

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER

SOMATIC WISDOM MODULES

10 Modules - 500+ hours

1. Skeletal System (45 hours)

Embodying bones offers an experience of our inner structure and architecture. We discover the skeletal system's capacity to stabilize and mobilize. How as a basic framework it gives form and structure to our body; contains our organs; offers qualities of clarity and effortlessness; provides stability, leverage and mobility through space; and supports our articulation of form in space. Through anatomical and somatic exploration we discover both the specificity of our articulating bones and their global organization in locomotion through space.

2. Organ System (45 hours)

Organs are the contents of our musculo-skeletal container, providing us with a sense of volume and weight. They are about process, fullness and emotional expression. They provide multi-dimensional support for our movement, breath and voice. Organ tone underlies alignment, presence and our sense of vitality.

3. Perceptions, Planes & Vestibular System (45 hours)

Perception is a psychophysical process and perceiving is the process of how we receive and respond to new information. With the recognition that our moving body is perceiving, we begin to realize an embodied kinaesthetic knowing through our organs of perception and their relationship to the planes of existence, gravity and space. Through the specificity of our sense organs we feel and sense the role they contribute to the expression of self and engagement with others. This includes the bonding and defending response in every act of perceiving and its influence on learning.

4. Fluid System (45 hours)

We are essentially a fluid dynamic body, changing from breath to breath and moment to moment. Fluids support our feeling life and our capacity for empathic response. Our fluids transport essential elements around the body through our blood, lymph, and cerebro-spinal fluid. Fat provides warmth and protection, whilst fascia creates a network of tensegrity support through the body.

5. Nervous System (45 hours)

The nervous system is a communication system that underlies thinking, movement precision, perception, creativity and imagination. The nervous records experience for later recall, reflection and repatterning. Different branches of the nervous system support a balance of action and rest, and contribute to our capacity for a variation of response depending on content and context. Embodying the brain and spinal cord as organ tissue allows emotional expression. In this course we will also address recent research regarding the role of the vagus nerve and trauma. As we gain insight into our personal style we learn to recognize and reflect on our responses to differing stimuli, widening the field of our awareness and through this our capacity for relationship.

6. Muscle System (45 hours)

Together with our bones, our skeletal muscles create the protective container for our more vulnerable organs and soft tissue. They provide the flesh covered boundary for our bodies. Muscles contribute generously to the expression of who we are, offering comfort and ease to our moving lives. Muscles move us through space and enable us to develop specific kinesthetic skills. Embodying muscles allows us to feel resistance and boundaries and to navigate release and resolution. Maintaining flexibility and mobility throughout our lives requires that we engage our muscles with intelligence and sensitivity. A balanced approach creates an enduring capacity for pleasure in moving. This course will include elements of the **ligament system**. Embodying the ligamentous system helps us find specificity in movement, refines articulation and clarifies our focus.

7. Embryological Development (45 hours)

This is the study of human development during the first eight weeks following conception/fertilization. Conception involves the joining of the ovum of the mother and the sperm of the father – two diverse cells create a unique individual. From embryonic breathing to the embodiment of all our tissues – we sense and feel our way towards the embryological consciousness that is still present in us. We sense our potential ... new life pauses on the threshold of becoming.

8. Basic Neurocellular Patterns (90 hours)

The developmental movement patterns establish the foundation for attachment, language and communication. In these two modules you will be guided through the different stages of human evolution from pre-vertebral to vertebral, from pre-birth to locomotion. The integration of these patterns brings fluidity, openness, power and clarity to all of our actions. When we add an understanding of our bones, organs, fluids and endocrine system we find further integration and pleasure in the ease of transitions and moving through space.

Part A: Pre-vertebral Patterns and Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR's) (45 hours)

In the first part of this module we explore the developmental stages of our ontogenetic evolution from conception to readiness for birth, mirroring the phylogenetic life of different animal species – from the single celled animal through sponges, starfish, sea squirts to the pre-spinal amphioxus.

Embodying and integrating the RRR's supports all integrated, effortless movement. They create the alphabet for the development of our movement vocabulary. RRR's occur as a response to relationship – with oneself, the earth, space and/or others.

Part B: Vertebral Patterns (45 hours)

Pre-requisite: Pre-vertebral module

In the second part of this module we will explore the developmental stages of our ontogenetic evolution from the readiness for birth, to standing and walking, mirroring the phylogenetic life of different animal species – from the spinal fish, through homologous amphibian, homolateral reptilian to contralateral mammals.

9. Endocrine System, Breath & Voice (45 hours)

The endocrine system is closely aligned with the nervous system and is the first system to mature in our development underlying its critical role in our survival through relationship and attachment. It is the system that connects us at a personal level through the expression of our sexuality. It is also the system that connects us to a more impersonal universal state of awareness. A highly selective communication system – the endocrine glands rely on the fluids to transport the desired chemicals to specific cells – it is the system underlying the paradox of our existence - spirituality, play and spontaneity. As a field of energy it constellates the attraction and magnetism of relational life – the sensual Eros of love.

We manifest our state of being through our breath and we communicate with the world through the expressive qualities of our voice. Our voice reflects the functioning of our whole body and being.

10. Psycho-physical Integration & Professional Practice (45 hours)

Pre-requisite: 7 completed modules

Somatic practices enable us to transform habitual psychophysical patterns and realise the creative potential present in the relational field as we engage with self, other and community. In bringing these qualities to our lives we enable and deepen our connection with the living world, cultivating and sustaining our capacity for aliveness. Insight and learning create the ground for engaging with clients in a professional context.

Students will be prepared for professional practice through mentorship, business skills development, practical application, and understanding ethical practice. This module encourages critical reflection of practice, collegial learning and relationship building to support ongoing professional development.