

Dance & Performance Workshop with Alice Cummins

*immediacy ... intuition ... interaction
in improvisation*

January 16th, 2011

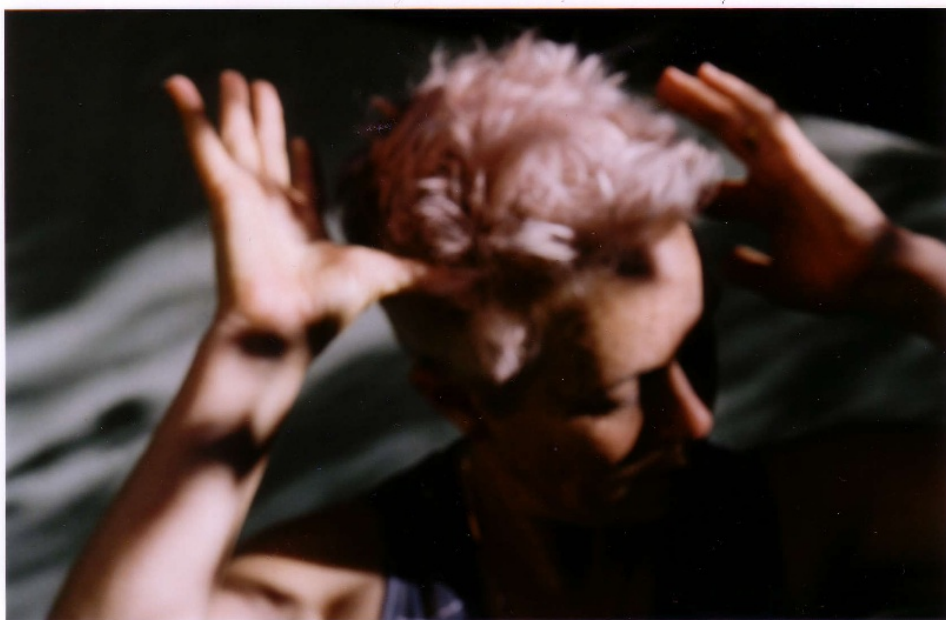


Photo: Heidrun Lohr

*Improvisation is the embodiment of the moment steeped in
memory, narrative and meaning...*

Alice

This project is supported by the Denmark Arts Council



A one-day workshop to immerse yourself in the world of improvisational dance and performance making with one of Australia's most skilled and experienced practitioners.

We begin from a somatic movement base, refining *perception*, and following the hunch of *intuition* to generate duets, trios and group work. Alice's approach encourages playful participation and serious engagement. Her mature experience, thoughtful feedback and improvisational 'scores' will encourage you as a performer and offer you ways to begin or to extend a practice of improvisation and performance making. Alice's approach is accessible to people from diverse backgrounds. She welcomes the richness and contribution of this in the learning and sharing of knowledge.

*There will be an opportunity to *perform* that evening for those who would like to ... a great chance to share with your community!

Date: 16th January 2011
Time: 10am – 5pm
Performance: 16th January 7.30pm
Venue: Denmark Civic Centre
Cost: **Earlybird \$100** by 7th January 2011
\$150 after this date
Direct payment: NAB BSB: 082057 ACC: 559585230
Confirmation will be sent on receipt of payment

Enquiries: 0419 227800 alice@footfall.com.au / www.alicecummins.com

Alice Cummins is a dance artist and Body-Mind Centering® Practitioner and has been teaching her work nationally and internationally for over twenty years. She has a Masters from Victoria University and has taught at universities in Melbourne, Sydney and Perth within theatre, dance, visual art and architecture departments. Alice has been a mentor to a generation of Australian dance and theatre artists.

"For over twenty years I have returned to Alice's workshops for inspiration. I have never failed to be enriched by these experiences, professionally as a theatre director, performer and improviser, and as a mother. In her workshops the improvisations zing with creative energy, risk, thrill, depth, and life that I have experienced nowhere else. Often, the gifts of a workshop dawn on me months, even years later."
Silvia Lehmann, Denmark