Movimiento Atlas
Jerónimo Blancas 4, 1ºA
50001 Zaragoza, España
Teléfono: (+34) 673 735 565
Email: movimientoatlas@hotmail.com
www.movimientoatlas.com

THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAM

FASCIA AND LIGAMENTOUS SYSTEM

The ligaments set the boundaries of movement between the bones. They coordinate and guide muscular responses by directing the path of movement between the bones and provide specificity, clarity, and efficiency for the alignment and movement of the bones. When all of the ligaments of a joint are actively engaged, the movement of that joint becomes highly specific and is carried effortlessly to surrounding and successive joints. The ligaments support the psychophysical quality of detailed specificity.

This course includes:

- Initiating movement from the ligaments.
- Facilitating freedom, resilience, strength and integration of the ligaments through touch and repatterning.
- Releasing ligaments from the restrictions of surrounding tissues.
- Integrating ligaments into their corresponding fascial planes.

Minimum course length: 7 days, 49 hours
Dates: July 5-12, 2020
Price: 890 € (840 € if paid earlier than two months from the beginning of the course)

Body-Mind Centering® is a registered trademark of Bonnie Bainbridge Cohen, used with permission.

Movimiento Atlas
Jerónimo Blancas 4, 1ºA
50001 Zaragoza, España
Teléfono: (+34) 673 735 565
Email: movimientoatlas@hotmail.com
www.movimientoatlas.com

THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION PROGRAM

FASCIA AND LIGAMENTOUS SYSTEM: COURSE OUTLINE

1. Introduction to the Ligamentous System
2. Joint and ligament classification
3. Basic principles of fascia and ligaments
4. Joint Proprioceptors
5. Fascia and ligaments of the lower limb: foot, ankle and foreleg
6. Fascia and ligaments of the lower limb: knee
7. Fascia and ligaments of the hip joint
8. Fascia and ligaments of the pelvis
9. Fascia and ligaments of the upper limb: hand, wrist and forearm
10. Fascia and ligaments of the upper limb: forearm and elbow
11. Fascia and ligaments of the shoulder and shoulder girdle
12. Fascia and ligaments of the sternum and ribs
13. Spinal ligaments
14. The Vertebral Column
15. The Hyoid and Temporomandibular Joints (TMJ)

APPLICATIONS IN TOUCH AND REPATTERNING

Integration, facilitation and application of working with Fascia and Ligaments to movement repatterning.

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

Review basic partnering principles. Address scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics. Introduce contraindications and/or indications for working with the Fascia and Ligaments System.

Body-Mind Centering® is a registered trademark of Bonnie Bainbridge Cohen, used with permission.