

# 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®** (BMC<sup>SM</sup>) 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.*

**Time:** Wednesdays 11 – 1pm  
**Dates:** 15 April – 27 May (7 weeks)  
**Venue:** Dancehouse, 150 Princes Street North Carlton  
**Cost:** \$350

**Alice Cummins** MA, is a dance artist, Body-Mind Centering® Practitioner and Registered Somatic Movement Educator/Therapist. 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. Alice is the director of [Somatic Wisdom](#), a registered training program with [ISMETA](#) (International Somatic Movement Education Therapy Association).

*Thankyou for an incredible course – it has opened me to the potential of trusting my body and my experience – the beginning of a new way of living. I am excited and curious to listen and feel more. Emma Jo D, yoga teacher.*

**FURTHER ENQUIRIES 0419 227800** [www.alicecummins.com](http://www.alicecummins.com) [alice@footfall.com.au](mailto:alice@footfall.com.au)



Direct payment: Alice Cummins, NAB  
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Confirmation will be sent on receipt of payment

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