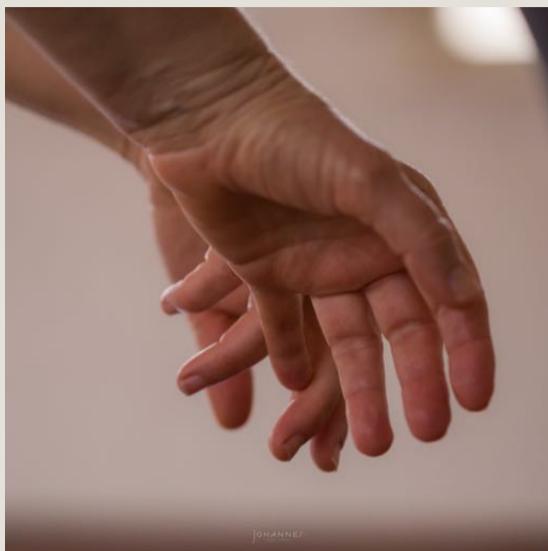


Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Body-Mind Centering®

Online Somatic Classes

13 May – 10 June (5 weeks)

Fridays 10 – 11.30am (EST)

Cost: \$200

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

In the aftermath of the past two years how do we gather into our selves and cultivate the practice of *being with* each other and the world? I propose that this practice can support us redefining ourselves and how we navigate our way through. The vulnerability we continue to experience is at the heart of our return and renewal, remaining present as we renegotiate our lives.

My teaching is infused with the philosophy of self-organisation and relational life. 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. The offerings are infused with ethics|aesthetics and the capacity for transformation is cultivated between us.

*My focus for these 5-weeks will include a range of BMC material – development movement patterns integrated with fluid, skeletal and organ systems. 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 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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Confirmation will be sent on receipt of payment

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