

Releasing Patterns of Stress and Uncovering Patterns of Ease

A Body-Mind Centering® Approach through
Movement, Touch, and Cellular Consciousness

2021 Winter Series

The following is a list of material Bonnie explored in each class of her 2021 Winter Series on [Releasing Patterns of Stress and Uncovering Patterns of Ease](#).

CLASS 1

- Building postural tone
- Baby Ball Reflex and Birthing Reflex
- Postural tone
- Parasympathetic and sympathetic responses
- Unified diaphragm
- Swinging the coccyx and xiphoid process

CLASS 2

- Movement of xiphoid process
- Cellular breathing
- Thoracic diaphragm attachments to ribs
- Bouncing on the thoracic diaphragm
- Gel state in cellular and tissue fluid
- Movement of sternum and ribs
- Crura of the thoracic diaphragm

CLASS 3

- Unified diaphragm
- Pubic disk as the keystone between the legs
- Sacrum as the keystone between the spine and the legs
- Sitz bones
- Pelvic bowl
- Pelvic bones
- Breathing to build tone
- Pelvic diaphragm
- Perineal body
- Urogenital triangle / anal triangle
- 4 quadrants of the pelvic diaphragm
- Postural tone vs muscular tone

CLASS 4

- Gel state in cellular and tissue fluid
- Tone versus tightness
- Internal and external space
- Gel state and aging
- Yield and push versus push
- Interstitial and transitional fluid
- Egg and sperm qualities
- Fluid/membrane balance
- Working with Inflammation

CLASS 5

- Embodying genes
- Unified diaphragm – magnetic space between diaphragms
- Postural tone versus muscular tension
- Crura of the thoracic diaphragm
- Consciousness of ligaments, tendons, muscles, and connective tissue / fascia
- Anterior and posterior longitudinal ligaments
- Gel state in cellular and tissue fluid
- Exploring the birthing crown and releasing organs and ligaments for ease of movement from Child's pose to sitting
- Working with Inflammation
- Exploring high tone and low tone through breathing in the unified diaphragm

CLASS 6

- Gel state in cellular and tissue fluid
- Embodying ligaments, tendons, muscles, and connective tissue / fascia
- Exploring the birthing crown and releasing organs and spinal ligaments for ease of movement
- Ankle-foot and heel-foot
- Subtalar joint
- Two diagonals of the foot
- Relationship of the foreleg to the ankle-foot and heel-foot
- Ankle joint as a gliding joint
- Rotation and counterrotation of the tibia and fibula
- Rotation and counterrotation of the radius and ulna

CLASS 7

- Birthing crown, celestial crown, and frontal crown
- Ankle-foot and heel-foot
- Bones of the foot
- Arch of the foot in relation to the ankle-foot and heel-foot and arch of the foot in relation to the big toe
- Bones of the lower limb
- Rotation of fibula
- Subtalar joint
- Postural tone starts in the feet and moves upward
- Gliding joint versus hinge joint
- Rotation of fibula and tibia
- Inchworm exercise
- Working with foot pain (bunions, stiffness in toes)
- A Body-Mind Centering® approach to pain

CLASS 8

- Big Toe Up Reflex and Big Toe Down Reflex
- Relationship of the foreleg to the ankle-foot and heel-foot
- Myelination of nerves
- Awakening feet to themselves through touch, brushes, and balls
- Four arches of the foot
- Plantar Grasp Reflex and Toe Fanning Reflex
- Pointing toes by reaching over the heel and lengthening the back of the leg
- Centering the heel bone (calcaneus) under the ankle bone (talus) and centering the ankle bone under the heel bone
- Centering the talus under the tibia
- Spiral of the femur
- Embryological development of the lower legs
- Postural tone and support it offers to engage in the outer world
- Working with hammer toes – ligaments and connection of the toe as a unit
- Working with hypermobility and loose ligaments