



*Our intellectual and imaginative life is the creative gift  
of being human.*

**FURTHER ENQUIRIES**  
0419 227 800

[alice@footfall.com.au](mailto:alice@footfall.com.au) [www.alicecummins.com](http://www.alicecummins.com)

# Connecting gut heart and head with Alice Cummins

Would you like to live a more integrated and creative life? What might this mean? In this **Body-Mind Centering®** workshop you will learn to recognize the differing intelligences of your three brains, developing coherence between your gut, heart and head. This will support you living with greater connection to those you love and the work you love.

We have been enculturated to ignore the body. Through embodied practices you develop the capacity to both recognize and act on what emerges from the field of your felt/lived experience. When you make decisions based on even the most thoroughly researched information, unsupported by the messages of your gut and heart, you become dry and exhausted. You also risk distress and unhappiness. Combining the knowing of your three brains enables you to discern what relationships

**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.

"Body-Mind Centering" and "BMC" are service marks of Bonnie Bainbridge Cohen, used with permission.

**DATES:** 28, 29 & 30 September 2013  
**TIME:** Sat 12–6; Sun & Mon 10–4  
**VENUE:** The Chapel Space  
117 Angove St, North Perth  
**COST:** \$385 (\*Earlybird by 5 September)  
\$495 Full Fee (after earlybird date))

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

and actions are generative and creative for you at this particular time in your life.

**Workshop:** We will begin from the physiological understanding that these three 'sites' each have a discrete nervous system enabling them to register and initiate response. The gut: the enteric nervous system; the heart: the Purkinje fibres; and the head: the brain and central nervous system.

Learning to listen to the messages, subtle sensations and responses of your body, requires clear intent and focused awareness. This work invites you to perceive the intelligence inherent in your bodymind and the consciousness that resides in your living tissue.

The material will be integrated through movement, journal writing and conversation.

**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.

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

**Refund Policy:** Credit for cancellation of workshop due to ill-health. An administrative fee of \$100 will be charged for any changes to an original enrolment. No credit after the earlybird date.

**Photo credit:** David Joshua Ford