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THE SCHOOL FOR BODY-MIND CENTERING®  
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAM

**ORGAN SYSTEM**

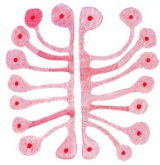
Our organs are vital and alive. They provide us with our sense of self, full-bodiedness, and organic authenticity. Organs are the contents within the skeletal-flesh container and carry on the functions of our internal survival -- breathing, nourishment and elimination. Organs are the primary habitats or natural environments of our emotions, aspirations, and the memories of our inner reactions to our personal histories. They support our postural tone and our feelings, and give volume to our movement.

This course includes:

- Initiating breath, voice, movement and touch from the organs.
- Analyzing imbalances in individual organs and the organ system as a whole.
- Techniques to facilitate access to and balance in the organs.

Minimum course length: 7 days, 49 hours

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



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**ORGAN SYSTEM: COURSE OUTLINE**

1. Basic principles: movement, voice, and touch in the mind of organs. Distinguishing contents and container.
2. Body Cavities and the 5 diaphragms.
3. Respiratory: lungs, nasal conchae, trachea & integration of entire respiratory apparatus.
4. Organ support of breathing & vocalization.
5. Internal and external respiration, blood circulation.
6. Heart and blood vessels.
7. Digestive organs: mouth to anus, stomach.
8. Digestive organs: Intestines & integration of upper and lower digestive tract.
9. Abdominal: liver and gall bladder.
10. Abdominal: spleen and pancreas.
11. Urinary: kidneys and bladder.
12. Reproductive organs.
13. Brain as a bean bag & integration with spinal cord.
14. Review of the basic organ principles.
15. Review of the basic organ principles.

**APPLICATIONS IN MOVEMENT REPATTERNING**

1. Introduction to the basic organ touch and movement repatterning principles.
2. Applications in working with basic organ touch and movement repatterning principles and the underlying qualities of the fluids.
3. Applications in working with basic organ touch and movement repatterning principles while exploring the support of the fat, fascia, and ligaments between the organs.
4. Explore the basic principles and applications of the organ roll.
5. Integration of the organs through touch and movement repatterning.

**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**

Addresses scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics. Introduces contraindications and/or indications for the Organ System.