

# A Body-Mind Centering® Approach to Embodied Anatomy and the Dynamics of Breathing with Bonnie Bainbridge Cohen

## DVD Chapter List

### Disc 1

- Lungs (1 hr. 37 min. 50 sec.)

### Disc 2

- Pelvic Diaphragm (22 min. 56 sec.)
- Pelvic and Oral Diaphragms (20 min. 17 sec.)
- Tongue (9 min. 51 sec.)
- Hyoid Bone and Cranial Diaphragm (12 min. 53 sec.)
- Thoracic Diaphragm (49 min. 32 sec.)

### Disc 3

- Finding the Crura (18 min. 24 sec.)
- Somatization of the Diaphragms (25 min. 44 sec.)
- Reflections on the Somatization (5 min. 6 sec.)
- Vocal Diaphragm (19 min. 21 sec.)
- Somatization of the Vocal Diaphragm (13 min. 30 sec.)
- Reflections on the Somatization (15 min. 29 sec.)
- Exploration of the Vocal and Thoracic Diaphragms (18 min. 56 sec.)

### Disc 4

- Cranial Diaphragm (3 min. 46 sec.)
- Three Meninges of the Spinal Cord and Brain (29 min. 2 sec.)
- Embryology: Neural Tube and Gut Tube (36 min. 46 sec.)

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## **Disc 5**

- Embryonic Breathing (51 min. 55 sec.)
- Cellular Breathing (8 min. 49 sec.)
- Breathing into the Mitochondria (13 min. 55 sec.)
- Questions Around Breathing (9 min. 9 sec.)
- Credits
- Illustrations

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