



A full-bodied life: Organ vitality

25 & 26 September

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 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: 25 & 26 September 2010

Time: 10am – 5 pm

Venue: Bassendean Community Hall
50 Old Perth Rd, Bassendean

Cost: \$350

\$250 **earlybird rate** (by 3 September 2010)

\$300 for **both** workshops **earlybird rate** (by 3 September 2010)

\$450 for both workshops (after earlybird date)

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

Confirmation will be sent on receipt of payment

FURTHER ENQUIRIES

0419 227 800

www.alicecummins.com info@footfall.com.au

*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*