



## *Moving with Alice*

*Somatic Classes designed for your  
bedroom, living room or kitchen*

**21 Sept – 19 Oct (5 weeks)**

*The history of the body is the history of human  
beings, for there is no cultural practice that is not  
first applied to the body.*

Silvia Federici

*In Praise of the Dancing Body  
"Beyond the Periphery of the Skin"*

I have missed moving with others so much that I have felt compelled to create these weekly classes to share with you on Zoom. Bringing awareness into our bodies, allowing self-touch and feeling the pleasure of moving feel crucial during these difficult times. From the comfort and chaos of your home you can participate in these 90min classes where I will focus on what feels critical for remaining resilient.

The 5-week series develop **somatic awareness** and **cellular consciousness**. These are powerful resources for any body any time. **Body-Mind Centering®** 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.

### **Structure of Classes:**

10.45 meet online to catch-up; 11am outline focus of class and begin somatisation – 1 hour; followed by 15 mins improvised moving/dancing/singing/playing for integration and 15mins to share and close.

*\*You will need a warm comfortable place and a blanket for lying on the floor.*

**Time:** Mondays 11am – 12.30pm (EST)  
**Dates:** 21 Sept – 19 Oct (5 weeks)  
**Cost:** \$200

**Alice Cummins** MA, is a dance artist, BMC<sub>SM</sub> 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.

*Thankyou for an incredible course – it has opened me to the potential of trusting my body and my experience – the beginning of a new way of living. I am excited and curious to listen and feel more. Emma Jo D, yoga teacher.*

**FURTHER ENQUIRIES 0419 227800 [www.alicecummins.com](http://www.alicecummins.com) [alice@footfall.com.au](mailto:alice@footfall.com.au)**

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Confirmation will be sent on receipt of payment

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**Alice Cummins**  
DANCE ARTIST + SOMATIC PRACTITIONER