The School for Body-Mind Centering®
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		Price	Qty	Total
Sensing, Feeling and Action by Bonnie Bainbridge Cohen New edition with added material. This exciting book explores Bonnie's innovative approach to how mind expresses itself through the body in movement. It contains essays, interviews and exercises covering a broad range of topics, including Sensing, Feeling and Action; Perceiving and Action; The Action of Perceiving; The Alphabet of Movement; The Training Problems of the Dancer; The Dancer's Warmup; The Mechanics of Vocal Expression; The Fluids and the Organs. Plus– new chapters on embryology and the nervous system.		$35		
Body-Mind Centering® and Dance with Bonnie Bainbridge Cohen This is a DVD of Bonnie's workshop on Weight, Space and Time at the Dance & Body-Mind Centering® conference in Brussels, 2004. The DVD is 2 hours 45 minutes long and includes a question and answer session.		$35		
The Nervous System & Yoga with Bonnie Bainbridge Cohen Experience first occurs on the cellular level. The nervous system records the experience and organizes it into patterns. It can then call forth the experience and modify the pattern by integrating it with the patterns of other experiences. The nervous system is the last to know, but once knowing, becomes a primary controlling system of the body. This three disc set is a video recording of the Nervous System & Yoga workshop led by Bonnie in September 2008, at Rudramandir in Berkeley, CA. Note: 20% off listed price for BMCA members		$75		
Advanced Developmental Videos In these videos, Bonnie demonstrates the internal initiation of movement from the organs and from various structures of the brain, and how that initiation can be the foundation for integrated external movement through space. She also demonstrates hands-on work with individual seminar participants showing advanced principles of movement repatterning combining developmental movement with the support and initiation of the organs and brain. These tapes were produced specifically for BMC students and graduates who have experience with the Basic Neurological Patterns, the organs and the brain. They may also be helpful for others in the fields of somatic education and therapy who are exploring the relationship of the body systems to developmental movement or those who simply want to witness the subtle possibilities of advanced movement repatterning from a Body-Mind Centering® perspective. PAL format available for Europe - please specify				
	Advanced Developmental Videos: BNP and the Brain (2 VHS tapes)	$65		
	Advanced Developmental Videos: BNP and the Organs (3 VHS tapes)	$100		
Shipping & handling	U.S.A. – $5 for the first item and $2 for each additional item. International – $15 for the first item and $10 for each additional item			
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