

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

## **DVD Chapter List**

### **Disc 1: Embryology of the Nervous System**

- Embryology of the Nervous System (3 min. 17 sec.)
- Primitive Streak and Notochord (15 min. 1 sec.)
- Three Embryonic Germ Layers (2 min. 39 sec.)
- Yolk Sac and Amniotic Cavity (6 min. 38 sec.)
- Development of the Neural Plate (8 min. 52 sec.)
- Embodying the Front, Middle and Back Bodies (3 min. 51 sec.)
- Embodying the Neural Tube and Crest, Surface Ectoderm (4 min. 57 sec.)
- Zipping (Fusion) of the Neural Tube (6 min. 54 sec.)
- Neurenteric Canal and Autonomic Fluid Rhythm (2 min. 40 sec.)
- Embodying Autonomic Fluid Rhythm (13 min. 52 sec.)
- Cloacal and Oropharyngeal Membranes (12 min. 19 sec.)
- Notochord as a Centralizing Unit (19 min. 8 sec.)

### **Disc 2: Nervous System Part 1**

- Three Ways to Organize the Nervous System (11 min.)
- Somatic Nervous System (7 min. 35 sec.)
- Sitting in the Synapse (11 min. 1 sec.)
- Motor and Internuncial Nerves (3 mi. 22 sec.)
- Nerve Reversal and Healing (9 min. 20 sec.)
- Autonomic Nervous System (8 min. 34 sec.)
- Somatic Nervous System Revisited (7 min. 35 sec.)

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- Sympathetic Nervous System (7 min. 16 sec.)
- Sympathetic Ganglionic Chains (15 min. 14 sec.)
- Parasympathetic Ganglia (3 min. 37 sec.)
- Bonnie Helps a Student Find Her Front Body, Middle Body and Back Body (23 min. 1 sec.)

### **Disc 3: Nervous System Part 2**

- Somatization of Being through the Nervous System (42 min. 28 sec.)
- Release of the Brachial and Lumbosacral Plexus (4 min. 21 sec.)
- Integration of Nerves (6 min. 11 sec.)
- CNS Membranes (16 min. 54 sec.)
- Hindbrain, Midbrain, Forebrain (3 min. 37 sec.)
- Credits
- Illustrations

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