

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

DVD Chapter List

Disc 1

- Three Basic Planes in Relationship to Three Basic Vowels (40 min. 42 sec.)
- Exploration of the Relationship between Hands and Vocalization (31 min. 55 sec.)
- Vocalizing through Embryological Development of Nervous System (35 min. 57 sec.)

Disc 2

- Pharynx (19 min. 34 sec.)
- Three Primary Planes (50 min. 15 sec.)
- Primary Vocal Cartilages and Vocal Diaphragm (45 mi. 35 sec.)

Disc 3

- Registration and Resonation (37 min. 16 sec.)
- Bonnie Working with a Participant: Ringing in Ears (26 min. 29 sec.)
- Vowel Scale Explorations (20 min. 38 sec.)

Disc 4

- Five Positions of the Mouth in Sanskrit Part 1 (59 min. 4 sec.)
- Five Positions of the Mouth in Sanskrit Part 2 (23 min. 55 sec.)
- Five Positions of the Mouth in Sanskrit Part 3 (18 min. 49 sec.)
- Call and Response (9 min. 3 sec.)
- Credits
- Illustrations

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Disc 5

- Play All (1 hr. 22 min 43 sec.)

Disc 6

- Play All (1 hr. 15 min. 49 sec.)
- Credits
- Illustrations

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