

Image: Alice Cummins
65 West Broadway NYC

Residing in the Bodymind

Body Mind Centering & Authentic Movement

BMC is about exploring the continuum in our evolution ...

Myra Avedon (Koln 2003)

In these workshops our focus will be to spend time listening and developing a practice of **attention**. This becomes the ground for deeper investigation of our bodymind. This practice will be illuminating for anyone interested in the moving bodymind and will include guided somatic movement, information, imagery and directed touch. The study of Body-Mind Centering® can be applied to many situations and offers a place of deep investigation for artists as well as professionals engaged in diverse fields of work and research.

Through conscious embodiment we can find support for our lives and create stability within an environment of discovery. This work offers powerful ways of renewing ourselves through a creative process that is supportive and perceptive of individual needs. Time will be given for integration of the material through the practice of Authentic Movement, shared discussion, moving/dancing, writing and drawing.

These workshops will be of interest to anyone seeking a deeper understanding of their existence and the profound and lasting effect of engaging with embodied knowledge.

Please bring writing and drawing materials with you.

** Please wear loose comfortable clothing and bring a blanket for lying on the floor.*

Numbers will be limited for this class so book early.

Dates:	10th March – 14th April 2010 (6 weeks)
Time:	Wednesdays 11 – 1pm
Venue:	Cecil St Studio, 66 Cecil Street Fitzroy
Cost:	\$180 (full payment to be made by 1st workshop)

Improvisation & Performance

Interrogating the space of the body and performance

Somatic foci; spatial awareness and framing; phrasing and musicality; distilling inner and outer narratives; feedback as performer and audience/viewer.

The body is where I begin and return for inspiration.

These workshops will generate embodied performance making that is strongly based in an articulate dancing body. From a somatic warm-up to vigorous dancing, each class will proceed from a particular focus that prepares participants for moving and making. We will practice solos, duets, trios and group improvisations from given and self-created scores, accumulating skills that inform decision making in the moment-by-moment composing that is improvisation.

Beginning with the body, immersion in somatic experience prepares the performer imaginatively and kinesthetically, generating material that is surprising, unpredictable and poetic. This 'ground' becomes the source and resource for creating performances. This approach generates performances that are alive, tender, and intelligent and frequently exquisitely moving ... an embodiment of the moment steeped in memory, narrative and meaning.

Alice's work is influenced by Body-Mind Centering (BMC) and New Dance practices. Her work offers dancers, physical theatre performers and movement artists a unique approach to technique, composition and improvisational performance.

A sustaining interest for me is bringing the person into the performance – to make visible the emotional and feeling life of the performer.

Dates:	10th March – 14th April 2010 (6 weeks)
Time:	Wednesdays 6.30pm – 8.30pm
Venue:	Cecil St Studio, 66 Cecil Street Fitzroy
Cost:	\$180 (full payment to be made by 1st workshop)