

# Alice Cummins

DANCE ARTIST + SOMATIC PRACTITIONER



## Body-Mind Centering®

Online Somatic Classes

**22 July – 2 September** (7 weeks)

Fridays 10 – 11.30am (EST)

Cost: \$280

*Engaging and revitalizing through a moving exploration of the anatomy & poetics of your bodymind*

In this series we will continue to gather into our selves whilst cultivating a practice of *being with* each other and the world? I propose that this practice can support us redefining ourselves and how we navigate our way through these uncertain times. The vulnerability we continue to experience is at the heart of our return and renewal, remaining present as we renegotiate our lives.

My teaching is infused with the philosophy of self-organisation and relational life – this sustains our humanity. As we find our deepest connection to ourself and others we re-pattern our belief systems and invite questions about our role and place in the lived world. The offerings are infused with ethics|aesthetics and the capacity for transformation is cultivated between us.

\*My focus for these 7-weeks will include a range of BMC material – development movement patterns integrated with fluid, skeletal and organ systems. From the comfort and chaos of your home you can participate in these 90min classes. Make sure you have enough room to roll, spread, reach and wriggle.

**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<sup>SM</sup> is the ground of my somatic practice and teaching. As a study of the experienced feeling body it offers resistance to the idea of the objectified mechanical body.

*These online workshops cultivated spaciousness and compassion for our selves and each other, tuning us into our liveness – physical, virtual and spiritual.*

Julie Robson – performance maker and educator

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**Alice Cummins MA**, is a dance artist, BMC<sup>SM</sup> 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 is the director of [Somatic Wisdom](#), a registered training program with [ISMETA](#).

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*Confirmation will be sent on receipt of payment*

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