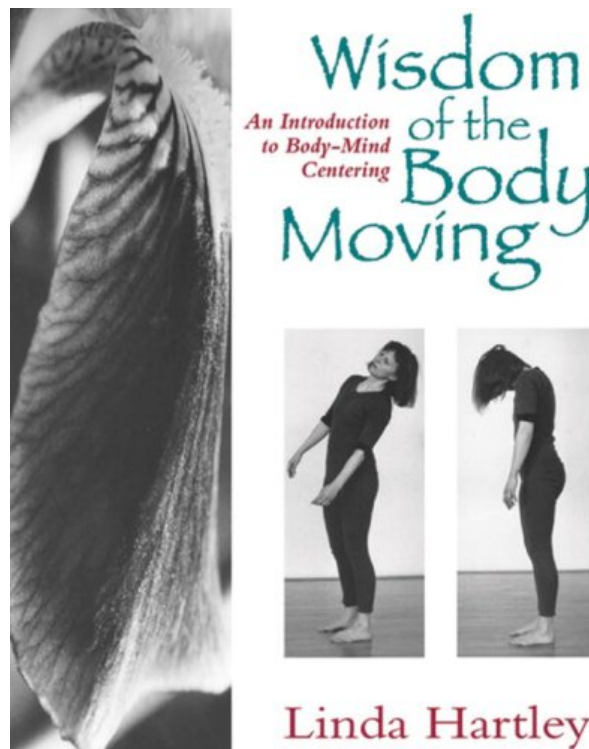


WISDOM OF THE BODY MOVING: AN INTRODUCTION TO BODY-MIND CENTERING BY LINDA HARTLEY



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Wisdom of the Body Moving

*An Introduction
to Body-Mind
Centering*



Linda Hartley

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Body-Mind Centering, developed by physical therapist and dancer Bonnie Bainbridge Cohen, systematically explores the complex relationships between bodily experience and science. Hartley puts forth BMC's philosophy and its key components of investigating the "minds" of our skeletal systems, digestive organs, etc., through breath and imagery. "A specific `mind,'" she says, "can be experienced and witnessed when we direct our attention to a particular body system or part of the body, or when we move with a certain focus and identifiable quality." Starting with basic cellular structure, she takes readers through in utero development, birth, patterns of growth, and the body's many systems. The book's many photographs illustrating various exercises combine with anatomical drawings and generous endnotes and bibliography to make it a thorough grounding for further study. Whitney Scott

Review

"Wisdom of the Body Moving is beautifully written, poetic and concrete, and in tune with the essential nature of the intuitive process underlying this path of embodiment. Thank you, Linda."

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This comprehensive guide introduces Body-Mind Centering, the internationally recognized field pioneered by dancer and occupational therapist Bonnie Bainbridge Cohen. Devoting thirty-five years to a systematic investigation of the relations between bodily experience and the anatomical maps of science, Bainbridge Cohen independently discovered many of the principles that underlie Feldenkrais work, cranial osteopathy, Rolfing, dance therapy, and Zero Balancing. Experienced BMC practitioner Linda Hartley demonstrates the basic philosophy and key elements of Body-Mind Centering. Drawing on animal and infant movements, she takes readers through the wondrous realms of Bainbridge Cohen's pantheon—from the 'minds' of the skeletal and muscular systems to the quite different inner lives of digestive, lymphatic, urinary, respiratory, vocal, circulatory, endocrine, and reproductive organs. Her choreography ultimately brings us into the states of consciousness of skins, cells, blood, fat, cerebrospinal fluid, nervous system, and brain. Hartley's explorations of the images, feelings, sensations, and intuitions of the diverse organs and cells lead to exercises that gently guide students in ways of discovering and integrating their bodies' multidimensional aspects.

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I recommend this book for anyone doing any sort of body work.

By yogi-vet

My 200 hour level yoga teacher training course heavily leaned on the body mind centering work of Bonnie Bainbridge Cohen. My yoga teacher is a direct student of BBC. Often I wished my yoga teacher would put her beautiful wisdom into a book. This work, body mind centering, is an incredible resource for power, self nurturance and healing. Body mind centering is a direct path into the self and is incorporated into any movement or body work. This deep knowledge of the body and its wisdom is our birthright. It's really powerful stuff. I think everyone practicing any form of movement therapy would benefit from exploring body mind centering work. This book, by Linda Hartley, fully explains the BMC work and experience. This is the book I wish my yoga teacher had written. I am very grateful she made this book required reading for her 500 hour course. It's a resource I will go back to time and time again.

0 of 0 people found the following review helpful.

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By gil

okay

47 of 51 people found the following review helpful.

One of THE wisest books on Body Wisdom!

By Charlie Badenhop

If you are interested in a somatic approach to learning more about yourself, or learning how to help others, this book is one of THE very best books on the intelligence of the body, that I have ever read. I work as a somatic practitioner myself and I find this book to be invaluable. Not only as a basic primer, but also as a reference book, and a book that has helped me in creating various exercises for myself and my clients.

This book is well thought out and well sequenced. It does not get much better than this!

(And believe me, I am NOT getting paid for this review!)

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