

Bonnie Bainbridge Cohen's Embodied Anatomy DVDs Chapter List

Lower Limbs

Disc 1

- Heel-Foot and Ankle-Foot
- Bones of the Foot: Phalanges
- Bones of the Foot: Metatarsals and Tarsals
- "The Little Worm" Exercise
- Subtalar Joint and Ankle Joint
- Bonnie Working with a Student's Subtalar Joint
- Suggested Measures When Working with the Subtalar Joint
- Two diagonal Lines of the Foot
- Tibia and Fibula
- Rotation of the Tibia and Fibula to Create Space for the Talus
- Possible Causes of Ankle Issues
- Rotation of the Foreleg with Counter Spiral
- Applying Rotation of Foreleg to Asanas
- Falling into Side Posture

Disc 2

- Knee Joint
- Support and Counter Support in a Ball and Socket Joint
- Exercise in Understanding the Function of Counter Support
- Patella
- Medial and Lateral Menisci of the Knee
- Rotation of the Menisci with Flexion and Extension of the Knee
- Bonnie Working with a Student's Menisci
- Exercise to Align the Foreleg with the Femur
- Moving the Body as One Continuous Unit - Initiating Rolling from the Feet
- Embryology of the Limbs
- Spiral of the Femur
- Releasing the Knee through the Head of the Femur
- Bonnie Working with a Student to Release the Head of the Femur
- Finding the Ligament of the Head of the Femur and the Spiral of the Femur

Disc 3

- Pelvic Halves and Pubic Symphysis
- Initiating an Internal Spiral and External Twist from the Pubic Symphysis
- Pelvic Relationship to the Individual Toes
- Three Layers of Bone (Simplified)
- Working from the Individual Layers of Bone
- Initiating Movement in the Bones, Joints and Joint Fluid (Synovial Fluid)
- Tool for Opening the Foot
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Upper Limbs

Disc 1

- Bones of the Hand
- Pulsation of the Palm of the Hand
- Ulnar Disk
- Radius and Ulna
- Elbow
- Bonnie Working with a Student's Elbow

Disc 2

- Humerus
- Windmill (of Wheel) Action of the Scapula
- Relationship of Individual Fingers with the Shoulder Girdle
- Relationship of the Sternum with the Ribs
- Sterno-Clavicular Disk

Disc 3

- Freeing the Ribs Part 1
- Differentiating the Clavicle and Ribs
- Freeing the Ribs Part 2
- Demonstrating the Articulation of the Floating Ribs in Support of the Spine
- Relationship of the Individual Fingers with the Shoulder Girdle and Ribs
- Fingers to Ribs Exploration
- Working with the Layers of Bone
- Working with the Hands to Support Circulation
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Axial Skeleton

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)

Organ System

Disc 1: Embryology of the Organ System

- Front Body and Back Body
- Heart
- Gut Tube (Digestive Tract)
- Stomach
- Liver, Gallbladder, Spleen and Pancreas
- Urogenital Organs
- Connecting Stalk
- Giving Thanks to Our Teachers

Disc 2: Organ System Part 1

- Introduction to Embodying the Organs
- Hyoid Bone
- Lungs
- Heart
- Digestive Organs
- Releasing Adhesions between the Organs through Awareness

Disc 3: Organ System Part 2

- Initiating Movement from the Heart, Lungs and Intestines
- Countering the Heart and Lungs with the Intestines
- Pectinate Line and Its Relationship to the Palate
- Sounding into the Palate and Pectinate Line
- Liver and Gallbladder
- Pancreas
- Finding the Liver, Gallbladder and Pancreas in Movement
- Finding the Diagonals of the Pancreas/Spleen and Stomach/Duodenum
- Finding the Liver and Gallbladder to Support the Diagonals of the Spleen/Pancreas and Stomach/Duodenum
- Urogenital System
- Moving From the Urogenital System
- Finding the embryological Kidneys to Support Movement
- Finding the Midline, Lateral Line and Four Quadrants of the Abdomen

Disc 4: Organ System Part 3

- Breathing and Sounding with the Spleen, Pancreas, Gallbladder, Liver
- Breathing and Sounding with the Urogenital Organs
- Breathing and Sounding Om From the Lung Bud
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Disc 5: Organ Roll

- Organ Roll: Aligning the Organs in Sidelying Position
- Organ Roll: Bonnie Working with a Student (1)
- Organ Roll: Bonnie Working with a Student (2)

Endocrine System

Disc 1

- Introduction to the Endocrine System
- Pelvic Quadrants and Pelvic Diaphragm
- Perineal Body
- Coccygeal Body
- Gonads

Disc 2

- Adrenals
- Pancreas
- Five Glands below the Diaphragm
- Diaphragm
- Thoracobody
- Heart Body
- Thymus
- Thyroid

Disc 3

- Exploration of the Thyroid
- Parathyroids
- Exploration of the Parathyroids
- Carotid Bodies
- Exploration of the Carotid Bodies
- Notochord
- Glands of the Head: Pineal, Pituitary, Mamillary Bodies

