

# momentum

*listening... phrasing... stillness*



*3 days of  
dancing, improvising  
& performing  
with alice cummins*

This workshop is for the experienced performer and is intended to encourage a practice of self-inquiry within a community of learning. Beginning the day with a practice of attunement – somatic investigation will be used to encourage and facilitate original ways of moving, refine technique and develop sensitivity, awareness and relationship to space. We will practice composing our performances as we create them in the immediacy of improvisation, recognizing moments of serendipity, those ‘split seconds of paradise’ as we create meaning that suggests itself through the dancing and spatiality of the composition in group and solo work. I am interested in the musicality of dance improvisation that is not dependent upon music but arises from the dancer’s body and movement through space. Listening, phrasing and silence/stillness are powerful tools to extend our practice. The accumulation of our intelligence contributes to our investigation and experience: This influences and supports individual creativity and artistry. We will cultivate ways of giving feedback to strengthen our attention and inform our perception. The workshop will conclude with a performance for invited guests.

**Alice** will arrive in Sydney after spending six weeks researching, practicing and working in France and Spain. One of her foci is to work with Julyen Hamilton and extend her understanding of his approach to performance, improvisation and composition. Alice’s recent work includes: in 2008, her Masters’ thesis performance: *hear her breathe: a rhapsody of gravity, space and the body*; and in 2009 she performed *alicec* in New York City, co-created with choreographer and Guggenheim recipient RoseAnne Spradlin. Alice has been teaching her work throughout Australia for over ten years and she has established an approach to dance and improvisation that has influenced many dance and theatre artists.

**Dates:** 2, 3 & 4 October 2010

**Time:** 1pm – 5pm

**Venue:** UNSW Dance Studios, Building E9,  
Gate 2 High Street (behind Io Myers Studio).

**Cost:** \$300

**\$250 earlybird by 10th September 2010**

*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](http://www.alicecummins.com)   [info@footfall.com.au](mailto:info@footfall.com.au)**