

Opening and Strengthening Our Heart through the Consciousness of Embodiment

A Body-Mind Centering® Approach

2021 Spring Series

The following is a list of material Bonnie explored in each class of her 2021 Spring Series on [Opening and Strengthening Our Heart through the Consciousness of Embodiment](#).

CLASS 1

- Physiological flexion and extension
- Embracing Reflex
- Heart as the center of vertical and horizontal axes
- Heart can be open even when closing
- Relationship of heart and voice
- Releasing tightness in heart

CLASS 2

- Heart as the central vertical and horizontal axes
- Heart to hand connection – explorations
- Vessels of the heart as limbs of the heart
- Embracing Reflex
- 4 Hand Reflexes
- Quiet heart – transitioning from sympathetic to parasympathetic

CLASS 3

- Heart to hand connection – exploration with balls
- The heart as a whole body, one-unit system
- Vessels on the back of the heart
- Relationship of heart and lungs
- Birthing Reflex
- Releasing sadness
- Bringing blood up from the feet – exploration with balls
- Embodying blood to support the heart
- Energy ball

CLASS 4

- Vessels of the heart as limbs
- Cycle of bloodflow through the body
- Heart to hand relationship – exploration
- Heart and eyes connection
- Yielding
- Heart and lungs relationship
- Zone of the isoring
- Unified diaphragm
- Thymus and Thyroid relationship with the heart
- Relationship between heart and mouth

CLASS 5

- Being in the now
- Pericardial and pleural membrane and cavities
- Mediastinum
- Lungs initiating movement in the arms
- Movement of lungs and pulmonary vessels
- Upper limbs
- Breathing in lobes of the lungs
- Receiving vs directing
- Embryological development of the digestive tract and heart

CLASS 6

- Face, brain, and senses
- Focus, attention, stories, feelings, expression
- Blood
- Three dantians
- Octopus dance
- Integrating movement of the heart into the flesh of the whole body
- Nervous system as a recording system
- Releasing the heart from the spine
- Receiving information from your body vs the brain focusing/directing
- Resting the heart when feeling it tighten
- Irregular heart rhythms
- Bonnie's experience with the coronavirus vaccine – messenger RNA
- Varicose veins – stagnation, tone, and full-body circulation

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with Bonnie Bainbridge Cohen

CLASS 7

- Embryological development of the heart
- One approach to heart issues

CLASS 8

- Embryological development of heart and blood
- Relationship between heart and hands
- Moving from the limbs of the heart
- Difference between venous and arterial blood in movement