

# Improvisation & Performance

interrogating the space  
of the body and performance



with  
*Alice Cummins*

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interrogating the space of the body and performance  
*with Alice Cummins*

*Somatic foci; spatial awareness and framing; phrasing and musicality; distilling inner and outer narratives; feedback as performer and audience/viewer.*

These workshops will generate embodied performance making that is strongly based in an articulate dancing body. From a somatic warm-up to vigorous dancing, each class will proceed from a particular focus that prepares participants for moving and making. We will practice solos, duets, trios and group improvisations from given and self-created scores, accumulating skills that inform decision making in the moment-by-moment composing that is improvisation.

Alice's work offers dancers, physical theatre performers and movement artists a unique approach to technique, composition and improvisational performance.

**Alice** is a dance artist and Body-Mind Centering® Practitioner and has been teaching her work nationally and internationally for over twenty years. Her career has spanned the leap from classical to post-modern dance and she has studied and been inspired by Nancy Stark-Smith, Lisa Nelson, Steve Paxton and Julyen Hamilton amongst other luminaries of the post-modern dance world. Alice has a Masters from Victoria University and she has taught at universities in Melbourne, Sydney and Perth within theatre, dance, visual art and interior architecture departments. Alice has been a mentor to a generation of Australia dance and theatre artists.

## NEXT TWO SERIES

**DATES:** 28 April – 26 May 2010 (5 weeks)

**TIME:** Wednesdays 6.30pm – 8.30pm

**DATES:** 30 June – 28 July 2010 (5 weeks)

**TIME:** Wednesdays 6.30pm – 8.30pm

**COST:** \$150

**VENUE:** Cecil St Studio, 66 Cecil Street Fitzroy

**FURTHER ENQUIRIES 0419 227 800**

*[www.alicecummins.com](http://www.alicecummins.com)*

*[info@footfall.com.au](mailto:info@footfall.com.au)*

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

Photo: Pascal Veyradier