



# Body-Mind Centering® & Improvisation

*with Alice Cummins*

*'I like being in the present; am interested in what's in process: of passing by, of happening. The instant – the eternity of the instant.'* Cixous, H. *Stigmata* (1998: 43)

This workshop will encourage a practice of self-inquiry as we generate, compose and improvise together. Beginning with a practice of attunement, Body-Mind Centering® (BMC) principles will be used to encourage and facilitate original ways of moving, refine technique and develop sensitivity, awareness and relationship to space. Compositional elements will then extend our practice to dancing and making with others, finding ways to realize the potential that materializes between us in the emergent improvisations.

**Body-Mind Centering®** is an embodied approach to learning, living and knowledge making. Alice's process is accessible to people from diverse backgrounds and she welcomes the richness and contribution of this in the learning and sharing of knowledge.

*Join me for the day to refresh the palate of your moving research – Alice C.*

**Alice Cummins** is an Australian dance artist and Body-Mind Centering® Practitioner. Alice collaborates with musicians, writers, visual artists and filmmakers and has taught internationally in university departments of dance, theatre, visual art and the built environment. Her work is informed by BMC, improvisation practices, and feminist philosophy. Her writing has been published in the United States and Australia.

*Please bring a blanket for working on the floor and a journal for writing.*

"Body-Mind Centering" and "BMC" are service marks of Bonnie Bainbridge Cohen, used with permission.

**DATES:** Thursday 2nd April 2015  
**TIME:** 10AM – 3PM  
**VENUE:** Thistle Hall  
Wellington  
**COST:** \$60 (\*Earlybird Concession  
by 19th March)  
\$80 Full Fee  
(after Earlybird date)

## **FURTHER ENQUIRIES**

**+61 419 227 800**

[alice@footfall.com.au](mailto:alice@footfall.com.au)

[www.alicecummins.com](http://www.alicecummins.com)



**Direct payment:** Melanie Hamilton  
Bank account: : 12 3141 0437429 00  
Please include your name as a reference and  
'Alice' as the code Email Melanie to confirm your  
payment: [melaniehamilton2@gmail.com](mailto:melaniehamilton2@gmail.com)

Confirmation will be sent on receipt of payment

Photo: Johannes Reinhart