

# Body-Mind Centering®

## Developmental Movement

*Perth: 11 & 12 July 2009*

*Sydney: 25 & 26 July 2009*

Our focus for these two days will be the *pathways of support* – the actions and states of being that inform how we express ourselves. The cycle of *yield, push, reach, pull and yield* is expressed in our use of language, in who we are and how we relate to others and the environment. Understanding our individual embodiment of these patterns provides insight into how we move, think, talk, act and relate in the world. This workshop will explore these actions and in making them more conscious we begin to make different choices, extending our range and response. This cycle is how we make our way to vertical and for many of us this evolutionary journey has been interrupted, affecting our ability to reach for what we want and finding satisfaction. Through an understanding of our personal embodiment of these actions we gain invaluable insight into our life practices. In coming to standing through the integration of these actions we can come to vertical (standing) with ease, comfort and resilience. We can also re-educate patterns that are not helpful and may be the cause of persistent pain. Once we can stand without support, we can extend our relationship to others and the world. The ability to reach depends on our ability to yield, and yield underlies all of our efforts to engage actively in the world without exhausting ourselves. As we do this we are re-organizing ourselves around our midline and *crossing the midline* of the brain allows us to do our most sophisticated actions and moves.

*BMC is about exploring the  
continuum in our evolution ...  
Myra Avedon (Koln 2003)*

### *Pathways of Support and Expression*

*yield push reach pull yield*

*Development is not a linear process but occurs  
in overlapping waves with each stage containing  
elements of all the others  
(Bainbridge Cohen, “Sensing Feeling and Action”).*

This weekend course is an introduction to the Developmental Movement Patterns that are such a significant aspect of **Body-Mind Centering®**. Embodying these different states supports repatterning of neurological pathways and cognitive and emotional integration. Understanding the somatic state that underlies our decision-making can support this repatterning and encourage a broader palette of expression. When we embody consciously we begin a practice of awareness that permeates every aspect of our lives and invites change at a deep level. Exploring these actions will also bring into play an awareness of the planes of existence and our relationship to gravity and space. We will gain insight to ourselves: how we sequence, organize and articulate who we are in relationship to our environment and to others.

This work offers powerful ways of renewing ourselves through a creative process that is supportive and perceptive of individual needs. We will integrate the material through different practices of moving, writing, drawing and shared discussion.

**Body-Mind Centering®** [www.bmcassoc.org](http://www.bmcassoc.org) is a study of the experienced body in contrast to the objectified body. It is a transformative approach offering access to deeper awareness and embodiment, enhanced imagination and integration of the bodymind through movement re-education, touch and experiential anatomy. Through this approach we gather insight into our expression of self in the world and we can invite change that is an integration of our physical, psychological and intellectual life. Body-Mind Centering® is used by dance artists, body-workers, educators, psychologists and theatre artists. Bonnie Bainbridge Cohen began this inspirational research in New York in the 1970's. Alice studied Body-Mind Centering® with Bonnie in the United States, 1995-98.

**Alice Cummins** [www.alicecummins.com](http://www.alicecummins.com) is a dance artist, Body-Mind Centering® (BMC) Practitioner and an internationally qualified movement educator (ISMETA). She has a Masters from Victoria University and in June she returns to Australia fresh from her experience of teaching at Denison University, Ohio. Alice is a master teacher who offers her independent workshops throughout Australia. Her work occurs in an environment of refined awareness and her teaching arises from a deeply felt and embodied place. Alice's approach is accessible to people from diverse backgrounds. She welcomes the richness and contribution of this in the learning and sharing of knowledge. Alice's approach creates an environment of learning that is supportive and inspirational whilst also being rigorous.

## BOOKING FORM

I enclose payment of \$ ..... for the **Developmental Movement: Pathways of Support**

Name .....

Address .....

..... Postcode .....

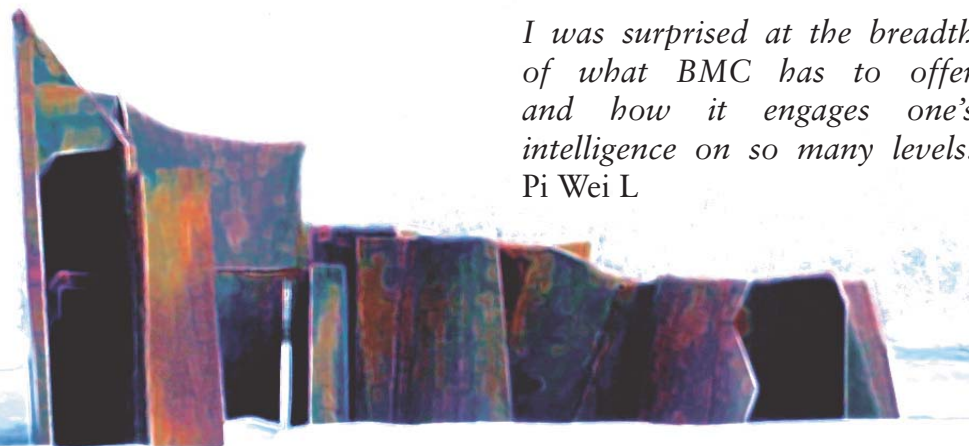
Tel ..... Email .....

Direct payment: NAB BSB: 082 057 ACC: 55958 5230  
Make cheques etc. payable to: FOOTFALL and post to  
PO BOX 622 East Melbourne VIC 8002  
Confirmation will be sent on receipt of payment

*I absolutely treasure the time in Alice's classes. It's difficult to do justice to the work in words; you really have to experience it. I would recommend Alice's work, without hesitation, to anyone.*  
Natalie M

*Alice is quite a unique professional ... using her creativity and knowledge of the human body and how it functions, with her expertise and genuine wisdom.*  
Fiona F

*I was surprised at the breadth of what BMC has to offer and how it engages one's intelligence on so many levels.*  
Pi Wei L



### Perth

**Dates:** 11 & 12 July 2009  
**Time:** Sat & Sun 10 – 5  
**Venue:** Studio 3, 2<sup>nd</sup> Floor Kings St Arts Centre  
357-365 Murray St Perth  
**Cost:** \$250\***Earlybird \$200 by 19th June 2009**

### Sydney

**Dates:** 25 & 26 July 2009  
**Time:** 12 - 6  
**Venue:** Black Lotus Studios  
2A Gladstone St (cnr Wilford St) Enmore  
**Cost:** \$250 \***Earlybird \$200 by 30<sup>th</sup> June 2009**