

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER

Illusory Bodies

6 & 7 July 2024

Green Monday Studios

73 Grattan St Carlton

terra 2024

Image: Emma Fishwick

Navigating the Ineffable

Creative Practice & Somatic Movement Workshop

Our body is held together in an illusory solidity by the membrane of our skin. This sensuous, elastic, porous, protective boundary navigates our point of contact with others and the world. Moving in our skin refines our sense of touch with the 'skin of the world' – this slippery fluid place where one becomes the other and yet ... defines who we are. As artists we are working at this interface all the time but there is something particularly acute in this current era of environmental and ecological loss. We feel and sense the responsibility that haunts us culturally and holds us in its delusional colonial grip. ***Somatic scores** will cultivate moving consciously as a practice and invitation, gathering insight and knowledge through embodied enquiry as we navigate the ineffable.

Alice's teaching enriches the creative practice of many different kinds of artists and practitioners: dancers, performers, visual artists, sculptors, writers, poets and musicians. Cultivating a refined relationship with our bodies informs our lives. **Somatic attunement** is a practice of attentiveness and deep listening. When we engage with the intelligence of our bodymind we discover an elusive quality of beauty and aesthetic that originates in our body. Somatic practice cultivates agility of imagination, philosophical awareness, and a deepening engagement with the living world. This embodied approach guides and supports the realisation of our dynamically organised and relational self.

***Somatic scores:** Distilled poetic/metaphoric phrases infused with an embodied anatomy

Alice Cummins MA, is a dance artist, Body-Mind Centering® Practitioner and Registered Master Somatic Movement Educator & Therapist. She has been performing, 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 somatic training program with [ISMETA](#).

Where: Green Monday Studios
73 Grattan St Carlton
Dates: 6 & 7 July 2024
Time: 2 – 5pm
Fee: **\$300 (*Earlybird by 14 June)**
\$450 Full Fee
Payment: BSB: 082 057
ACC: 559 585 230
Confirmation will be sent on receipt of payment

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