

A Body-Mind Centering® Approach to Embodied Anatomy and the Endocrine System with Bonnie Bainbridge Cohen

DVD Chapter List

Disc 1

- Introduction to the Endocrine System (13 min. 7 sec.)
- Pelvic Quadrants and Pelvic Diaphragm (12 min. 47 sec.)
- Perineal Body (17 min. 28 sec.)
- Coccygeal Body (12 min. 29 sec.)
- Gonads (42 min. 45 sec.)

Disc 2

- Adrenals (19 min. 31 sec.)
- Pancreas (13 min. 18 sec.)
- Five Glands below the Diaphragm (14 min. 17 sec.)
- Diaphragm (18 min. 36 sec.)
- Thoracobody (12 min. 4 sec.)
- Heart Body (7 min. 2 sec.)
- Thymus (7 min. 48 sec.)
- Thyroid (4 min. 20 sec.)

Disc 3

- Exploration of the Thyroid (20 min. 50 sec.)
- Parathyroids (11 min. 58 sec.)
- Exploration of the Parathyroids (9 min. 42 sec.)
- Carotid Bodies (4 min. 51 sec.)

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- Exploration of the Carotid Bodies (15 min. 37 sec.)
- Notochord (23 min. 29 sec.)
- Glands of the Head: Pineal, Pituitary, Mammillary Bodies (9 min. 46 sec.)

Disc 4

- Breathing through the Glands (6 min. 54 sec.)
- Sounding through the Glands (39 min. 12 sec.)
- Using a Ball to Stimulate the Glands (23 min. 31 sec.)
- Endocrine Mind (9 min. 34 sec.)
- Excerpts on the Philosophy of Embodiment (10 min. 57 sec.)
- Credits
- Illustrations

Disc 5

- Guidelines for Viewing Disc 5 (2 min. 54 sec.)
- Somatization of the Glands (1) (19 min. 11 sec.)
- Somatization of the Glands (2) (15 min. 37 sec.)

Disc 6

- Guidelines for Viewing Discs 6 and 7 (1 min. 15 sec.)
- Perineal Body (17 min. 39 sec.)
- Coccygeal Body, Gonads, Adrenals, Pancreas (1 hr. 2 min. 4 sec.)
- Thoracobody: The Breath Stroke (18 min. 4 sec.)

Disc 7

- Guidelines for Viewing Discs 6 and 7 (1 min. 15 sec.)
- Heart Body, Thymus, Thyroid (30 min. 14 sec.)
- Thyroid (Yield and Push) (11 min. 32 sec.)
- Parathyroids (16 min. 49 sec.)

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- Carotid Bodies, Pineal, Pituitary, Mammillary Bodies (28 min. 22 sec.)

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