

Membranes & the layered body: Navigating the interface

*Body-Mind Centering® Workshop
with Alice Cummins*

Perth 5, 6 & 7 March 2011



*Membranes responsive yet resilient; sensitive yet
sustaining; permeable yet containing.*

Membranes are the interface between inner and outer, personal and public, self and other. This workshop will be an inquiry into the extraordinary inner landscape of our bodies. Through movement, sound, anatomical illustrations and guided touch, participants will uncover the qualities of tensility and sustaining support that membranes extend throughout the body. From skin through fascia to an awareness of our cellular membranes, we will develop an understanding of the physiological functions and somatic qualities of the differing membranous layers that envelope our organs, muscles, bones and cells.

Our skin, fascia and cell membranes help maintain our form and integrity and their tone expresses itself in our daily living. Recognizing and playing with this brings the possibility of transformation and expands our range of expression. We will integrate the material through Authentic Movement, writing, drawing and shared discussion. This study offers a place of deep investigation for artists and for professionals engaged in working with clients physically and psychosomatically.

Dates: 5, 6 & 7 March 2011

Time: 10 am – 4 pm each day

Venue: Bassendean Community Hall
50 Old Perth Road, Bassendean

Cost: **Earlybird Rate \$350 by 14th February 2011**

\$450 Full Fee (after 14th February)

Direct payment: Cummins, NAB BSB: 082057 ACC: 559585230

Confirmation will be sent on receipt of payment

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Alice Cummins is a dance artist, Body-Mind Centering® Practitioner and Movement Educator (ISMETA). She has a Masters from Victoria University and 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's approach is accessible to people from diverse backgrounds. She welcomes the richness and contribution of this in the learning and sharing of knowledge.

Body-Mind Centering® (BMC) is a study of the experienced body in contrast to the objectified body. It is a transformative approach that incorporates movement re-education, touch and experiential anatomy. Dance artists, body-workers, educators, psychologists and theatre artists use BMC in the differing contexts of healing and art making. It is valued for its approach to somatic inquiry and sensory integration. Through a practice of BMC we can invite change that is an integration of our physical, psychological, intellectual and imaginative life.

It was such a delight to be a part of your workshop. Your grace and expertise allowed each one of us our own unique journey and discovery. Rona D.

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.