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**THE SCHOOL FOR BODY-MIND CENTERING®**  
**Movimiento Atlas**

**SOMATIC MOVEMENT EDUCATION PROGRAM**

**ENDOCRINE SYSTEM**

The endocrine glands are the major chemical governing system of the body and are closely aligned with the nervous system. Their secretions pass directly into the blood stream and their balance or imbalance influences all of the cells in the body. The glands are the keystone between the organs and the nervous system and between the nervous system and the fluids. They create crystalline psychophysical states through which we are able to experience and understand the universal aspect of self.

This is the system of internal stillness, surges or explosions of chaos/balance and the crystallization of energy into archetypal experiences. The endocrine glands underlie intuition and the perceiving and understanding of the Universal Mind.

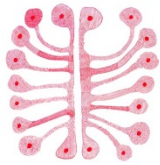
This course includes:

- Initiating breath, voice and movement from each of the following glands and bodies: coccygeal body, gonads, adrenals, pancreas, thoraco body, heart body, thymus, thyroid, parathyroids, carotid bodies, pituitary, mammillary bodies and pineal body.
- Distinguishing their reflex points.
- Aligning their energy centers along the spine.
- Establishing their relationships to bones and joints.
- Analyzing the glandular support of the spine and head.

Minimum course length: 5 days, 35 contact hours

Dates: April 8-12, 2020

Price: 650 € (600 € if paid earlier than two months from the beginning of the course)



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**ENDOCRINE SYSTEM: COURSE OUTLINE**

1. The Endocrine System.
2. Glandular Anatomy and Physiology.
3. Classification of the Endocrine Glands.
4. Development of the Endocrine Glands and Bodies.
5. Endocrine Gland Affinities.
6. Chromaffin Cells & Carotid Bodies.
7. The Thymus.
8. The Heart Body (A-V Node).
9. Perineal Body and Notochord.
10. Coccygeal Body & Gonads.
11. Intestines, Pancreas & Adrenals.
12. Thoracobody & Thymus.
13. Carotid Bodies, Thyroid & Parathyroid.
14. Pituitary, Pineal & Mammillary Bodies.
15. Introduction to the relationships with the skeleton.
16. Glandular Support of the Spine and Head.
17. Mechanics for Maintaining Homeostasis or Equilibrium.
18. Special Visceral Receptors.

**APPLICATIONS IN TOUCH AND REPATTERNING**

1. Assessing and facilitating repatterning of the glands supporting the lower back.
2. Assessing and facilitating repatterning of the glands supporting the upper back.
3. Assessing and facilitating repatterning of the glands supporting the neck, head and spine.
4. Applications of principles in working with the glands.

**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 Endocrine System.