

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

DVD Chapter List

Disc 1

- Introduction to the Ligamentous System (24 min. 17 sec.)
- Finding the Spiral of Ligaments (27 min. 14 sec.)
- Capsular Ligaments (4 min. 39 sec.)
- Synovial Joints (2 min. 6 sec.)
- Ligaments of the Fingers (14 min. 12 sec.)
- Connecting with the Ligaments of the Hands (15 min. 29 sec.)

Disc 2

- Ulnar Disc (35 min. 10 sec.)
- Ligaments of the Forearm (20 min. 8 sec.)
- Ligaments of the Elbow (23 min. 46 sec.)
- Bonnie Working with a Student's Elbow (15 min. 12 sec.)

Disc 3

- Ligaments of the Shoulder and Shoulder Girdle (6 min. 38 sec.)
- Bonnie Working With A Student's Shoulder (17 min. 56 sec.)
- Student's Exploring the Ligaments of the Shoulder (3 min. 5 sec.)
- Ligaments of the Ribs (22 min. 40 sec.)
- Intervertebral Discs (3 min. 46 sec.)
- Ligaments of the Spine (29 min. 38 sec.)
- Embodying the Ligaments of the Spine (30 min. 49 sec.)

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Disc 4

- Ligaments of the Pelvis (22 min. 58 sec.)
- Ligaments of the Hip (4 min. 16 sec.)
- Bonnie Working With a Student's Hip (1) (18 min. 32 sec.)
- Bonnie Working With a Student's Hip (2) (15 min. 14 sec.)
- Ligament of the Head of the Femur (55 sec.)
- Alignment of the Head of the Femur (19 min. 42 sec.)

Disc 5

- Ligaments of the Knees (12 min. 3 sec.)
- Cruciate and Collateral Ligaments (16 min. 38 sec.)
- Bonnie Working with a Student's Knee (1) (10 min. 42 sec.)
- Bonnie Working with a Student's Knee (2) (10 min. 57 sec.)
- Ligaments of the Foreleg (22 min. 17 sec.)
- Ligaments of the Foot and Ankle (7 min. 47 sec.)
- Bonnie Working with a Student's Foot and Ankle (24 min. 7 sec.)

Disc 6

- Working With Bone (7 mi. 8 sec.)
- Differentiation of Flesh and Bone (10 min. 36 sec.)
- Embryology and Awareness (9 min. 3 sec.)
- Excerpts on the Philosophy of Embodiment (11 min. 53 sec.)
- Credits
- Illustrations

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