

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

## **DVD Chapter List**

### **Disc 1**

- Bones of the Hand (52 min. 51 sec.)
- Pulsation of the Palm of the Hand (4 min. 55 sec.)
- Ulnar Disk (4 min. 59 sec.)
- Radius and Ulna (25 min. 59 sec.)
- Elbow (4 min. 30 sec.)
- Bonnie Working with a Student's Elbow (10 min. 26 sec.)

### **Disc 2**

- Humerus (8 min. 57 sec.)
- Windmill (of Wheel) Action of the Scapula (9 min. 54 sec.)
- Relationship of Individual Fingers with the Shoulder Girdle (22 min. 24 sec.)
- Relationship of the Sternum with the Ribs (44 min. 28 sec.)
- Sterno-Clavicular Disk (56 sec.)

### **Disc 3**

- Freeing the Ribs Part 1 (13 min. 25 sec.)
- Differentiating the Clavicle and Ribs (4 min. 35 sec.)
- Freeing the Ribs Part 2 (31 min. 6 sec.)
- Demonstrating the Articulation of the Floating Ribs in Support of the Spine (2 min. 48 sec.)
- Relationship of the Individual Fingers with the Shoulder Girdle and Ribs (7 min. 50 sec.)

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- Fingers to Ribs Exploration (22 min. 16 sec.)
- Working with the Layers of Bone (11 min. 32 sec.)
- Working with the Hands to Support Circulation (8 min. 21 sec.)
- Excerpts on the Philosophy of Embodiment (2 min. 14 sec.)
- Credits
- Illustrations

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