

Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER

SOMATIC WISDOM

Residential Program
Riddells Creek Studio

2021 – March & November

*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. Alice Cummins is the director of **Somatic Wisdom**, a registered training program with **ISMETA**.



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).

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

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

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 – see application guidelines.

MODULES & DATES 2021

March 23 -27 Skeletal System – available online through Zoom

November 15-19 Endocrine System, Breath & Voice

May-September Organ System – TBC

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.

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Somatic Wisdom
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