



# *Residing in the Bodymind*

Body Mind Centering  
& Authentic Movement

*with  
Alice Cummins*

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In these workshops our focus will be to spend time listening and developing a practice of **attention**. This becomes the ground for deeper investigation of our bodymind. This practice will be illuminating for anyone interested in the moving bodymind and will include guided somatic movement, information, imagery and directed touch. The study of Body-Mind Centering® can be applied to many situations and offers a place of deep investigation for artists as well as professionals engaged in diverse fields of work and research. Please bring writing and drawing materials with you.

**Alice Cummins** 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. Alice has a Masters from Victoria University and in 2009 she taught at Denison University, Ohio. 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.

### **NEXT TWO SERIES**

**DATES:** 28 April – 26 May 2010 (5 weeks)

**TIME:** Wednesdays 11 – 1pm

**DATES:** 30 June – 28 July 2010 (5 weeks)

**TIME:** Wednesdays 11 – 1pm

**COST:** \$150

**VENUE:** Cecil St Studio, 66 Cecil Street Fitzroy

***FURTHER ENQUIRIES 0419 227 800***

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Make cheques etc. payable to: FOOTFALL and post to

PO BOX 622 EAST MELBOURNE 8002

Confirmation will be sent on receipt of payment

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