

Residential Program Riddells Creek Studio

Somatic Wisdom

with Alice Cummins

*Embodiment is an experiential practice that engages
with the world in a continuous and dynamic conversation - Alice C*

Somatic Wisdom contributes to the emerging field of somatics in Australia within creative arts, health, education and wellbeing. The program offers established and developing practitioners the opportunity to study, deepen and refine their engagement with Body-Mind Centering® and related somatic practices.

The program is 500+ hours and provides in-depth understanding of:

- Embodied knowing
- Cellular consciousness
- Sensory integration
- Experiential anatomy
- Hands-on techniques
- Developmental Movement Patterns
- Understanding and expression through movement

The twelve modules focus on systems of the bodymind and human development. Numbers are limited so students receive personal attention and support for their learning style and individual embodiment.

Pre-requisites: 50 hours study with Alice (workshops | private sessions).
Prior professional experience or related studies can be taken into consideration.

DATES: 2019 – 2021

2019 November 18-22 Nervous System

2020 March 16-20 Muscle System

2020 November 16-20 Endocrine System, Breath and Voice

2021 March 15-19 Reflexes, Righting Reactions and Equilibrium Responses

2021 November 15-19 Psycho-physical Integration

Fees include tuition, accommodation, meals, transport to and from bus and train station.

Alice Cummins MA, is a dance artist, BMCSM Practitioner and Registered Somatic Movement Educator and Therapist. She has been researching and teaching her work nationally and internationally for over twenty years. Alice's practice involves creating environments where sources of intelligence, organization and creativity emerge from and engage with the somatic. Her work is also informed by improvisation practices and feminist philosophy and her writing has been published in the United States and Australia.

CONTACT

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Somatic Wisdom is an ISMETA Approved Training Program

Our program maintains the high standards of an Approved Training Program of the International Somatic Movement Education and Therapy Association (ISMETA). Our graduates meet all requirements to become Registered Somatic Movement Educators (RSME) and Therapists (RSMT).