

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

DVD Chapter List

Disc 1: Embryology of the Organ System

- Front Body and Back Body (19 min. 17 sec.)
- Heart (8 min. 14 sec.)
- Gut Tube (Digestive Tract) (5 min. 2 sec.)
- Stomach (51 sec.)
- Liver, Gallbladder, Spleen and Pancreas (26 min. 15 sec.)
- Urogenital Organs (27 min. 5 sec.)
- Connecting Stalk (17 min. 56 sec.)
- Giving Thanks to Our Teachers (57 sec.)

Disc 2: Organ System Part 1

- Introduction to Embodying the Organs (5 min. 14 sec.)
- Hyoid Bone (19 min. 34 sec.)
- Lungs (28 min. 52 sec.)
- Heart (27 min. 1 sec.)
- Digestive Organs (29 min. 40 sec.)
- Releasing Adhesions between the Organs through Awareness (2 min. 20 sec.)

Disc 3: Organ System Part 2

- Initiating Movement from the Heart, Lungs and Intestines (10 min. 38 sec.)
- Countering the Heart and Lungs with the Intestines (6 min. 36 sec.)
- Pectinate Line and Its Relationship to the Palate (10 min. 36 sec.)

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- Sounding into the Palate and Pectinate Line (9 min. 48 sec.)
- Liver and Gallbladder (7 min. 19 sec.)
- Pancreas (3 min. 11 sec.)
- Finding the Liver, Gallbladder and Pancreas in Movement (3 min. 55 sec.)
- Finding the Diagonals of the Pancreas/Spleen and Stomach/Duodenum (5 min. 50 sec.)
- Finding the Liver and Gallbladder to Support the Diagonals of the Spleen/Pancreas and Stomach/Duodenum (13 min. 1 sec.)
- Urogenital System (3 min. 59 sec.)
- Moving From the Urogenital System (11 min. 46 sec.)
- Finding the embryological Kidneys to Support Movement (6 min. 21 sec.)
- Finding the Midline, Lateral Line and Four Quadrants of the Abdomen (8 min. 22 sec.)

Disc 4: Organ System Part 3

- Breathing and Sounding with the Spleen, Pancreas, Gallbladder, Liver (29 min. 38 sec.)
- Breathing and Sounding with the Urogenital Organs (9 min. 46 sec.)
- Breathing and Sounding Om From the Lung Bud (30 min. 35 sec.)
- Excerpts on the Philosophy of Embodiment (8 min. 15 sec.)
- Credits
- Illustrations

Disc 5: Organ Roll

- Organ Roll: Aligning the Organs in Sidelying Position (48 min. 14 sec.)
- Organ Roll: Bonnie Working with a Student (1) (16 min. 15 sec.)
- Organ Roll: Bonnie Working with a Student (2) (9 min. 54 sec.)

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