

# Residing in the Bodymind

with  
Alice Cummins

**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.

*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)

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Body Mind Centering & Authentic Movement  
with Alice Cummins

*BMC is about exploring the continuum in our evolution ...*  
Myra Avedon (Koln 2003)

Body-Mind Centering® is a practice of **mindfulness** that offers a unique and valuable process for developing an embodied sense of self during the decision-making of everyday life and in performance making.

In these workshops our focus will be listening and developing a practice of **attention**. This becomes the ground for deeper investigation of our bodymind. The workshops will include guided somatic movement, information, imagery and directed touch. As a practice, BMC offers powerful ways of renewing ourselves through a creative process that is supportive and perceptive of individual needs. Time will be given for integrating the material through Authentic Movement, shared discussion, moving/dancing, and journal writing. Dance artists, yoga practitioners, body-workers, educators, psychologists and theatre artists use BMC in the differing contexts of healing and art making. It is valued for its approach to somatic inquiry and **sensory integration**. Through a practice of BMC we can invite change that is an integration of our physical, psychological, intellectual and imaginative life.

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

**TIME:** Wednesdays 11 – 1pm  
**VENUE:** Dancehouse, 150 Princes Street  
North Carlton  
**DATES:** 17 April – 22 May 2013  
**COST:** \$264 (6 weeks)

**FURTHER ENQUIRIES 0419 227 800**  
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Confirmation will be sent on receipt of payment

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