

Movimiento Atlas
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THE SCHOOL FOR BODY-MIND CENTERING® Movimiento Atlas

SOMATIC MOVEMENT EDUCATION AND INFANT MOVEMENT DEVELOPMENT EDUCATION PROGRAMS

BASIC NEUROCELLULAR PATTERNS (BNP)

The development of these patterns in humans parallels the evolutionary development of movement through the animal kingdom. The Basic Neurocellular Patterns are the words of our movement. They are the building blocks for the phrases and sentences of our activities. They also establish a base for our perceptual relationships (including body image and spatial orientation) and for our learning and communication.

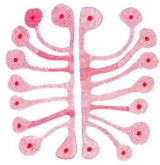
The BNP are one of the foundations of Body-Mind Centering® and their experiential study interweave with that of the body systems. The BNP have extensive application in the areas of movement and psychophysical expression. Done in sequences, the BNP can also form the basis for a deep and ongoing personal movement practice.

This course includes:

- Exploration of the prevertebrate patterns: vibration, cellular, sponging, pulsation, mouthing, and prespinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.
- Distinguishing and integrating the actions of yield, push, reach and pull.
- Combinations of the vertebrate patterns that facilitate their integration.
- Facilitating developmental repatterning in yourself and others.

Minimum course length: 7 days; 49 contact hours

Price: 890 € (840 € if paid earlier than two months from the beginning of the course)



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BASIC NEUROCELLULAR PATTERNS: COURSE OUTLINE

1. Introduction to the Basic Neurocellular Patterns (BNP).
2. Prevertebrate pattern: Vibration and Cellular Breathing.
3. Prevertebrate pattern: Sponging and Pulsation.
4. Prevertebrate pattern: Navel Radiation.
5. Prevertebrate patterns: Mouthing
6. Prevertebrate patterns: Prespinal.
7. Relationship between Yield and Push Patterns & Reach and Pull Patterns.
8. Vertebrate patterns: Spinal Yield, Push, Reach and Pull from the Head and Tail.
9. Vertebrate patterns: Homologous Yield, Push, Reach and Pull from the Upper and Lower Limbs.
10. Vertebrate patterns: Homolateral Yield and Push from the Upper and Lower Limbs.
11. Vertebrate patterns: Contralateral Reach and Pull from the Upper and Lower Limbs.
12. Sequences and transitions between the vertebrate patterns in Series I.
13. Sequences and transitions between the vertebrate patterns in Series I.
14. Sequences and transitions between the vertebrate patterns in Series II.
15. Rolling in the horizontal plane in the various patterns: spinal, homologous, homolateral, contralateral.
16. Review Series II and continue up to standing.
17. Review of Prevertebrate Patterns and Series I.
18. Review of Horizontal Rolling & Series II.

APPLICATIONS IN MOVEMENT REPATTERNING

1. Prevertebral Patterns.
2. Vertebral Patterns.

INTEGRATION, REVIEW AND QUESTIONS

A time for students to integrate the day through reflecting, sharing, exploring questions, and/or reviewing. This can be done individually, in pairs, or in group/s. It is a time to witness (oneself and/or others) and explore and/or share thoughts and feelings based on experiences of the BMC® work.

PROFESSIONAL ISSUES

Address scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics. Introduce relational issues in working with the developmental material (contraindications and/or indications).