

# Embodied Anatomy and The Organ System, with Bonnie Bainbridge Cohen

---

## 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)