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THE SCHOOL FOR BODY-MIND CENTERING®  
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAM

**FLUID SYSTEM**

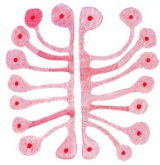
The fluids are the transportation system of the body. They underlie presence and transformation, set the ground for basic communication and mediate the dynamics of flow between rest and activity, tension and relaxation. The characteristics of each fluid relate to a different quality of movement, touch, voice, and state of mind. These relationships can be approached from the aspects of movement, mind states, or from anatomical and physiological functioning.

This course includes:

- The major fluids of the body (cellular, interstitial and transitional fluids, blood, lymph, synovial fluid, and cerebrospinal fluid).
- Distinguishing the qualities of specific fluids through movement and touch.
- Initiating movement from each of the fluids.
- Identifying individual psychophysical characteristics of each of the fluids and their various combinations.
- Gaining awareness of your own fluid affinities and recognizing their embodiment and expression in others.

Minimum course length: 6 days, 42 contact hours

Price: 770 € (720 € if paid earlier than two months from the beginning of the course)



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**FLUID SYSTEM: COURSE OUTLINE**

1. Fluid System Self-Study Guide
2. Ground Fluid
3. The Dynamics of the Fluid System
4. Qualities of the Fluids
5. The BNPs, their Fluid Affinities and Functional Qualities
6. The BNPs and their Fluid Affinities
7. Fluid Study Notes
8. Fluid System Exercises
9. Fluid Combinations
10. Fluids Overview
11. Cardiovascular Circulation
12. The Interface between a Blood Capillary Bed & a Lymphatic Vessel
13. Cerebrospinal Fluid Rhythm (CSFR)
14. Lymphatic System
15. Deep Lymphatic Channels
16. Fat Power

**APPLICATIONS OF MOVEMENT REPATTERNING**

Review BMC approaches to working with the Fluid System. Support integration and balance through touch and movement repatterning in the various aspects of the Fluid System.

**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**

Review basic partnering principles. Address scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics. Introduce contraindications and/or indications for working with the Fluid System.