

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Moving with Alice

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

2 – 30 November (5 weeks)

Mondays 11am – 12.30pm (EST)

Cost: \$200

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

The first series of Zoom classes are underway and whilst missing the connection and porosity of our moving bodies together in the studio it has created an opportunity for people to be in a somatic community. Here is the next series to share with you: 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 as we all recover from the lockdown.

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

10.45am meet online to catch-up; 11am outline focus of class and begin somatisation – 1 hour; followed by 15mins 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.*

Thank you 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

Alice Cummins MA, is a dance artist, BMCSM 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](#).

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Confirmation will be sent on receipt of payment

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