

Embodied Anatomy and The Axial Skeleton, with Bonnie Bainbridge Cohen

Disc 1: Embryology of the Axial Skeleton

- Endoderm and Ectoderm
- Perineal Body and Extraembryonic Mesoderm
- Notochord
- Guided Somatization: Axial Embryology (1)
- Growth of the Lateral Sheaths
- Paraxial, Intermediate and Lateral Columns
- Vertebral Columns, Myotomes and Dermatomes

Disc 2: Axial Skeleton Part 1

- Six Curves of the Spine
- Tail to Feet and Head to Hands
- Palate to Low Back
- Skull
- Hyoid

Disc 3: Axial Skeleton Part 2

- Thoracic and Pelvic Diaphragms
- Pectinate Line and Anal Sphincters
- Coccygeal and Perineal Bodies
- Relationship of Pelvic Halves and Legs
- Bonnie Working with a Student: Pelvic Halves and Legs
- Excerpts on the Philosophy of embodiment
- Credits
- Illustrations

Disc 4: Guided Somatizations

- Guided Somatization: Axial Embryology (2) (24 minutes)
- Guided Somatization: Skull (50 minutes)
- Guided Somatization: Palate to Low Back (11 minutes)
- Guided Somatization: Relationship of Pelvic Halves and Legs (23 minutes)