

Exploring the Embodiment of Cellular Consciousness through Movement

A Body-Mind Centering® Approach

2020 Summer Series

The following is a list of material Bonnie explored in each class of her 2020 Summer Series on [Exploring the Embodiment of Cellular Consciousness through Movement](#).

SERIES 1

CLASS 1

- Cellular consciousness
- Postural tone
- Muscle tone
- Mechanical movement vs cellular movement
- Exploration – condensing and expanding in sitting, standing, prone, supine, sideline, rolling
- Embryology – dance of the egg and sperm

CLASS 2

- Embryology – dance of the egg and sperm
- Mechanical movement vs cellular movement
- Muscle shortening and lengthening contraction
- Postural tone
- Cellular condensing and expanding
- Collapse vs condensing yield
- Tonic Labyrinthine Reflex
- Exploring tone in relationship to aging

CLASS 3

- Postural tone
- Lungs – awareness vs attention, breath, initiating movement from the lungs vs moving the lungs
- Cellular consciousness

CLASS 4

- Cellular consciousness
- Lungs
- Thoracic diaphragm
- Liver

SERIES 2

CLASS 1

- Lungs – locating, breathing, and moving from each lobe
- Nasal concha – connecting the wheel of perception areas of the face with the six areas of the concha and six areas of the lungs
- Exploring the nasal concha through locating, sensory awareness, sounding, and moving
- Story of the sperm and the egg
- Relationship of the concha and the eyes

CLASS 2

- Finding flow in the bone marrow
- Lungs – finding fluid movement from each lobe
- Nasal concha – breathing and sounding, facial movement, and expression
- Cranial nerve 0
- Cellular consciousness – how it can support exploring traumatic patterns and other physical and emotional experiences

CLASS 3

- Nasal concha – relationship to sensory areas of the face
- Cranial nerves
- Exploration of cranial nerve 0
- Working with imbalances of the face, senses, and/or nerves
- Finding the connection between the concha and the corresponding lobes of the lungs

CLASS 4

- Review of the cranial nerves
- Review of the concha
- Hyoid bone
- Explorations of the hyoid bone
- Mylohyoid, digastric, and omohyoid muscles
- Supporting issues with smell – inability to smell, hypersensitivity to smell, etc.
- Approaching trauma of the head, mouth, TMJ, etc. – sitting in the synapse

SERIES 3

CLASS 1

- Lungs – initiating movement from each lobe with your brain receiving the information; integrating movement of the lungs with the arms
- Breathing and moving from the bone marrow
- Nasal concha – breathing, sounding, and moving from
- Heart – relationship to the lungs in movement
- Liver and gallbladder – relationship to each other; moving from each of these organs
- Scoliosis and the Organ Roll
- Sitting in the synapse

CLASS 2

- Lungs
- Embracing Reflex
- Pharynx
- Hyoid bone
- Larynx
- Embryological development of the face – the face as a limb of expression
- Vowel sounds

CLASS 3

- Breathing, expressing, and Embracing Reflex review
- Tongue – exploring the muscles; the tongue as a limb
- Oral cavity – shaping and sounding
- Pharynx
- Larynx
- Review of cranial nerves
- Temporomandibular joint (TMJ)

CLASS 4

- Review of the tongue, larynx, and pharynx
- Sinuses
- Digestive tract – embryonic gut tube
- Sleep apnea
- Exploring vocal mechanisms when thyroid issues are present

www.bonniebainbridgecohen.com