Disc 4

- Breathing through the Glands
- Sounding through the Glands
- Using a Ball to Stimulate the Glands
- Endocrine Mind
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Disc 5

- Guidelines for Viewing Disc 5
- Somatization of the Glands (1)
- Somatization of the Glands (2)

Disc 6

- Guidelines for Viewing Discs 6 and 7
- Perineal Body
- Coccygeal Body, Gonads, Adrenals, Pancreas
- Thoracobody: The Breath Stroke

Disc 7

- Guidelines for Viewing Discs 6 and 7
- Heart Body, Thymus, Thyroid
- Thyroid (Yield and Push)
- Parathyroids
- Carotid Bodies, Pineal, Pituitary, Mamillary Bodies

Nervous System

Disc 1: Embryology of the Nervous System

- Embryology of the Nervous System
- Primitive Streak and Notochord
- Three Embryonic Germ Layers
- Yolk Sac and Amniotic Cavity
- Development of the Neural Plate
- Embodying the Front, Middle and Back Bodies
- Embodying the Neural Tube and Crest, Surface Ectoderm
- Zipping (Fusion) of the Neural Tube
- Neurenteric Canal and Autonomic Fluid Rhythm
- Embodying Autonomic Fluid Rhythm
- Cloacal and Oropharyngeal Membranes
- Notochord as a Centralizing Unit

Disc 2: Nervous System Part 1

- Three Ways to Organize the Nervous System
- Somatic Nervous System
- Sitting in the Synapse
- Motor and Internuncial Nerves
- Nerve Reversal and Healing
- Autonomic Nervous System
- Somatic Nervous System Revisited
- Sympathetic Nervous System
- Sympathetic Ganglionic Chains
- Parasympathetic Ganglia
- Bonnie Helps a Student Find Her Front Body, Middle Body and Back Body

Disc 3: Nervous System Part 2

- Somatization of Being through the Nervous System
- Release of the Brachial and Lumbosacral Plexus
- Integration of Nerves
- CNS Membranes
- Hindbrain, Midbrain, Forebrain
- Credits
- Illustrations

Fluid System

Disc 1

- Introduction to the Fluid System
- Cellular Fluid, Transitional Fluid, Extracellular Fluid
- Fluid - Membrane Balance

Disc 2

- Circulatory System
- Blood
- Cerebrospinal Fluid (CSF)
- Synovial Fluid

Disc 3

- Periorgan Fluid
- Bonnie Working With a Student's Periorgan Fluid
- Lymph
- Interstitial and Cellular Fluids
- Exploring the Interstitial and Cellular Fluids
- Bone Marrow
- Exploring the Fluid of Bone Using a Pencil

Disc 4

- Immune System
- Exploring the Immune System through the Fluids
- Fascia
- Exploring Fascia
- Fat
- Ground Fluid
- Embryology
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Ligamentous System

Disc 1

- Introduction to the Ligamentous System
- Finding the Spiral of Ligaments
- Capsular Ligaments
- Synovial Joints
- Ligaments of the Fingers
- Connecting with the Ligaments of the Hands

Disc 2

- Ulnar Disc
- Ligaments of the Forearm
- Ligaments of the Elbow
- Bonnie Working with a Student's Elbow

Disc 3

- Ligaments of the Shoulder and Shoulder Girdle
- Bonnie Working With A Student's Shoulder
- Student's Exploring the Ligaments of the Shoulder
- Ligaments of the Ribs
- Vertebral Discs
- Ligaments of the Spine
- Embodying the Ligaments of the Spine

Disc 4

- Ligaments of the Pelvis
- Ligaments of the Hip
- Bonnie Working With a Student's Hip (1)
- Bonnie Working With a Student's Hip (2)
- Ligament of the Head of the Femur
- Alignment of the Head of the Femur

Disc 5

- Ligaments of the Knees
- Cruciate and Collateral Ligaments
- Bonnie Working with a Student's Knee (1)
- Bonnie Working with a Student's Knee (2)
- Ligaments of the Foreleg
- Ligaments of the Feet
- Bonnie Working with a Student's Foot and Ankle

Disc 6

- Working With Bone
- Differentiation of Flesh and Bone
- Embryology and Awareness
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations

Dynamics of Breathing

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

Dynamics of Vocalization

Disc 1

- Three Basic Planes in Relationship to Three Basic Vowels
- Exploration of the Relationship between Hands and Vocalization
- Vocalizing through Embryological Development of Nervous System

Disc 2

- Pharynx
- Three Primary Planes
- Primary Vocal Cartilages and Vocal Diaphragm

Disc 3

- Registration and Resonation
- Bonnie Working with a Participant: Ringing in Ears
- Vowel Scale Explorations

Disc 4

- Five Positions of the Mouth in Sanskrit Part 1
- Five Positions of the Mouth in Sanskrit Part 2
- Five Positions of the Mouth in Sanskrit Part 3
- Call and Response
- Credits
- Illustrations

Disc 5

- Play All

Disc 6

- Play All
- Credits
- Illustrations