

Explore the origins of movement from the egg (where knowing continues) to standing (where you have arrived for now). You will learn the automatic movement sequences that usually emerge and hopefully integrate through infancy. They progress from the simple to the complex in humans, as they do in animals. The Basic Neurocellular Patterns (BNP), developed by **Bonnie Bainbridge Cohen, O.T.**, start internally with non-verbal patterns of vibration that resonate with our innermost being, and invite us to rest in the unknown. She named this series of early movements after animals without a spine, calling them "prevertebrate" patterns.

Once the spine is formed, they become the vertebrate patterns involving spinal, homologous, homolateral and contralateral movements based on yielding, pushing, reaching and pulling.

In this seminar, learn about your first moments growing in the womb, then your birthing and nursing, from which the tongue sets the tone of your body. Your early patterns guide your interaction with gravity and with space. They underlie everything: your ability to bond and to separate, your perceptions, your personality, your relationships, and your cognitive processes.

For example, creeping on your hands and knees stimulates the corpus collosum which lays the foundation for reading. Lying on your stomach supports lifting your head to see, and stimulates your inner ear so you can balance. As a growing baby, all of your systems--your fluids, bones, nerves, organs, etc.--become stimulated and ideally, integrated from this sequence. Since the patterns build successively on each other, you can practice what you missed to develop more efficient movements, confidence, and understanding.

## *Moving Your Body Everywhere— From Fluid to Form!*

Saturday  
Dec. 21, 2018  
11am to 4pm  
University of Utah  
School of Dance  
\$100



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REGISTER ONLINE  
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**Body-Mind Centering**®, developed by Bonnie Bainbridge Cohen, O.T., is a truly unique approach to exploring one's body and consciousness in the spirit of self-discovery. BMC® opens up personal development in the context of dance, anatomy, physiology, and embryology. It offers a means to experience the body in movement from embryo to adulthood as a way to free the mind, and change habitual ways of moving.

For example, you may discover how you were formed as an embryo --from folding to dividing to organizing into a complex living organism. That experience may show you why you stand and move and even think the way that you do.

*Moving Your Body Everywhere may bridge the gaps that undoubtedly formed due to inefficiencies in utero and in infancy that may be holding you back physically, emotionally, or mentally. You can begin to fill in these missed parts of your development in a profound re-integration of self by taking this seminar.*

**Sara K. Vogeler, BMC, RMT, LMT, Founder and Director of The NeuroMuscular Center, Inc.**, started training with Bonnie Cohen in 1973 as a student in Dance Therapy at NYU. She became a professional dancer and choreographer after apprenticing with the Erick Hawkins Dance Company, and performed with notable modern dance companies. Later studies in nutrition and pre-med along with certifications in Myofunctional Therapy for TMJ, Neuro-muscular Therapy, Shiatsu, Personal Training, Orthopedic Exercise and Massage Therapy helped inform her multi-faceted approach. As a certified BMC teacher since 1983, she has taught in the U.S. and abroad, and is now completing her instructor training in Moving for Life-Dance Exercise for Health®. She cofounded the BMCA and served as President of the International Somatic Movement Education and Therapy Association (ISMETA). She has enjoyed 45 years of helping people with pain, movement issues, and sports injuries.