



# A full-bodied life: Organ vitality

12, 13, 14 June  
workshop with  
*Alice Cummins*

**ALICE CUMMINS** is a dance artist, Body-Mind Centering® Practitioner and movement educator (ISMETA). She has been researching and teaching her work nationally and internationally for over twenty years. Alice has a Masters from Victoria University and in 2009 she taught at Denison University, Ohio. 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 a transformative approach that incorporates movement re-education, touch and experiential anatomy. Dance artists, body-workers, educators, psychologists and theatre artists use BMC in the differing contexts of healing and art making. It is valued for its approach to somatic inquiry and sensory integration. Through a practice of BMC we can invite change that is an integration of our physical, psychological, intellectual and imaginative life.

... organ support precedes the initiation of  
breath which precedes movement ...

Organs are the contents of our skeletal-muscular container. They are about fullness and emotional expression. Their activity underlies the sequencing of our movement through space and they provide inner support for our movement, breath and voice. Our organs are integral to our sense of well-being and aliveness. During this weekend we will explore the sensing, feeling life of the organs, refining and differentiating their various qualities through touch, visualization, sounding and movement. This embodying of our organs: -

- gives us a sense of volume and three dimensionality
- deepens our connection to gravity
- brings us into fuller emotional expression
- balances our nervous system
- facilitates the use of our voice

We will discover and explore the multiple ways in which our organs support our expression. Being 'organically organized' gives us the ability to focus our attention and intention in preparation for action. Embodying our organs deepens our capacity to process our emotional experience. Time will be given for writing and shared discussion: Please bring writing and drawing materials with you.

**Dates:** 12, 13, 14 June 2010

**Time:** 10am – 4 pm

**Venue:** Cecil St Studio - 66 Cecil St Fitzroy

**Cost:** \$400 (after earlybird date)

\$350 earlybird rate (by 21st May 2010)

\$300 Practicing Artists earlybird rate  
(by 21st May 2010)

*It was such a delight to be a part of your workshop. Your grace and expertise allowed each one of us our own unique journey and discovery.* Rona D.

*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...* Shei M

*While you held the group so wonderfully, you left us more of a sense of responsibility for our own ongoing adventure... you offered experiences and tools for further exploration, and a wonderful sense of connectedness...* Alex J

**FURTHER ENQUIRIES**

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## BOOKING FORM

I enclose payment of \$ ..... for **A full bodied life: Organ vitality** (earlybird 21st May 2010)

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

photo: Cheryl Priest