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

**SOMATIC MOVEMENT EDUCATION AND INFANT  
MOVEMENT DEVELOPMENT EDUCATION PROGRAMS**

**PRIMITIVE REFLEXES, RIGHTING REACTIONS AND EQUILIBRIUM RESPONSES (RRR)**

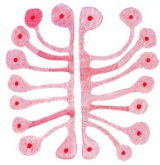
If the Basic Neurocellular Patterns are the words, the Primitive Reflexes, Righting Reactions and Equilibrium Responses are the fundamental elements, the alphabet, of our movement. Underneath all successful, effortless movement are integrated reflexes, righting reactions and equilibrium responses. The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis. The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support.

This course includes:

- Fundamental building blocks of human movement (the alphabet of movement).
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

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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**RRR: COURSE OUTLINE**

1. Introduction and basic principles of RRR.
2. Physiological tone, physiological flexion & extension, antigravity extension & flexion.
3. RRR relating to earth and heaven.
4. RRR relating to taking hold and letting go.
5. RRR relating to gathering and reaching.
6. RRR underlying spinal patterns.
7. RRR underlying homologous patterns.
8. RRR underlying homolateral patterns.
9. RRR underlying contralateral patterns.
10. RRR relating to development of the horizontal plane (rotation, rolling & turning).
11. RRR relating to development of the sagittal plane.
12. RRR relating to development of the vertical plane.
13. RRR relating to development of three-dimensional space; the dynamics of space, weight and time; and the qualities of attention, intention and action.
14. Review RRR underlying the BNP.
15. Review of RRR basic principles.

**APPLICATIONS IN MOVEMENT REPATTERNING**

1. Basic Principles in working with RRR and Tone.
2. Analyzing and facilitating the RRR's in others. Applications in working with the RRR 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**

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