

A Body-Mind Centering® Approach to Embodied Anatomy and the Axial Skeleton

with Bonnie Bainbridge Cohen

DVD Chapter List

Disc 1: Embryology of the Axial Skeleton

- Endoderm and Ectoderm (16 min. 17 sec.)
- Perineal Body and Extraembryonic Mesoderm (12 min. 7 sec.)
- Notochord (23 min. 5 sec.)
- Guided Somatization: Axial Embryology (1) (12 min. 1 sec.)
- Growth of the Lateral Sheaths (15 min. 47 sec.)
- Paraxial, Intermediate and Lateral Columns (18 min. 56 sec.)
- Vertebral Columns, Myotomes and Dermatomes (18 min. 5 sec.)

Disc 2: Axial Skeleton Part 1

- Six Curves of the Spine (16 min. 26 sec.)
- Tail to Feet and Head to Hands (30 min. 44 sec.)
- Palate to Low Back (10 min. 16 sec.)
- Skull (27 min. 45 sec.)
- Hyoid (29 min. 39 sec.)

Disc 3: Axial Skeleton Part 2

- Thoracic and Pelvic Diaphragms (21 min. 59 sec.)
- Pectinate Line and Anal Sphincters (8 min. 19 sec.)
- Coccygeal and Perineal Bodies (10 min. 21 sec.)
- Relationship of Pelvic Halves and Legs (27 min. 54 sec.)
- Bonnie Working with a Student: Pelvic Halves and Legs (16 min. 45 sec.)

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- Excerpts on the Philosophy of embodiment (5 min. 30 sec.)
- Credits
- Illustrations

Disc 4: Guided Somatizations

- Guided Somatization: Axial Embryology (2) (23 min. 59 sec.)
- Guided Somatization: Skull (50 min. 27 sec.)
- Guided Somatization: Palate to Low Back (11 min. 27 sec.)
- Guided Somatization: Relationship of Pelvic Halves and Legs (23 min. 43 sec.)

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