

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Body-Mind Centering®

7-week series

20 July – 31 Aug 2022

Green Monday Studios
73 Grattan St Carlton

Wednesdays 10.30am – 12.30pm

Cost: \$350

Embodying the Anatomy & Poetics of Your Bodymind

7-WEEK SERIES: Beginning with the premise that movement is perception, we will engage with different Body-Mind Centering® (BMC) principles and Somatic practices. BMC engages the bodymind through the poetics of moving, touch and experiential anatomy, inviting change that is an integration of our physical, psychological, intellectual and imaginative life. The classes will include guided movement, anatomical information, imagery and directed self-touch, followed by Authentic Movement, shared discussion, and journal writing to integrate the material.

These classes will offer you ways to find more pleasure, comfort and ease in your moving and in your life.

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.

Thank you for holding the space of this profound work.

Fiona H – gardener | landscape architect | researcher

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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