



Wisdom of the Body Moving: An Introduction to Body-Mind Centering

By Linda Hartley

North Atlantic Books. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 9.0in. x 7.4in. x 1.2in. This comprehensive guide introduces Body-Mind Centering, the internationally recognized field pioneered by dancer and occupational therapist Bonnie Bainbridge Cohen. Devoting thirty-five years to a systematic investigation of the relations between bodily experience and the anatomical maps of science, Bainbridge Cohen independently discovered many of the principles that underlie Feldenkrais work, cranial osteopathy, Rolfing, dance therapy, and Zero Balancing. Experienced BMC practitioner Linda Hartley demonstrates the basic philosophy and key elements of Body-Mind Centering. Drawing on animal and infant movements, she takes readers through the wondrous realms of Bainbridge Cohens pantheon from the minds of the skeletal and muscular systems to the quite different inner lives of digestive, lymphatic, urinary, respiratory, vocal, circulatory, endocrine, and reproductive organs. Her choreography ultimately brings us into the states of consciousness of skins, cells, blood, fat, cerebrospinal fluid, nervous system, and brain. Hartleys explorations of the images, feelings, sensations, and intuitions of the diverse organs and cells lead to exercises that gently guide students in ways of discovering and integrating their bodies multidimensional aspects. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



READ ONLINE
[5.45 MB]

Reviews

I actually started reading this article ebook. I have got read and so i am certain that i will going to study once more yet again in the future. I am just very happy to inform you that this is the finest publication we have read in my personal lifestyle and may be he finest ebook for ever.

-- Mrs. Clotilde Hansen II

It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

-- Barry O'Reilly