

NAVEL RADIATION

*with
Alice Cummins*



Melbourne Sydney Perth

Body-Mind Centering® Workshop

*BMC is about exploring the continuum in our evolution ...
Myra Avedon (Koln 2003)*

Navel Radiation is a pre-vertebrate pattern within the Basic Neurological Patterns/Developmental Movement paradigm of Body-Mind Centering®. It is the pattern of radial symmetry and relates to our earliest connection with our mother, underlying attachment and support at the navel centre. During our in-utero experience and birth we are primarily organised around our navel centre. After birth, as we progress through the vertebrate patterns this organisation continues to inform our development. The navel centre is the crossroad of several pivotal physiological and structural systems, including the diaphragm, the psoas muscle, the termination of the spinal cord, and the kidneys. Over the course of the workshop we will explore these relationships.

Our ontogenetic evolvement closely parallels the phylogenetic evolution through the animal kingdom. This exploration of Navel Radiation (the starfish) and its relationship to the later vertebrate patterns can support understanding of our life patterns and facilitate a change in physical, perceptual and psychological organisation.

An embodied exploration of Navel Radiation can offer profound insights into how our limbs connect into our torso, their relationship to each other and the integration of the whole body. The primary perception at this stage is the perception of movement and via the vestibular system one's relationship to gravity, space and time. It also has a significant influence on the setting of one's postural tone throughout the body.

This workshop 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 for professionals engaged in working with clients physically and psychosomatically. The workshop will offer powerful ways of renewing you through a creative process that is supportive and perceptive of individual needs. Time will be given for integration of the material through shared discussion, moving/dancing, writing, drawing and the practice of Authentic Movement. Please bring writing and drawing materials with you.

ALICE CUMMINS

Alice is a master teacher who offers her independent workshops throughout Australia. She is a practicing dance artist, Body-Mind Centering® Practitioner and internationally qualified movement educator (ISMETA). 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 recently returned from teaching at Denison University, Ohio and creating a solo work in NYC with choreographer RoseAnne Spradlin. She has taught at universities in Melbourne, Sydney and Perth within theatre, dance, visual art and interior architecture departments and has been a mentor to a generation of Australia dance and theatre artists.

Alice's work occurs in an environment of refined awareness and her teaching arises from a deeply felt and embodied place. Her approach is accessible to people from diverse backgrounds. She welcomes the richness and contribution of this in the learning and sharing of knowledge.

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Body-Mind Centering® (BMC) is a study of the experienced body in contrast to the objectified body. It is a transformative approach that incorporates movement re-education, touch and experiential anatomy. BMC offers a unique ways of coming to a place of re-cognition through embodied practice and experience.

*Please bring a blanket and wear loose comfortable clothing

I found the work to be so simple and so intricate all at once. After the first day I sensed consciously an openness and connection to my body that stilled the mind and awakened me as a whole being bringing a deep intimacy, sensuality and profound inner communication to my whole body as a conscious being. Shei M

I was surprised at the breadth of what BMC has to offer and how it engages one's intelligence on so many levels. Pi Wei L

The relationship between BMC and Yoga is deeper and more conversant than I realized! Anastasia Y

You are a mentor with profound love and your communication skill is fantastic. As a future teacher I really enjoy meeting a teacher who knows about the power of words. Ana S

COST

Earlybird Rates \$300 Practicing Artists \$350 Professional Fee
Full Fee \$400 (after earlybird date)

MELBOURNE

Dates 6, 7 & 8 March 2010
Time 10am – 4pm
Venue Cecil Street Studio
66 Cecil Street, Fitzroy

*Earlybird by **22nd February 2010**

SYDNEY

Dates 24, 25 & 26 April 2010
Time 12 noon – 6pm
Venue Studio 14, Fraser Studio/Queens St Studio
10-14 Kensington St, Chippendale
www.queenstreetstudio.com

*Earlybird by **2nd April 2010**

PERTH

Dates 5, 6 & 7 June 2010
Time 10 – 4
Venue Mosman Park Memorial Hall
16 Lochee St, Mosman Park

*Earlybird by **14th May 2010**

FURTHER ENQUIRIES

0419 227 800

www.alicecummins.com

info@footfall.com.au

BOOKING FORM

I enclose payment of \$ for **Navel Radiation** Melbourne Sydney Perth (please circle)

Name

Address

Postcode.....Tel

Email

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

Make cheques etc. payable to: FOOTFALL & post to PO BOX 622 EAST MELBOURNE 8002
Confirmation will be sent on receipt of payment