

Alive

Playing with Tone & Tensegrity



with Alice Cummins

A tensegrity system is composed of tensile and compressive elements carefully balanced to achieve structural integrity

From our sub-cellular cytoskeleton through muscles, bones and fascia we are a *tensegrity* structure. These structures create the potential for our adaptation through movement ... and movement is how we navigate the temporal and spatial realms. *Tone* is the experience of balance in our bodies. All our systems can be supported to find balanced tone – increasing our potential to shift, perceive and create with agility. Agility is a psychophysical state no matter our capacity, age, ability/disability ... how we approach life day to day, how we engage with others, and how we make decisions both personal and professional that influence our sense of well-being.

Tone & tensegrity have embryological and developmental origins, developing in relationship to resistance and support. From early developmental patterns and reflexes we will explore more complex organization – embodying different states and toning through the layers of our tissue – bones, muscles, fascia and cells.

You will be guided through these somatic experiences with movement, voice and experiential anatomy. Discovering ways of moving that are original to you rather than prescriptive, frees up the imagination. The use of voice tones our diaphragms and whole being. In a world of rapid change we need this capacity for adaptation along with the felicity to enjoy being 'in the company of others'. Playfulness brings delight to all our relationships.

This workshop is an opportunity for professional development as well as an introduction to Body-Mind Centering®'s approach to the inherent intelligence of the moving body. The practice offers a rich palate of experiences for both the beginner and the more experienced participant.

Alice Cummins MA, is a dance artist, Body-Mind Centering® Practitioner and Movement Educator (ISMETA). 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. Alice's approach is accessible to people from diverse backgrounds.

Body-Mind Centering® is an embodied approach to learning, living and knowledge making. BMCSM invites change that is an integration of your physical, psychological, intellectual and imaginative life. Alice studied Body-Mind Centering® with Bonnie Bainbridge Cohen in the United States, 1995-98. <https://bmcassociation.org>

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

Working with Alice has helped me learn that every cell of my being has capacity for body-mind intelligence. This is a truly radical pedagogy: pedagogy of and for the future.
Angela Clarke (Artist/PhD candidate).

DATES: 10, 11 & 12 July 2015

TIME: Fri 6–9; Sat & Sun 10–5

VENUE: Dancehouse
150 Princes Street
North Carlton

COST: \$330 (*Earlybird 30th June)
\$440 Full Fee

FURTHER ENQUIRIES
0419 227 800

alice@footfall.com.au

www.alicecummins.com



Direct payment: Alice Cummins

NAB BSB: 082057

ACC: 559585230

Confirmation will be sent on receipt of payment

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.

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