

SUMMER WORKSHOP

with

Alice Cummins

January 11-15 2010

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.

dancing improvising performing

Interrogating the space of the body and performance

Somatic foci; spatial awareness and framing; phrasing and musicality; distilling inner and outer narratives; feedback as performer and audience/viewer.

The body is where I begin and return for inspiration.

In this workshop we will generate embodied performance making that is strongly based in an articulate dancing body. From a somatic warm-up to vigorous dancing, each class will proceed from a particular focus that prepares participants for moving and making. We will practice solos, duets, trios and group improvisations from given and self-created scores, accumulating skills that inform decision making in the moment-by-moment composing that is improvisation.

Beginning with the body, immersion in somatic experience prepares the performer imaginatively and kinesthetically, generating material that is surprising, unpredictable and poetic. This 'ground' becomes the source and resource for creating performances. This approach generates performances that are alive, tender, and intelligent and frequently exquisitely moving ... an embodiment of the moment steeped in memory, narrative and meaning.

Alice's work is influenced by Body-Mind Centering (BMC) and New Dance practices. Her work offers dancers, physical theatre performers and movement artists a unique approach to technique, composition and improvisational performance.

A sustaining interest for me is bringing the person into the performance – to make visible the emotional and feeling life of the performer.

Dates 11th – 15th January 2010
Time 9am – 12 noon (Monday – Friday)
Venue Studio 1, 2 Floor Kings St Arts Centre
357-365 Murray St Perth
Cost \$300 *Earlybird \$250 by 12th December 2009

FURTHER ENQUIRIES
0419 227 800
www.alicecummins.com
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BOOKING FORM

I enclose payment of \$ for **Summer Workshop** NB: Earlybird booking by 12/12/09

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

Image: Alice Cummins 65 West Broadway NYC