

Body-Mind Centering®

*exploring the anatomy &
poetics of your bodymind*

with Alice Cummins

Beginning with the premise that *movement is perception*, we will rigorously engage with different Body-Mind Centering® principles. Through a practice of listening and attention you will develop **somatic awareness**. The workshops will include guided movement, anatomical information, imagery and directed touch, followed by Authentic Movement, shared discussion, and journal writing to integrate the material.

Body-Mind Centering® (BMCSM) <https://bmcassociation.org> is a study of the experienced body in contrast to the objectified body. It is an embodied approach to learning, living and knowledge making. BMC engages the bodymind through the poetics of moving, touch and experiential anatomy, inviting change that is an integration of our physical, psychological, intellectual and imaginative life. Alice studied Body-Mind Centering® with Bonnie Bainbridge Cohen in the United States, 1995-98.

Please bring a blanket for working on the floor and a journal for writing.

Alice Cummins MA, 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. 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

Photo: Michele Theunissen
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Your insightful intelligence and specific, poetic language is an eloquent & elegant articulation of BMC. The depth of your practice and embodied wisdom and your sharing of this extensive and evolving body of work is remarkable.

Camilla Maling, Embodiment
Inquisitor.

DATES: 17 July – 28 August
(7 weeks)
TIME: Wednesdays 11 – 1pm
VENUE: Dancehouse
150 Princes Street
North Carlton
COST: \$350

FURTHER ENQUIRIES
0419 227 800

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