



**Movimiento Atlas**  
Jerónimo Blancas 4, 1ªA  
50001 Zaragoza, España  
Teléfono: (+34) 673 735 565  
Email: [info@movimientoatlas.com](mailto:info@movimientoatlas.com)  
[www.movimientoatlas.com](http://www.movimientoatlas.com)

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

**SOMATIC MOVEMENT EDUCATION PROGRAM**

**MUSCULAR SYSTEM**

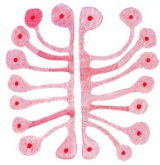
The muscles establish a tensile three-dimensional grid for the balanced support and movement of the skeletal structure by providing the elastic forces that move the bones through space. They provide the dynamic contents of the outer envelope of flesh encompassing the skeletal structure. Through this system we embody our vitality, express our power, and engage in the dialogue of resistance and resolution.

This course includes:

- Innovative muscle principles (proximal and distal initiation, muscle coupling and currenting, A and B muscles, four stages of a muscle action, eight functions of a muscle).
- Embodying muscles and initiating movement at the molecular level (actin and myosin).
- The embodied functions of proprioceptors (muscle spindles and Golgi tendon organs).
- Analyzing the actions of individual muscles and of groups of muscles from the perspective of one's position in relation to gravity.
- Interrelationships between muscles in different parts of the body and as they pass through different fascial planes.
- Techniques of muscle re-education and training.

Minimum course length: 9 days, 63 contact hours

Price: 1130 € (1080 € if paid earlier than two months from the beginning of the course)



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

### SOMATIC MOVEMENT EDUCATION PROGRAM

#### MUSCULAR SYSTEM: COURSE OUTLINE

1. Introduction to the Muscular System
2. BMC® Principles and Mind
3. Basic Movements, BMC® and Traditional Principles
4. Distinguish Flesh & Bones; Kneading and Puffing
5. Touch & Muscle Reeducation
6. Body Regions: Lower Extremities
7. Body Regions: Upper Extremities
8. Sliding & Binding
9. Body Regions: Abdomen, Aponeuroses, Fascial Planes
10. Embryology of the Muscles
11. Muscle Coupling
12. Fascia and Fiber
13. Neuromuscular Unit and Proprioception
14. Muscle Currenting, Iliopsoas
15. Body Regions: Pelvic Floor
16. Body Regions: Breathing - Intercostals, Thoracic Diaphragm
17. Body Regions: Muscles of the Spine & Suboccipitals
18. Muscle Spindles, Intrafusal and Extrafusal Fibers, Stretch Reflex
19. Muscle Currenting (whole body)
20. Body Regions: Lumbricals, Diaphragms and Muscles of the Spine
21. Outline of Sequencing ABBA and BAAB
22. Sensing and Balancing Muscles
23. Body Regions: Muscles of the Hyoid, TMJ, Face and Skull
24. Review of Touch and Muscle Reeducation
25. Integration and Review of Movement Principles and the Mind of the Muscle System
26. Certification Review: Movement Principles
27. Certification Review: Touch and Repatterning Principles

#### INTEGRATION 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 groups. 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.

**PNF Patterns** – Exploring the Proprioceptive Neuromuscular Facilitation Patterns

#### PARTNERING LAB AND STUDY GROUPS

Supervised review and practice time.

#### PROFESSIONAL ISSUES

Address scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics. Introduce contraindications and/or indications for working with the muscular system.