

Embodying Authenticity, Organicity, and Expression: Organs and Glands as a Foundation for Movement, Touch, and Voice

A Body-Mind Centering® Approach
with Bonnie Bainbridge Cohen

The following is a list of material Bonnie explored in each session of her course on [Embodying Authenticity, Organicity, and Expression: Organs and Glands as a Foundation for Movement, Touch, and Voice](#).

DAY 1 AM

- Lobes of the lungs
- Breathing into each lobe of the lungs

DAY 1 PM

- Moving from each lobe of the lungs
- Relationship of spinal issues and organs
- Relationship between the lungs and the heart

DAY 2 AM

- Receiving information in the front of the brain versus the back of the brain
- Movement between the lobes of the lungs
- The heart as a whole-body unit
- Cardiovascular circulation and the zone of the isoring
- Exploring the weight and magnetism of blood through venous and arterial flow

DAY 2 PM

- Front and back of the heart
- Cardiovascular circulation
- Embryological development of the heart
- Relationship between the heart and the lungs
- Embryology: fertilization of egg, morula, trophoblast
- Embodied embryology: psychophysical

DAY 3 AM

- Bonnie's early path to working with the organs
- Organ tone
- Nerve reversal: what happens in the body when information is too much for us to take in
- Sitting in the synapse of the dorsal horn of the spinal cord
- Embryology: frontbody, middlebody, backbody
- Sympathetic and parasympathetic nervous system

DAY 3 PM

- Embryology: morula, blastocyst, implantation
- Embryology: development of the frontbody, middlebody, and backbody
- Exploring form and flow through the development of the middlebody
- Embryology: development of the gut tube, notochord, neural tube, and division of the middlebody
- Rotation and counterrotation of the small and large intestines

DAY 4 AM

- Perineal body
- Coccygeal body
- Heart bodies
- Pubic disk as the keystone between the legs
- Gonads

DAY 4 PM

- Embryology: development of the kidneys and adrenals
- Urorectal septum
- Kidneys and adrenals
- Kidney and adrenal burnout
- Relationship of the kidneys to core support and adrenals to neck support

DAY 5 AM

- Awakening self, other, and selfother
- Sounding in the perineal body, coccygeal body, gonads, and adrenals
- Finding glandular support and their relationship to the legs in table position
- Relationship of the pronephros (embryonic kidneys) to the neck and bones of the inner ear
- Embryology: development of the pancreas
- Moving from the pancreas (six-pointed star) versus moving from the adrenals (spokes of a wheel)

DAY 5 PM

- Sweating of the pancreas
- Somatization: sweating of the pancreas

DAY 6 AM

- Thoracobody
- Relationship between xiphoid process and thoracobody
- Joints of the sternal bones as movable joints
- Thoracobody in relation to self and community
- Exploring the thoracic diaphragm, thoracobody, pancreas, and perineal body with wooden dowels

DAY 6 PM

- Crura of the thoracic diaphragm
- Structures of the thoracic cavity
- Spiralling blood flow of the heart
- Dorsal aorta
- Thoracobody
- Movement of the sternal joints
- Tucking the tail
- Transverse thoracic muscle
- Pancreas
- Embodying the heart as its own structural system that is suspended by the vessels
- Embryological development of vascular circulation
- Embryological rotation of the heart, brain, and thoracic diaphragm
- Lengthening and folding of the heart
- Heart body (AV node)
- Thymus

DAY 7 AM

- Bonnie's approach to teaching
- Exploring space versus structure
- Thymus and thyroid
- Parathyroids
- Sounding from the thyroid and parathyroids

DAY 7 PM

- Vocal diaphragm
- Sounding from the thyroid and parathyroids
- Initiating the voice from the perineum

DAY 8 AM

- Thymus and thyroid
- Exploring thymus and thyroid and the lower glands through the skeleton (??)

DAY 8 PM

- Carotid bodies
- Exploring the glands through vocalization
- Embryology of the thyroid and parathyroids
- Parathyroids and their relationship to the ribs
- Consciousness and awareness

DAY 9 AM

- Carotid bodies
- Three glands of the head: pituitary, mammillary bodies, pineal

DAY 9 PM

- Exploring how the lower glands support coming up and changing levels

DAY 10 AM

- Carotid bodies as a support for the glands of the head
- Quieting and softening the spine
- Engaging the limbs to fully engage the spine
- Collapsing versus yielding
- Chromaffin cells and their relationship to glands and the nervous system

DAY 10 PM

- Somatization of the glands
- Abdominal organs
- Embryology of the digestive tract and the organs developing off of the gut tube
- Embryological development of the mesentery
- Embodying the embryological origin of the back wall of the abdominal cavity for support, strength, and ease of movement
- Bonnie working hands-on with a participant with back pain

DAY 11 AM

- Embryonic development of the gut tube and mesentery
- Embryonic development of organs inside and outside the peritoneal sac
- Greater and lesser omenta
- Epiploic foramen
- Embryonic breathing
- Guided exploration of embryonic breathing

DAY 11 PM

- Embryological rotation of the abdominal organs
- Embodiment of the rooting of the appendix
- Embryological development of the mesentery
- Peritoneal connections with the digestive tract
- Differentiating the organs attached to the back wall of the abdominal cavity and organs inside the peritoneal sac
- Moving and sounding from organs inside the peritoneal sac and moving and sounding from the membranes (all the membranes creating the cavities around the organs, including the peritoneal sac, greater omentum, lesser omentum, and back wall of the abdominal cavity)

DAY 12 AM

- Moving from the heart
- Connection of the hands to the organs
- Embryological development of the upper limbs: stretching versus calibrating
- Review of the embryological development of the gut tube and notochord
- Liver and gallbladder
- Embodying the stomach as a support for the liver
- Moving the lungs on top of the thoracic diaphragm, moving the liver and stomach under the thoracic diaphragm, and moving the thoracic diaphragm
- Pancreas and spleen
- Mesentery
- Embodying and working with organs in the peritoneal sac and organs attached to the back wall of the abdominal cavity

DAY 12 PM

- Urinary bladder
- Embodying the pronephros, mesonephros, paramesonephros, and metanephros
- Spiraling of the femur