



THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAMS

NERVOUS SYSTEM

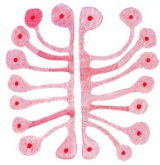
Experience first occurs on the cellular level. The nervous system is the recording system of the body. It records our experiences and organizes them into patterns. It can then recall the experience and modify it by integrating it with patterns of other previous experiences. The nervous system is the last to know, but, once knowing, it becomes a major control center of psychophysical processes. It can initiate the learning of new experience through creativity and play. The nervous system underlies alertness, thought, and precision of coordination and establishes the perceptual base from which we view and interact with our internal and external worlds.

This course includes:

- Distinguishing experientially the organization of the nervous system: central/peripheral; somatic/autonomic; sensory/motor.
- Differentiating and integrating from a psychophysical perspective the enteric nervous system of the gut, the parasympathetic and sympathetic pathways, and the somatic nerves.
- Assessing and releasing blockages in the nerve pathways (brain and spinal cord, autonomic nerves, major somatic and autonomic plexes and their peripheral pathways).
- Understanding the principles of nerve reversals and methods of releasing them.
- Exploring balance of the autonomic nervous system as a calm support for intentional movement.
- How intentional movement provides the container of expression for autonomic movement.

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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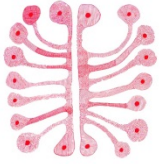
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NERVOUS SYSTEM: COURSE OUTLINE

1. Introduction to the nervous system: overview the various aspects, qualities & mind of the nervous system.
2. Experiential anatomy and physiology of the nervous system: nerve cells and functions, clarifying the various aspects: central and peripheral, somatic (sensory and motor), and autonomic (parasympathetic and sympathetic).
3. Embryology and development of the nervous system; experiential anatomy, physiology, early rhythms.
4. Differentiating and balancing the various aspects of the somatic (sensory and motor) nervous system.
5. Release and tonify the central and peripheral nerves through the nerve roll down.
6. Supporting nerve communication and pathways and working with the synaptic gap.
7. Understanding the process of nerve reversals and how to support returning to balance or de-reversals.
8. Differentiating and balancing various aspects of the autonomic nervous system (ANS) through experiential anatomy, physiology, and mind.
9. Lateral ganglionic centers and peripheral ganglionic centers. Embodiment of the autonomic rhythm through movement and touch.
10. Releasing the central and peripheral nerves, facilitating nerve release of the brachial plexus and lumbo-sacral plexes through hands on support.
11. Understanding ways of working with the skin, superficial nervous system network (SNSN) and sympathetic mantle.
12. Differentiating and balancing various aspects of the enteric nervous system.
13. Perceptual-response cycle in relation to transformation in the nervous system.
14. Work with the spinal cord and brain as organs, releasing tension, and integrating various aspects of the nervous system in relation to the brain.
15. Overview anatomy and functions of the main areas and levels of the brain.
16. Certification review of the nervous system principles for hands-on facilitation
17. Certification review of the nervous system principles through teaching movement.

APPLICATIONS OF MOVEMENT REPATTERNING

1. Distinguishing and clarifying cellular touch, cerebral spinal fluid rhythm (CSFR), nerve support and myelin touch.
2. Supporting integration and balance of the autonomic and somatic nervous systems through touch and movement repatterning and cellular touch.
3. Review BMC® approaches to working with the nervous system. Support integration and balance through touch and movement repatterning in the various aspects of the nervous system.



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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 Nervous System.