

Residing in the Bodymind

Body Mind Centering
& Authentic Movement
with
Alice Cummins

Alice Cummins

Alice performs and teaches her work throughout Australia. She has studied and worked extensively in Australia, Europe and the United States and has worked collaboratively with musicians, writers, visual artists and filmmakers as well as creating solo work. Alice's work is influenced by Body-Mind Centering (BMC) and New Dance practices. Her work offers dancers, physical theatre performers and movement artists a unique approach to technique, composition and improvisational performance. Alice's philosophy and practice is to foreground dance as the artform that can articulate the unnameable. Her work occurs in an environment of refined awareness and her teaching arises from a deeply felt and embodied place. 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.

photo: Pascal Veyradier

BMC is about exploring the continuum in our evolution ...

Myra Avedon (Köln 2003)

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.

Through conscious embodiment we can find support for our lives and create stability within an environment of discovery. This work offers powerful ways of renewing ourselves through a creative process that is supportive and perceptive of individual needs. Time will be given for integration of the material through the practice of Authentic Movement, shared discussion, moving/dancing, writing and drawing.

These workshops will be of interest to anyone seeking a deeper understanding of their existence and the profound and lasting effect of engaging with embodied knowledge.

Please bring writing and drawing materials with you.

* Please wear loose comfortable clothing and bring a blanket for lying on the floor.

Numbers will be limited for this class so book early.

Dates: 17th June – 8th July 2009 (4 weeks)
Time: Wednesdays 11 – 1pm
Venue: Cecil St Studio, 66 Cecil Street Fitzroy
Cost: \$120 (full payment to be made by 1st workshop)

FURTHER ENQUIRIES

0419 227 800
info@footfall.com.au
www.alicecummins.com

BOOKING FORM

I enclose payment of \$ for *residing in the bodymind*

Name

Address Postcode

Tel Email

Direct payment: NAB BSB: 082 057 ACC: 55958 5230

Make cheques etc. payable to: FOOTFALL and post to

PO BOX 622 EAST MELBOURNE 8002

Confirmation will be sent on receipt of payment



I absolutely treasure the time in Alice's classes. It's difficult to do justice to the work in words; you really have to experience it. What I can say is that this work is of enormous benefit, allowing me to restore my self, to 'recompose', to 'regather' my being. I would recommend Alice's work, without hesitation, to anyone.

Natalie M

I particularly enjoyed the BMC work, and the language, which you used to enhance my experience of my own somatic reality...

Ilan A

Thank you for continuing your wonderful classes – it's such a breath of fresh air!

Janette H