

# **BODY-MIND CENTERING® WORKSHOP**

## **Module 11: SELF | course pre-requisite**

### **Infant Developmental Movement**

In this workshop we will explore the Basic Neurocellular Patterns (BNP) from Body-Mind Centering®; a series of innate movement patterns that emerge sequentially through infancy and establish the foundation on which we build our physical, perceptual, emotional, and cognitive functioning.



Through the process of embodiment, we will explore and revisit our own relationships with our developmental movement process exploring these patterns alongside some of the early primitive reflexes that inform and establish:

- our interaction and exchange with the earth; gravity, weight, levity and space,
- our sense of self; interoception and proprioception
- our relationship with others: internal and external senses of perception
- and our relationship with the world outside us; agency, bonding, curiosity & comfort

We will give time and space to explore and discover for ourselves the patterns that are present and comfortable, those that are less so, patterns we have perhaps missed or skipped, or patterns that have become overly dominant. A practice of acceptance and curiosity will guide the explorations.

The first pattern of development is comfort.

In BMC® we explore the BNP in humans as a corresponding lineage of life on earth as they parallel the evolutionary development through the animal kingdom from simple to more complex organisms.

We group them into two categories; the Prevertebrate Patterns or Fluid Patterns (developing in utero, in fluid) and the Vertebrate Patterns when we transition from fluid to air (birth & our first year after birth).

### **The Prevertebrate Patterns**

Include Vibration, Cellular Breathing, Sponging, Pulsation, and Navel Radiation occurring as a continuum of internal fluid movements that create the baseline for the flow of life force throughout the body.

These initial patterns lead into Mouthing; the development of our gut tube initiating our vertical axis from our front body, and Prespinal; exploring a structure from an embryological origin called the notochord.

## **The Vertebrate Patterns**

Including our early reflexes at and during birth we will explore a series of patterns called Spinal, Homologous, Homolateral and Contralateral through a sequence of activities from BMC® that begins with yielding into pushing, reaching and finally pulling.

The Vertebrate patterns build upon the Prevertebrate patterns and lay the foundation for the development of the limb patterns including hand to mouth and hand to eye coordination.

They establish symmetrical, asymmetrical and then oppositional movement, midline orientation, and our base of support through: rolling, creeping, crawling, standing, cruising and walking.

Each previous stage supports and underlies the development of each successive stage. These patterns develop:

- strength and grounding through our relationship with gravity and the earth,
- provide containment, protection and strength to the inner fluidity within our vertical axis,
- differentiate and integrate the two sides of the body, balance and lateral shifting of weight side to side,
- synthesise our sense of three-dimensional movement within our body and through external space,
- establishing diagonal integration of the limbs,
- develop the foundations, co-ordination and integration of all our senses, voice, cognition & desire.

*Each movement pattern is a reference point to experientially explore and gain insights into our movement, mind, emotional and sensory experience of self and world. When fully embodied these patterns can allow us to enter with more ease and comfort into the fullness of our being, and to live our lives with greater confidence, flexibility and presence.*

Bonnie Bainbridge Cohen

## **Who is this workshop for:**

This workshop is for anyone interested in exploring body-mind disciplines, somatics learning and infant developmental movement either personally or professionally.

No prior experience of Body-Mind Centering® is necessary.

This workshop is also part of SOEL Course Program: SELF: Module 11 and is a pre-requisite for the third year. Module length: 5 days, 30 class hours.

## **The Teaching Space Caddaford Barns Studio, Devon UK**



A quiet intimate teaching and learning space situated off the main road in a newly converted Barn.

Includes kitchen, bathroom and free parking with disabled parking available directly outside the studio.

There is access outdoors to a mature garden for tea breaks and lunch throughout the workshop.

**Teaching: Rosalyn Maynard and Julie Rousseau**  
**Practitioners and Somatics Movement Educators in Body-Mind Centering®**



Rosalyn and Julie graduated together in their BMC® training. They have been studying and practicing together for over 12 years including workshops with Bonnie Bainbridge Cohen in Belgium, France, UK and Estonia. They share a deep personal and professional interest in the wonderment and mysteries of the nature of life, consciousness and well being. Their practice in BMC extends into Biodynamic farming, Chinese Medicine & energy arts, performing arts, Human Design and motherhood.

Vussem, Germany 2015

**REGISTRATION AND INQUIRIES**  
**info@tsoel.org.uk / www.tsoel.org.uk**



Star Fish: Prevertebrate Pattern: Neural Radiation

*“If any pattern becomes overly dominant, it may prevent other patterns from emerging. Weakness, inflexibility, and lack of coordination are often not due to structural or muscular problems but caused by a lack of process. When that process is actualised, we experience strength, flexibility, and ease in our movement and our mind. The Basic Neurocellular Patterns are an exploration of that process.”*

Bonnie Bainbridge Cohen