

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER

Presence Vitality Sensuality *Body-Mind Centering® Workshop*

*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.

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. During this workshop we will bring particular focus to our heart & lung support and the creative potential of our kidneys and sexual organs.

In recognising the role of the organs we re-align our skeleto-muscular system enabling a psychosomatic shift that is felt throughout the bodymind.

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

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

Dates: 26 & 27 September 2020
Time: 10am – 5pm
Venue: ReadyMade Works
247-257 Bulwara Road Ultimo
Cost: \$350 (*Earlybird 4 September)

FURTHER ENQUIRIES 0419 227800 www.alicecummins.com alice@footfall.com.au

Direct payment: Alice Cummins, NAB
BSB: 082057 **ACC:** 559585230
Confirmation will be sent on receipt of payment

Alice Cummins MA, is a dance artist, Body-Mind Centering® Practitioner and Registered Somatic Movement Educator/Therapist. She has been researching and teaching her work nationally and internationally for over twenty years. Alice creates at the intersection of dance, philosophy and social action. Her practice involves creating environments where sources of intelligence, organization and creativity emerge from and engage with the somatic. Her work is informed by improvisation practices, feminist philosophy and Body-Mind Centering® and her writing has been published in the United States and Australia. Alice is the director of [Somatic Wisdom](#), a registered training program with [ISMETA](#) (International Somatic Movement Education & Therapy Association).

Body-Mind Centering® is an embodied approach to learning, living and knowledge making.

Refund Policy: Credit for cancellation of workshop due to ill-health. An administrative fee of \$110 will be charged for any changes to an original enrolment. No credit after the earlybird date.