

# Embodied Anatomy and the Endocrine System, with Bonnie Bainbridge Cohen

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## 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