

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

## **DVD Chapter List**

### **Disc 1**

- Introduction to the Fluid System (1 hr. 32. min. 2 sec.)
- Cellular Fluid, Transitional Fluid, Extracellular Fluid (31 min. 7 sec.)
- Fluid - Membrane Balance (12 min. 30 sec.)

### **Disc 2**

- Circulatory System (11 min. 30 sec.)
- Blood (45 min. 39 sec.)
- Cerebrospinal Fluid (CSF) (17 min. 59 sec.)
- Synovial Fluid (14 min. 52 sec.)

### **Disc 3**

- Periorgan Fluid (15 min. 27 sec.)
- Bonnie Working With a Student's Periorgan Fluid (18 min. 16 sec.)
- Lymph (24 min. 29 sec.)
- Interstitial and Cellular Fluids (11 min. 28 sec.)
- Exploring the Interstitial and Cellular Fluids (3 min. 21 sec.)
- Bone Marrow (2 min. 46 sec.)
- Exploring the Fluid of Bone Using a Pencil (28 min. 24 sec.)

### **Disc 4**

- Immune System (12 mi. 48 sec.)
- Exploring the Immune System through the Fluids (20 min. 56 sec.)

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- Fascia (12 min. 36 sec.)
- Exploring Fascia (12 min. 22 sec.)
- Fat (6 min. 41 sec.)
- Ground Fluid (9 min. 45 sec.)
- Embryology (11 min. 40 sec.)
- Excerpts on the Philosophy of Embodiment (18 min. 24 sec.)
- Credits
- Illustrations

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