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**Features of body compilation at each level of N.A. Bernstein’s movements construction.**

N. A. Bernstein described the following levels of the movements construction:

A - Paleokinetic regulation level - tonic regulation of the body as a whole: tonus, activity , posture and body tension containment , B - synergies and stamps level. It contains a set of congenital and acquired body motor automatisms, C - regional field level - perception and achieving of real goals in real space ; D- action level - perception and achievement of imaginary goals in imaginary space; E levels group - levels of regulation of intellectual actions. Besides that we also described another body construction level - Level V which is corresponding with an autonomic nervous system.

During our work which is based on methods of body oriented therapy, features of functioning and compilation of the body have started to become noticeable. Moreover, we pay special attention to the connective tissue. It does not only unify the body but forms the integrity of the muscle - connective ligaments, bases of body compilation at each level of movements construction. ( Myers T.V., Anatomy trains TV, 2010)

For the A level - it is integrity (impact on deep sensitivity can spread to the whole body if it lasts long enough) and transparency ( tonic tension waves can spread not only to one person’s body but also can flow into another person’s body if there is a tonic interaction between them) and all this is very similar to the mesh system of coelenterates. It seems that this system remains fully in human beings.

The V level phylogenetically corresponds to worms; it remains in the human body as a muscle lining inside ribs and on internal parts of the abdominal cavity; Anus muscle contractions have undulating (wormlike) patterns.

On the B level, body compilation (the merging of tens and hundreds of muscles in single muscle combinations) is relying on a large diagonal, for example, while walking it relies on shoulder, hip, knee, foot. Tonus, a conscious feeling of self is almost not significant - only as a change in tension during reciprocity.

On the C level, body compilation is built from the centering point - plexus which is located just above the pubic bone. (Its diagram is very similar to cephalopods which young children draw). Conscious feeling and conscious control regulation of movement of limbs and body are significant on this level. Regulated parts become filled with tension and tonus.

On the D level, basic properties of the body are easiness, fluidity. Tonic tension is almost not there. But when level D is activated, the fluidity component of connective-tissue union of a body is significant.

The E level is still the most mysterious level for us. But when it is activated, for example, during the execution of a musical composition, the body is holistically filled with energy and body radiance can be seen.