

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

DVD Chapter List

Disc 1

- Heel-Foot and Ankle-Foot (3 min. 40 sec.)
- Bones of the Foot: Phalanges (10 min. 33 sec.)
- Bones of the Foot: Metatarsals and Tarsals (7 min. 6 sec.)
- "The Little Worm" Exercise (31 sec.)
- Subtalar Joint and Ankle Joint (6 min. 59 sec.)
- Bonnie Working with a Student's Subtalar Joint (12 min.)
- Suggested Measures When Working with the Subtalar Joint (1 min., 8 sec.)
- Two diagonal Lines of the Foot (5 min. 30 sec.)
- Tibia and Fibula (6 min. 24 sec.)
- Rotation of the Tibia and Fibula to Create Space for the Talus (5 min. 33 sec.)
- Possible Causes of Ankle Issues (2 min. 43 sec.)
- Rotation of the Foreleg with Counter Spiral (6 min. 29 sec.)
- Applying Rotation of Foreleg to Asanas (12 min. 27 sec.)
- Falling into Side Posture (2 min. 9 sec.)

Disc 2

- Knee Joint (3 min. 14 sec.)
- Support and Counter Support in a Ball and Socket Joint (11 min. 34 sec.)
- Exercise in Understanding the Function of Counter Support (3 min. 57 sec.)
- Patella (4 min. 1 sec.)
- Medial and Lateral Menisci of the Knee (11 min. 24 sec.)

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- Rotation of the Menisci with Flexion and Extension of the Knee (5 min. 53 sec.)
- Bonnie Working with a Student's Menisci (3 min. 29 sec.)
- Exercise to Align the Foreleg with the Femur (4 min. 38 sec.)
- Moving the Body as One Continuous Unit - Initiating Rolling from the Feet (6 min. 53 sec.)
- Embryology of the Limbs (2 min. 23 sec.)
- Spiral of the Femur (2 min. 58 sec.)
- Releasing the Knee through the Head of the Femur (12 min. 06 sec.)
- Bonnie Working with a Student to Release the Head of the Femur (7 min. 21 sec.)
- Finding the Ligament of the Head of the Femur and the Spiral of the Femur (9 min. 20 sec.)

Disc 3

- Pelvic Halves and Pubic Symphysis (15 min. 54 sec.)
- Initiating an Internal Spiral and External Twist from the Pubic Symphysis (3 min. 1 sec.)
- Pelvic Relationship to the Individual Toes (3 min. 26 sec.)
- Three Layers of Bone (Simplified) (18 min. 23 sec.)
- Working from the Individual Layers of Bone (6 min. 12 sec.)
- Initiating Movement in the Bones, Joints, and Joint Fluid (Synovial Fluid) (10 min. 53 sec.)
- Tool for Opening the Foot (2 min. 6 sec)
- Excerpts on the Philosophy of Embodiment (7 min. 48 sec.)
- Credits
- Illustrations

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