How our movement develops can have a profound effect on how we bond, defend, learn, organize and sequence information, and relate to ourselves, others, and the world. A deep understanding of developmental movement should be part of the background of anyone interested in disciplines that work with the body, mind, and movement.

**The Basic Neurocellular Patterns** (BNP) form the underlying words and phrases in the language of human movement. Detailed by Bonnie Bainbridge Cohen, they are an integral part of the Body-Mind Centering® approach to somatic movement education. The BNP have a global influence on our physical, perceptual, emotional, and cognitive functioning. Done in sequences, they can also form the basis for a deep and ongoing personal movement practice.

"Weakness, inflexibility, and lack of coordination are often not due to structural or muscular problems but caused by lack of process. When that process is actualized, we experience strength, flexibility, and ease in our movement and our mind. The Basic Neurocellular Patterns are an exploration of that process."

- Bonnie Bainbridge Cohen

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**Bonnie Bainbridge Cohen** is a movement artist, researcher, educator, therapist, and developer of the Body-Mind Centering® approach to movement and consciousness. In 1973, she founded the School for Body-Mind Centering®. Her work has influenced the fields of dance, bodywork, yoga, body psychotherapy, infant and child development, and many other body-mind disciplines. She is the author of several books, including *Sensing, Feeling, and Action*, and numerous videos on dance, embodied anatomy, embodied embryology, and working with children with special needs.

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