

the Pelvis for women

finding the power and the play

with

Alice Cummins



Through a Body-Mind Centering® approach this workshop will explore the form and contents of the pelvis through guided somatization, touch, movement and voice. Feeling, sensing and moving the form and contents of the pelvis can provide us with the support and integration towards a fuller, more playful expression and articulation of our sexuality and creativity. As women, our fecundity is more than our ability to conceive, it is our ability to conceive of other ways to live, to generate and to imagine. This workshop invites you to attend with rigour, curiosity and playfulness in the spirit of mindful adventure. The workshop will be accessible to all women.

The pelvis is a storehouse of personal, ancestral and collective histories

As a way of approaching an understanding of its many and varied functions and contents we will consider the pelvis:

- As structural support and counter-support through the skeleton
- As counter-support to the head (structurally, emotionally and psychologically)
- As container for our organ contents
- As source of creative and sexual energy
- As support for vocalizing
- As emotional center
- As place of conception

We will integrate the work through the practice of Authentic Movement, writing, drawing and the exchange of stories, ideas and experiences. Body-Mind Centering® provides the form, the knowledge and the inspiration to embody our lives in ways that are accessible and creative.

Melbourne

Dates: 6, 7, 8 June 2009

Time: 10–4

Venue: Cecil St Studio
66 Cecil St Fitzroy

Cost: \$350 *earlybird \$280 (14.5.09)

Perth

Dates: 26, 27, 28 September 2009

Time: 10–4

Venue: Studio 3, 2nd Floor Kings St Arts Centre
357-365 Murray St Perth

Cost: \$350 *earlybird \$280 (9.9.09)

Sydney

Dates: 3, 4, 5 October 2009

Time: 12–6

Venue: Black Lotus Studios
2A Gladstone St (cnr Wilford St) Enmore

Cost: \$350 *earlybird \$280 (16.9.09)

FURTHER ENQUIRIES 0419 227 800

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

Body-Mind Centering® www.bmcassoc.org is a study of the experienced body in contrast to the objectified body. It is a transformative approach offering access to deeper awareness and embodiment, enhanced imagination and integration of the bodymind through movement re-education, touch and experiential anatomy. Through this approach we gather insight into our expression of self in the world and we can invite change that is an integration of our physical, psychological and intellectual life. Body-Mind Centering® is used by dance artists, body-workers, educators, psychologists and theatre artists. It is valued for its rigorous and inspirational approach to our dynamic bodymind. Bonnie Bainbridge Cohen began this inspirational research in New York in the 1970's. Alice studied Body-Mind Centering® with Bonnie in the United States, 1995-98.

Alice Cummins www.alicecummins.com is a dance artist, Body-Mind Centering® (BMC) Practitioner and an internationally qualified movement educator & therapist (ISMETA). Alice has a Masters from Victoria University and is currently professor of dance at Denison University, Ohio. Alice is a master teacher who offers her independent workshops throughout Australia. Her work occurs in an environment of refined awareness and her teaching arises from a deeply felt and embodied place. 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. Alice's approach creates an environment of learning that is supportive and inspirational whilst also being rigorous.

BOOKING FORM

I enclose payment of \$ for the Pelvis

Name

Address

..... Postcode

Tel Email

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

Make cheques etc. payable to: FOOTFALL and post to

PO BOX 622 East Melbourne VIC 8002

Confirmation will be sent on receipt of payment

I absolutely treasure the time in Alice's classes. It's difficult to do justice to the work in words; you really have to experience it. I would recommend Alice's work, without hesitation, to anyone.
Natalie M

Alice is quite a unique professional ... using her creativity and knowledge of the human body and how it functions, with her expertise and genuine wisdom.
Fiona F

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

