

# Body-Mind Centering®

*exploring the anatomy & poetics of your bodymind*

# Body-Mind Centering®

*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 movement, anatomical information, imagery and directed touch, followed by Authentic Movement, shared discussion, and journal writing to integrate the material.

**Body-Mind Centering®** (BMC) [bmcassociation.org](http://bmcassociation.org) is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. BMC engages the bodymind through the poetics of moving, touch and experiential anatomy, inviting change that is an integration of our physical, psychological, intellectual and imaginative life. Alice studied Body-Mind Centering® with Bonnie Bainbridge Cohen in the United States, 1995-98.

*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).

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

**TIME:** Wednesdays 11 – 1pm  
**DATES:** 11 Nov – 9 Dec 2015 (5 weeks)  
**VENUE:** Dancehouse, 150 Princes Street  
North Carlton  
**COST:** \$220

**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.

**FURTHER ENQUIRIES 0419 227 800**  
[alice@footfall.com.au](mailto:alice@footfall.com.au) [www.alicecummins.com](http://www.alicecummins.com)

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

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*with*  
**Alice Cummins**