

Day 1 October 27, 2003

Intro ~ Diana Razumny

Overview of week

CD:MU1/T1

ATM Lesson ~ Diana Razumny

Seesaw breathing

CD:MU1/T2 [ATM Book Lesson #4, Differentiation of parts and functions in breathing]

Discussion ~ Diana Razumny

About writing

[not recorded]

Discussion ~ Diana Razumny

About ATM Lesson

CD:MU1/T3

Guided FI Exploration ~ Diana Razumny

Breathing

CD:MU1/T4

Discussion ~ Diana Razumny

About FI Exploration

CD:MU1/T5

ATM Lesson ~ Diana Razumny

Sliding leg up to standing (frog leg)

CD:MU1/T6 [Alexander Yanai #117]

FI Demos ~ Diana Razumny

Sliding leg up to standing

CD:MU1/T7

Guided FI Exploration ~ Diana Razumny

Riding the torso while sliding the leg up

CD:MU1/T8

Talk ~ Diana Razumny

Check in

CD:MU1/T9

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Demo ~ Diana Razumny

Intro & demo on skeleton

CD:MU1/T10

ATM Lesson ~ Diana Razumny

Minimal lifting of arm and leg

CD:MU1/T11 [ATM Book Lesson #3, Fundamental properties of movement]

FI Exploration ~ Diana Razumny

Lifting leg

CD:MU1/T12

Discussion ~ Diana Razumny

About ATM Lesson

CD:MU1/T13

ATM Lesson ~ Diana Razumny

Rolling head with frog leg

CD:MU1/T14 [Amherst June 18, 1980 PM]

Discussion ~ Diana Razumny

About ATM Lesson

CD:MU1/T15

FI Exploration ~ Diana Razumny

Rolling head while sliding leg

CD:MU1/T16

Day 3 October 29, 2003

Discussion ~ Diana Razumny

Check in

CD:MU1/T17

ATM Lesson ~ Diana Razumny

Rolling up to sit, holding foot

CD:MU1/T18 [ATM Book Lesson # 8, Perfecting the self-image]

FI Exploration ~ Diana Razumny

Sliding leg up to standing

CD:MU1/T19

Demos with students. Explore in pairs. All students practiced with Diana. Demo on skeleton.

ATM Lesson ~ Diana Razumny

Tilting crossed legs and triangle arms

CD:MU1/T20 [ATM Book Lesson #5, Coordinaton of flexors and extensors]

Discussion ~ Diana Razumny

About ATM Lesson

CD:MU1/T21

Comparing and discussing tilting of legs. Discussing constraints. Instructions for FI exploration that follows.

FI Exploration ~ Diana Razumny

Rolling head with fixed eyes

[exploration not recorded]

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Discussion ~ Diana Razumny

Check in

CD:MU1/T22

FI Exploration ~ Diana Razumny

Rolling head

CD:MU1/T23

ATM Lesson ~ Diana Razumny

Tilting bent legs on front, part 1

CD:MU1/T24 [ATM Book Lesson #7, Carriage of the head affects the state of the musculature]

Rolling head in pairs before and after ATM Lesson as reference movement.

Discussion ~ Diana Razumny

About FI and ATM

CD:MU1/T25

FI Exploration ~ Diana Razumny

About ATM Lesson

CD:MU1/T26

ATM Lesson ~ Diana Razumny

Tilting bent legs on front, part 2

CD:MU1/T27 [ATM Book Lesson #7, Carriage of the head affects the state of the musculature]

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Day 5 October 31, 2003

Discussion ~ Diana Razumny

Check in

CD:MU1/T28

ATM Lesson ~ Diana Razumny

Eyes - twist in sitting (Dead Bird)

CD:MU1/T 29 [ATM Book Lesson #10, Movement of the eyes organizes movement of the body]

Talk ~ Diana Razumny

Sources of material

CD:MU1/T30

FI Exploration ~ Diana Razumny

Pushing through sitbone lengthening towards head

CD:MU1/T31

FI Exploration ~ Diana Razumny

Pushing through trochanter and along spine for sidebending and lengthening

CD :MU1/T32

ATM Lesson ~ Diana Razumny

Push through standing leg, reaching through diagonal arm

CD:MU1/T33 [Alexander Yanai #407]