



Body-Mind Centering®

*exploring the anatomy & poetics of our bodymind
with Alice Cummins*

Beginning with the premise that movement is perception, we will rigorously engage with different Body-Mind Centering® principles. Through a practice of listening and attention you will develop **somatic awareness**. The workshops will include guided somatic movement, anatomical information, imagery and directed touch. Time will be given for integrating the material through Authentic Movement, shared discussion, moving/dancing, and journal writing.

Body-Mind Centering® is a refined model of somatic intelligence – both a self-directed pedagogical technique and a philosophical approach to conscious embodiment. Through experiential anatomy and movement re-education, participants realize new potential for their lives. A practice of Body-Mind Centering® invites change that integrates your physical, psychological, intellectual and imaginative life.

Dance artists, yoga practitioners, body-workers, educators, psychologists and theatre artists use BMC® in the differing contexts of healing and art making. It is deeply valued for its approach to somatic inquiry and **sensory integration**.

Please bring a blanket for working on the floor and a journal for writing.

Alice Cummins is a dance artist, Body-Mind Centering® Practitioner and Movement Educator (ISMETA). She has a Master of Arts 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.

TIME: Wednesdays 11 – 1pm
DATES: 23 April – 21 May 2014
VENUE: Dancehouse, 150 Princes Street
North Carlton
COST: \$220 (5 weeks)

Direct payment: Alice Cummins
NAB BSB: 082057
ACC: 559585230
Confirmation will be sent on receipt of payment

FURTHER ENQUIRIES

0419 227 800

alice@footfall.com.au

www.alicecummins.com



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Bonnie Bainbridge Cohen, used with permission.
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*Alice's teaching is deeply
informed by her experience
as a dancer, thinker and
practitioner. She imparts
the fullness of her work as
fluently as she speaks and
moves – with a resonant
embodied knowledge*
Nikki H (Theatre Artist and
Doctoral Candidate).