

# Moving Transitions

*Developmental Movement & Perceiving  
Body-Mind Centering® Workshop  
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.

**Body-Mind Centering® (BMC)** [www.bmcassoc.org](http://www.bmcassoc.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.

## FURTHER ENQUIRIES

0419 227 800

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



*It's not that hard to change your vibration.  
But does it have life? Does it have spirit?*

Bonnie Bainbridge Cohen, *Sensing Feeling and Action* 2012

This workshop will illuminate how you perceive and make transitions. From the moment you engage with gravity at birth, you are on a trajectory of change, adaptation and relationship with the world and others. How you are supported to do this influences your choices as you move through life. Body-Mind Centering® enables you to re-pattern early responses, enriching your current life and creating the space for your potentiality to be felt and experienced.

From the recognition that the moving body *is* **perceiving**, you can begin to realize an embodied kinaesthetic knowing. As we practice and play with the movement pathways and transitions of the **Developmental Patterns** we will enliven our perceptions, recognizing elemental, spatial and temporal organization. By bringing awareness to the senses of touch, taste, smell, hearing and sight you will recognize the ways in which you respond to others and the world.

Finding your place in the ground, discovering the pleasure of moving easefully, and evolving effortlessly to vertical, is radical in its simplicity and application. Your body holds the design for this evolutionary dance. How we make the **transitions** from sitting to standing and walking can illuminate how we make major life decisions. Aligning action with desire is a re-organising of your embodied reality and creates immensely satisfying experiences. Identify, organise and act on what you need to live with spirit and whole-heartedness. Don't miss the point of your life ... you only have this moment.

*Alice's consummate skill as a teacher enables moments of sublime synchronicity and movement between the micro and the macro ... Her guidance helps shape a passage that refuses linearity and constraint and encourages profound and self-reflective spaciousness.*

Brenda Downing  
PhD candidate

We will experiment, explore and integrate the material through different practices of moving, writing and shared discussion. Please wear loose comfortable clothing, bring a journal and a blanket.

**DATES:** 31 May, 1 & 2 June 2014  
**TIME:** 10am – 4pm  
**VENUE:** The Chapel Space  
117 Angove St, North Perth  
**COST:** **\$385 (\*Earlybird 9th May)**  
\$495 Full Fee (after earlybird date)

**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.

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Sculpture by Johannes Dimpflmeier, Tuscania, Italy