

Embodying the Basic Neurocellular Patterns from an Embryological and Body Systems Perspective

A Body-Mind Centering® Approach
to Movement, Consciousness and Well-Being

with

Bonnie Bainbridge Cohen

October 19 - 20, 2013 • New York City



Our volitional movement is built on a foundation of automatic movement responses that begin developing in the womb and continue appearing through the first year of life. The emergence and integration of these responses have an enormous effect on our movement; on how we relate to ourselves, others and the world; and on how we organize and process information. The

experiential study of developmental movement allows us to consciously access and utilize these fundamental patterns and gives us a path to understand and embody the developmental base of all movement forms. This workshop will focus on the Basic Neurocellular Patterns, a key aspect of developmental movement, and their relationship to the body systems and the embryological process.

The Basic Neurocellular Patterns (BNP)

The Basic Neurocellular Patterns (BNP) (formerly named the Basic Neurological Patterns) are movement templates that first appear in the womb and continue emerging and integrating through infancy. Their emergence in humans parallels the evolutionary development of movement through the animal kingdom (prevertebrate and vertebrate). The BNP form the words of our movement and have extensive application in both movement and psychophysical expression. Done in sequences, these patterns can also form the basis for a deep and ongoing personal movement practice.

Basic Neurocellular Patterns and the Body Systems

The body systems are lenses through which the BNP can be perceived, experienced and integrated. Bones, muscles and ligaments clarify the outer form of the patterns; the organs provide the inner support and three-dimensionality; the endocrine glands energize and crystalize the patterns; the nerves organize and integrate the specific movements into a recognized whole; and the fluids provide the qualities of flow within the patterns and the transitions between them.

Embryological Development

It is during our embryological development that our body begins creating its form. As tissues and structures develop, some remain with us, some are transformed into other structures and some fade into the background, no longer existing or recognizable as the original structure. As with all development, though the original processes are no longer with us, they have left us with deep-rooted patterns that affect our movement, mind and spirit. In exploring the embryological process, we discover the primal roots of and interrelationships with the Basic Neurocellular Patterns.

In this workshop we will explore the BNP from selected aspects of the embryological process and from various body systems. No prior experience with Body-Mind Centering® is necessary. You should have some experience with movement, bodywork, consciousness practice or other psychophysical discipline. Come and share with curiosity and a sense of inquiry about movement, the body and consciousness.



Bonnie Bainbridge Cohen

Bonnie Bainbridge Cohen's work with movement, touch and the body-mind relationship has influenced the fields of dance, yoga, bodywork, psychotherapy and many other body-mind disciplines. She is the founder of the School for Body-Mind Centering®, the author of the book Sensing, Feeling and Action and currently has six DVD sets in her Embodied Anatomy series: The Endocrine System, The Organ System, The Nervous System, The Lower Limbs, The Upper Limbs and The Axial Skeleton. She is currently working on other books and videos.

Location: Reflections Yoga, 250 W 49th St (bet 8th Ave & Broadway), 2nd Fl, New York City

Dates and times: October 19 - 20, 2013 10:00 - 12:30 and 2:00 - 4:30

Cost: \$340 (\$300 if registered by August 19, 2013) **A non-refundable deposit of \$35 is due with your registration. The balance is due by October 11, 2013.**

To register or for more information about this workshop and the Body-Mind Centering® approach, please contact: www.bodymindcentering.com; email: info@bodymindcentering.com. Tel. 510-243-1500. Bonnie Bainbridge Cohen, PO Box 21391, El Sobrante CA 94820.

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To register for the **Oct 19-20, 2013 New York workshop**, complete and sign this form and send it with a non-refundable \$35 deposit to: Bonnie Bainbridge Cohen • PO Box 21391 • El Sobrante • CA 94820. Cost: \$340 (\$300 if registered by Aug 19, 2013)

Name _____

Street _____ City _____ State _____ Zip _____

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Enclosed is a non-refundable deposit of \$35. **(The balance is due by October 11, 2013.)**

Check/money order (payable to **Bonnie Bainbridge Cohen**)

Charge the deposit to my credit card \$ _____ Charge the balance, when it comes due, to this same card

Visa MasterCard Card number _____ Exp Date _____

Name and address on your credit card statement, if different from above _____

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 and to create educational resources that will be available to current students and future generations of people interested in her work. These video recordings are focused primarily on Bonnie. Workshop participants are, in general, only in the video incidentally or in certain situations such as volunteering to have Bonnie work with them on camera. However, everyone will need to sign a video release form. If you have any questions, please contact the office before registering.

I understand that this workshop will be video recorded and agree to sign a video/photo release before participating in the workshop.

Signature _____ Date _____