

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Moving with Alice

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

1 – 29 March (5 weeks)

Mondays 11am – 12.30pm (EST)

Cost: \$200

*... our body is a receptacle of powers, capacities, and resistances
that have been developed in a long process of coevolution
with our natural environment ...*

*Silvia Federici – "In Praise of the Dancing Body"
Beyond the Periphery of the Skin*

My next series of Zoom classes to maintain your practice whilst creating an opportunity for people to be in a somatic community. My focus is on moving and movement: bringing awareness into our bodies, through self-touch and the pleasure of moving. 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 in these uncertain times. Make sure you have enough room to roll, spread, lengthen, reach and wriggle.

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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