

Embodying Muscles Part 1 and 2 Class Index

A Body-Mind Centering® Approach

2022 Winter and Spring Series

The following is a list of material Bonnie explored in each class of [Embodying Muscles Part 1 and 2](#).

Embodying Muscles Part 1 – Building Vitality, Strength, Flexibility, Flow, and Ease

CLASS 1

- Concentric and eccentric contractions versus condensing (shortening) and expanding (lengthening) contractions
- Postural Tone
- Baby Ball Reflex and physiological flexion
- Birthing Reflex and physiological extension
- Increasing tone through the fascia versus local tightening
- Development of postural tone and emotional patterns

CLASS 2

- Baby Ball Reflex and physiological flexion
- Birthing Reflex and physiological flexion
- 3 crowns of the head: posterior, middle, frontal
- Postural tone versus local tightening of the muscles for strength
- Exploring postural tone starting in the feet and moving through the body to the head
- Grounding and levity
- Movement of the neck starts in the mouth
- Moving lower jaw on skull / moving skull on lower jaw
- Initiating movement from temporomandibular joint (TMJ) versus atlanto-occipital joint (AOJ)
- Tongue resting on floor of mouth
- Tongue to hard palate and soft palate
- Relationship between palate, TMJ, and AOJ
- Condensing and expanding of muscles as whole body activation
- Postural tone and jumping
- Embracing Reflex
- Isometric contractions
- What to do when we feel confused or lost in the material

CLASS 3

- Condensing and expanding as whole body engagement
- Baby Ball Reflex, Birthing Reflex, and Embracing Reflex
- Holding yourself and moving versus feeling primary tone underlying movement
- Feeling the balance of space and gravity supporting movement
- Condensing and expanding muscle contractions
- Physiological flexion and physiological extension in rotation, abduction, and adduction

CLASS 4

- Energy ball
- Movement as dynamic posture
- Condensing and expanding review
- Distal and proximal movement
- Receiving information from the front of the brain versus the back of the brain
- Bones direct alignment, muscles move bones, ligaments direct the muscles
- Isometric movement
- Flexors and extensor muscles in relation to the earth (gravity line)
- Essentials (agonist) and complements (antagonists)

CLASS 5

- Flow of postural tone
- Distal and proximal movements engaging the whole body versus local action an application to people with low level spinal cord injuries or strokes in rolling
- Humming into tissue with very low or high tone to support balanced tone
- The head as a guide and the coccyx as a propeller through movement and the flow of postural tone
- Flexors and extensors condensing and expanding in relationship to the gravity line

CLASS 6

- Muscle coupling
- Embodying the ankle and knee joints as rotary joints
- Distal and proximal movement at the ankle and knee joints
- Gravity line in relation to position
- Muscle coupling of the ankle joint in distal and proximal movements
- Muscle coupling of the wrist joint

CLASS 7

- Muscle currenting of the foot and ankle
- Proprioception and kinesthesia
- Simplified embryology of the muscles of the limbs
- Anatomy of muscles

CLASS 8

- Birthing patterns
- Condensing and expanding the arch of the foot
- The Worm exercise
- Embodying the anatomy of muscles in condensing and expanding

Embodying Muscles Part 2 – Going Deeper with Advanced Principles

CLASS 1

- Iliopsoas complex and quadratus lumborum
- Currenting of psoas major, psoas minor, iliacus, quadratus lumborum
- Importance of the iliopsoas complex as connection between the spine and legs
- Resting state of the sitz bones
- Relationship of psoas major and the kidneys
- Relationship of flow of postural tone and stem cells

CLASS 2

- Importance of working with the muscles and flow of postural tone of the hand when issues in the elbow and shoulder are present
- Development of postural tone in the arms
- Specific muscles of the hand, wrist, forearm, and elbow
- Fetal development of movement of the hand

CLASS 3

- Finding A-muscle fibers in B-muscles
- Paired essentials and complements
- Gluteus maximus, tensor fascia lata, and iliotibial tract
- Adductor magnus
- Long flexors and extensors of the lower leg and foot

CLASS 4

- Review: focal joint; distal and proximal movement; condensing and expanding contractions; directional flow of postural tone in A and B-muscles; muscle coupling; paired essentials and complements
- Four stages of a muscle action in distal and proximal movement (ABBA and BAAB)
- Muscle spindles and Golgi tendon organs
- Intrafusal muscle fibers in the muscle spindle
- Golgi tendon organs calibration of tension/weight

SUPPLEMENTARY VIDEO

- Challenges faced with embodying and understanding the four stages of a muscle action
- Four stages of a muscle action review