Body-Mind Centering

This class focuses on the relationship between the body and mind through basic patterns of movement. Students experience their patterns through guided development and transform movement patterns in both themselves and others. The basis of the work is Body-Mind Centering, movement re-education, and analysis developed by Bonnie Bainbridge Cohen. This class includes a study of living anatomy that brings awareness to the different body systems and developmental movements, and supports alignment and integration. Open to students with 30+ credits only. Others by permission of the instructor.

Course Number: PSYB255
Unit: 3.0
Program: Psych - BA Contemplative