

Embodied Anatomy and the Dynamics of Breathing, with Bonnie Bainbridge Cohen

Disc 1

- Lungs

Disc 2

- Pelvic Diaphragm
- Pelvic and Oral Diaphragms
- Tongue
- Hyoid Bone and Cranial Diaphragm
- Thoracic Diaphragm

Disc 3

- Finding the Crura
- Somatization of the Diaphragms
- Reflections on the Somatization
- Vocal Diaphragm
- Somatization of the Vocal Diaphragm
- Reflections on the Somatization
- Exploration of the Vocal and Thoracic Diaphragms

Disc 4

- Cranial Diaphragm
- Three Meninges of the Spinal Cord and Brain
- Embryology: Neural Tube and Gut Tube

Disc 5

- Embryonic Breathing
- Cellular Breathing
- Breathing into the Mitochondria
- Questions Around Breathing
- Credits
- Illustrations