

Somatic Wisdom through Embodiment

*A Professional Development Program
at Riddells Creek Studio
with
Alice Cummins*

This professional development program will offer practitioners from differing fields of health, arts and yoga, the opportunity to study, deepen and refine their engagement with the somatic based work of Bonnie Bainbridge Cohen (Body-Mind Centering). The program will provide participants with an in-depth understanding of the following:

- Cellular consciousness
- Sensory Integration
- Experiential Anatomy
- Embodied Somatic Knowledge
- Hands-on Techniques
- Understanding and expression through Movement

You will gain confidence in assessing and discerning somatic integration problems and working 'hands-on' with clients in your work as health practitioners, artists, yoga practitioners, educators and therapists

FURTHER ENQUIRIES 0419 227 800

www.alicecummins.com alice@footfall.com.au

Facebook: Riddells Creek Studio

PROGRAM OUTLINE 2012

January 16 – 27 (10 days with 2 day break)

January 16 – 20: Skeletal System

January 23 – 27: Organ System

March 12 – 16 (5 days)

March 12 – 16: Basic Neurological Patterns –
(Developmental Movement Patterns) – Pre-vertebral

COSTS:

Each 5-day course \$1000

Accommodation and Meals: \$500 for 5 days

Staying over a weekend is included for those who do both courses.

Pre-requisites for the two intensive trainings are the following:

3 x weekend intensive workshops with Alice

Or 1 weekend intensive and 5 weekly BMC series (this is for Melbourne)

This is necessary to understand my approach to learning.

Numbers: These groups will be limited to 8 people so that each student receives personal attention and support in their learning and embodiment.

Deposit: \$250 non-refundable deposit when you book.

*There will only be space for 8 people so book early!

THE TEACHER

Alice Cummins is a dance artist, Body-Mind Centering® Practitioner and Movement Educator (ISMETA). She has a Master of Arts from Victoria University and has been researching and teaching her work nationally and internationally for over twenty years. 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.

Direct payment: Alice Cummins

NAB BSB: 082057

ACC: 559585230

Confirmation will be sent on receipt of payment

REFUND POLICY

3 weeks before starting date – full refund minus admin fee

2 weeks before starting date – Credit if someone can take your place

1 week before starting date – forfeit full fee