

THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAM

SKELETAL SYSTEM

This system provides us with our basic supporting structure. It is composed of the bones and the joints. The bones lever us through space and support our weight in relationship to gravity and the shape of our movements through space. The spaces within the joints give us the possibility of movement and provide the axes around which the movement occurs.

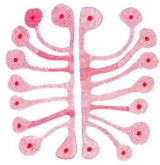
The skeletal system gives our body the basic form through which we can locomote through space, act on the environment, and sculpt and create the energy forms in space that we call movement. Through embodying the skeletal system, the mind becomes structurally organized, providing the supporting ground for our thoughts, the leverage for our ideas, and the fulcrums or spaces between our ideas for the articulation and understanding of their relationships. It provides the foundation for the psychophysical qualities of clarity, effortless and form.

This course includes:

- Skeletal principles that enhance effortless movement.
- The relationships between bones and joints and how they integrate through the whole body.
- Evaluation and repatterning of skeletal alignment and movement imbalances.
- Techniques for facilitating the repatterning of the internal structure of bone.

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

SKELETAL SYSTEM: COURSE OUTLINE

1. Orientation and introduction to the skeletal system.
2. Axial and appendicular skeleton and basic movement principles.
3. Foot.
4. Ankle, tibia and fibula, dynamic rotation of the foreleg.
5. Knee.
6. Embryological and developmental aspects of the Skeletal System.
7. Femur and hip. Joint movement and planes.
8. Pelvis.
9. Integrate foot to pelvis.
10. Hand and wrist.
11. Forearm and elbow.
12. Humerus, scapula (glenoid cavity) and shoulder joint.
13. Shoulder girdle and sternum.
14. Vertebral column.
15. Ribs to vertebrae.
16. Sternum and ribs.
17. Ribs to hands.
18. Hyoid and TMJ joint.
19. Skull.
20. Review of movement principles.
21. Review of touch principles.

APPLICATIONS IN MOVEMENT REPATTERNING

1. Introduction to partnering and basic touch and movement repatterning principles.
2. Repatterning the three layers of bone.
3. Integration and applications in working with the lower limbs.
4. Integration of hand to shoulder girdle and applications in working with the upper limbs.
5. Integration and applications in working with the torso and skull.

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 Skeletal System.