

Free the Vital Energy and Illuminating Presence of Your Spine: Explorations in Movement and Cellular Consciousness

A Body-Mind Centering® Approach

2020 Fall Series

The following is a list of material Bonnie explored in each class of her 2020 Fall Series on [Free the Vital Energy and Illuminating Presence of Your Spine: Explorations in Movement and Cellular Consciousness](#).

CLASS 1

- Bones of the pelvis
- Sacrum and the pubic disc
- Pubic disc as the keystone between the legs
- Sacrum as part of the spine rather than part of the pelvis
- Transferring weight through the pubic disc vs through the sacrum
- Embryological development of the spine and peripheral limbs
- Energizing the lateral line through sidelying
- Activating your core

CLASS 2

- Embryology – the egg and the sperm
- Cellular consciousness
- Center and periphery
- Muscles vs bone
- Types of tone
- Moving through space vs letting space move you
- Condensing and expanding of cells vs contraction and lengthening of muscles
- Muscles of facial expression
- Architecture of the pelvis
- Awakening the cells and the role of the brain

CLASS 3

- Postural tone and cellular tone
- Letting go of holding
- Engaging the pelvic bones without fixating
- Lateral line
- Freeing the sacrum
- Tongue to tail (coccyx) and tail to foot

CLASS 4

- Embryological development of the spine and peripheral limbs
- Sacroiliac joints
- Thoracic and pelvic diaphragms
- Breathing – lung breathing and embryonic breathing
- Sternum – locating, embodying, initiating moving from
- Movement can support traumatic patterns
- Finding awareness in structures that aren't awake

CLASS 5

- Letting go of restrictions
- Postural tone
- Freeing the spine to perceive and respond to self and other
- Pelvic diaphragm and perineal body
- Thoracic diaphragm and crura
- Unified diaphragm
- Vertebral column and discs
- Sternum

CLASS 6

- Looking at the whole body to find freedom of the spine
- Embracing Reflex – named by Bonnie (traditionally called Moro Reflex)
- Dynamic Release Reflex – named by Bonnie
- Pelvic diaphragm
- Embryology – frontbody, middlebody, backbody
- Autonomic nervous system
- Explorations of the muscles of the pelvic diaphragm – urogenital triangle and back triangle
- Rooting in the perineal body
- Letting go of patterns in a safe way

CLASS 7

- Embracing and Dynamic Release Reflexes
- Pelvic diaphragm and pelvic bowl
- Exploration of the pelvic diaphragm – figure 8 movement
- External rotator muscles of the hip joint
- Postural tone

CLASS 8

- Suspended spine – free to respond but not carry the weight
- Space holding and moving us
- Pubic disc as keystone of the legs
- Unified diaphragm
- Thoracic diaphragm and crura
- Freeing the sacrum
- Coccygeus muscle
- Hip joints
- Superficial transverse perineal muscle
- Connecting sitz bone and greater trochanter
- Baby Ball, Birthing, Embracing, Dynamic Release Reflexes
- High or low tone in pelvic diaphragm

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