

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



Presence Vitality Sensuality

Body-Mind Centering® Workshop

Exploring the embodied anatomy
of your organ bodymind

29 – 30 May 2021

The Chapel Space – 117 Angove St
North Perth

Listening to the body is like learning to see and feel beneath the surface of things.
Perhaps like listening to the ocean when you bring a shell to your ear – Alice C

Do you know what is inside you? Do you know where your organs are? Would you like to know?

Integrating organs into our embodiment brings vitality and spaciousness. Their liveliness underlies our capacity for pleasure, joy and expressiveness. Organs give us a voice. They are about process, fullness and emotional expression.

In 2021 Alice is offering two workshops to map, navigate and explore the life of our major organs:

Workshop 1 (29 & 30 May): introduction to organ mind; digestive system and brain as an organ.

Workshop 2 (4 & 5 September): heart & lung support; kidneys and sexual organs.

As we map, navigate and explore the life of our organs we support our immunity and resilience. Through a focus of breath, sounding, anatomical images and guided moving we will reveal both the mystery of personal organ life and their systemic contribution to the communal life of the body. The practices offered will support you being dynamically present to yourself and others. In recognising the role of the organs, we re-align our skeleto-muscular system enabling a psychosomatic shift that is felt throughout the bodymind.

*I sensed consciously an openness and connection to my body that stilled the mind
and awakened me as a whole being bringing a deep intimacy, sensuality
and profound inner communication to my whole body... Shei M*

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**.

Body-Mind Centering® (BMCSM) is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. The practice of BMCSM invites change that is an integration of our physical, psychological, intellectual and imaginative life.

"Body-Mind Centering®" and "BMCSM" are service marks of Bonnie Bainbridge Cohen, used with permission.

Time: 10am – 5pm

Fee: \$350 (*Earlybird 7 May)
\$450 Full Fee

Payment: BSB: 082 057
ACC: 559 585 230
Confirmation will be sent on receipt of payment

Refund Policy: An administrative fee of \$110 will be charged for any changes to an original enrolment.
No credit after the earlybird date.