

# Bonnie Bainbridge Cohen's A Body-Mind Centering® Approach to Embodied Anatomy

## Guidelines for Using the DVDs

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To help you get the most out of our DVDs, please read this guide first.

These DVDs can best be used by people with some experience with movement, bodywork or other body-mind or movement-based practices. They cover key principles of Bonnie's approach to the role of the body systems as they relate to changes in qualities of movement and consciousness.

For those with no previous experience with Body-Mind Centering® or with Bonnie's approach to teaching, these DVDs are an opportunity to immerse yourself in this anatomically-oriented aspect of her work. For those who have taken workshops or courses that have covered this material, the DVDs are an opportunity to review the material, refresh your understanding and deepen your experience. Also included on the DVDs is material on the embryological development of each of the body systems.

### **Experience and Embodiment**

Underlying all of Bonnie's teaching is the importance of experience and embodiment. Experience means going through a process yourself. If we are exploring movement, experience means actually moving and paying attention to what is happening in our bodies, not just watching someone else move. Embodiment is a further step in which we take the experience into our cells and tissues and let it integrate through our body and mind. It is only when we embody something that it becomes part of us.

### **The Workshops**

In the workshops this footage is taken from, a large amount of material was presented. A typical class might include Bonnie speaking about the material; explaining anatomical and/or embryological information pertinent to that topic; demonstrating movement principles herself or working with a participant; having the participants explore the principles themselves, either alone or with a partner; discussion among the participants about their experience in the exploration; and question and answer time.

Experience and embodiment is guided in the workshops but the in-depth learning takes place in the process of one's explorations outside the class structure, including the time at home working with the material on one's own and with others and letting the experience from the class time integrate, deepen and grow.

### **The DVDs**

Over the past few years, we have been videotaping as many of Bonnie's workshops as possible in order to create an archive of her teaching for posterity. At the request of students, we have edited some of this footage and created DVDs so that anyone interested can have access to this information. Because Bonnie is unable to wear a microphone due to electromagnetic sensitivities, the only sound source was the camera microphone. Consequently, there is some variation in the sound quality. Nonetheless, the material presented in these DVDs will give you the opportunity to experience the uniqueness of Bonnie's teaching and the depth and power of her work.

In her workshops and courses, how Bonnie presents material depends to a certain extent on the participants and on the feedback she gets from them as she is teaching. That is to say, she teaches in a dialogue with the group. Consequently, she never teaches the same material in the same way.

Because this is a DVD, the exploration process will be different for you. Her presentation is set. You will not have the immediacy of the workshop experience, of having a question answered or a point clarified. However, you will have the advantage of being able to view each section over and over for better understanding and absorption and to gain new insights.

The footage on these DVDs was taken from trainings and workshops that Bonnie taught in 2008 - 2012. While the theme of those trainings was the application of this work to yoga, the videos have been edited to be applicable to any movement approach (dance, bodywork, somatic practices, etc.).

### Watching the DVDs

These DVDs are meant to be studied rather than simply viewed. Each chapter is a crystallization of an important principle of movement and/or consciousness that is meant to be experienced and embodied. When watching the DVDs, do one chapter at a time. Remember that in the workshop, participants may have spent an hour or two exploring and discussing a ten or twenty minute presentation. So, take your time going through the DVDs. If a drawing is presented, look at it carefully to get a sense of the anatomy or embryology reference. Get a general idea of what these structures are. Then follow the exploration that Bonnie presents. You can always go back and review the drawing or keep an anatomy book open. If you are watching the DVD by yourself, take time after your exploration to make notes about your experience and write down your questions. What did you notice? Any change in movement, perception, awareness? If you did the exercise on one side of the body, does that side feel any different than the other side? If you are watching with someone else, take time to discuss your experience using the questions above as a guide. Was your experience similar to your partner's? If not, how did it differ?

### Additional Resources

For further help in studying these DVDs, here are some additional suggestions:

- In your study of the material, these DVDs can help guide you, but only so far. As with all movement or somatic work, receiving guidance and feedback from someone trained in this approach can open your experience to the subtler aspects of movement qualities and perception, differentiation of body systems and initiation of movement from different structures. You can find a list of graduates authorized to offer Body-Mind Centering® services at [www.bmcassociation.org](http://www.bmcassociation.org). There are several different training programs that cover different aspects of the material, so check with the graduate to make sure that they can help you with the particular material you are studying.
- Bonnie's book, [Sensing, Feeling and Action](#) is an excellent resource about her approach. You can purchase a copy of it as well as her other books and DVDs at [www.burchfieldrose.com](http://www.burchfieldrose.com).
- Body-Mind Centering® training programs are currently offered in the U.S., Brazil, England, Germany, France, Italy and Slovakia. For more information about these programs or about Bonnie's workshops, please visit [www.bodymindcentering.com](http://www.bodymindcentering.com).
- When working with embodied anatomy, the clearer your understanding of anatomical and embryological structures is, the clearer your experience and embodiment will be. To further your understanding of anatomy and embryology, we recommend using additional reference materials. A popular and readily available anatomy book is the [Anatomy Coloring Book](#) by Kapit and Elson. It does not have explanatory text but the illustrations are simple and very helpful (and you get to color them!). For explanatory text, there are many college level anatomy textbooks available. A more detailed anatomy atlas (no text) is [Netter's Atlas of Human Anatomy](#).

A popular embryology atlas is [Netter's Atlas of Embryology](#) (mainly illustrations, but with some text). Also, at the end of the DVD set, there is a list of the embryology books Bonnie used as references in researching the illustrations she drew.

We hope you enjoy your study of these DVDs.