

**Day 1 February 16, 2004**

**Intro ~ Diana Razumny**

Overview of week

CD:MU2/T1

**FI Exploration #1 ~ Diana Razumny**

Reference touching and moving for the 5-day

CD:MU2/T2

Group grid, feeling along each other's backs. Choose partner for the day, plus remember today's partner for end of 5-day. Stand back to back and negotiating going down into squatting. Face each other pushing hands, one person is the pusher, other is the pushee to feel skeletal connection and power for comparison at end of lesson and at end of 5 day.

**ATM Lesson #1 ~ Diana Razumny**

Lengthening spine via pushing through standing feet, on back

CD:MU2/T3 [Alexander Yanai #308]

See Bare Bones notes at end of booklet. Voted good for public.

**FI Exploration #2 ~ Diana Razumny**

Sliding leg up to standing, pushing through sit bones

CD:MU2/T4

Review: Demo with Betsy. 1. Sense back. 2. Person on back: lift each leg; circle leg, think hip joint. 3. Bend each knee and decide which leg to stand. 4. Slide foot up to stand leg. 5. Push through sit bone of standing leg.

**ATM Lesson #2 ~ Diana Razumny**

Looking up and down, sitting

CD:MU2/T5 [Alexander Yanai #86]

See Bare Bones notes at end of booklet. Voted not good for beginning public lesson.

**FI Exploration #3 ~ Diana Razumny**

Observe person looking up/down, go for a ride on their movement

CD:MU2/T6

Using ATM movement of sitting, looking up/down. Observe person, look for where you might touch to bring awareness to the person by placing your hands somewhere on them to help fill in the body image. Looking from side to look for an area of back that is moving a lot. Place hand on back and front at that level of spine and take a ride on their movement. Go to a place that looks like they aren't moving a lot and place hands there front and back.

**Discussion #1 ~ Diana Razumny**

About FI Exploration

CD:MU2/T7

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**Day 2 February 17, 2004**

**ATM Lesson #3~ Diana Razumny**

Spinal chain, on back, plus looking up/down on hands and knees

CD:MU2/T8 [Alexander Yanai #177]

See Bare Bones notes at end of booklet. Voted good for public. ATM starts with picking new partners for the day and observing each other sitting and looking up/down like yesterday's lesson.

**FI Exploration #4 ~ Diana Razumny**

Observe use of spine: looking up/down while sitting; on hands and knees

CD:MU2/T9

1. Observe person actively sliding legs up to standing and lifting pelvis. 2. Slide person's legs to standing. 3. Push through both sit bones. 4. Observe person on all fours arching/lowering back. 5. Observe area of most movement along spine. 6. Index fingers and thumbs "pinching" vertebra (spinous process), follow along as they arch/lower back, giving some resistance as they are arching backwards. Move fingers along spine and repeat. 7. Return to person on back, standing legs. Push through sit bones, note any difference

**Discussion #2 ~ Diana Razumny**

About FI Exploration

CD:MU2/T10

**ATM Lesson # 4 ~ Diana Razumny**

Swinging legs overhead, on back

CD:MU2/T11 [Alexander Yanai #40]

See Bare Bones notes at end of booklet. Voted not good for beginning public lesson.

**FI Exploration #5 ~ Diana Razumny**

Follow vertebrae moving forward and back, looking up/down in sitting

CD:MU2/T12

Demo first. Return to partner of the day, one person sitting. Observe person looking up/down. Fingers along sides of spine. Follow vertebrae in and out as person looks up and down. Provide some resistance with fingers on each side of one vertebra to push against as person looks down and rounds back backwards.

**Day 3 February 18, 2004**

**Discussion #3 ~ Diana Razumny**

Quotes for the day and why push through sit bones

CD:MU2/T13

**ATM Lesson #5 ~ Diana Razumny**

Twisting and side bending, on side

CD:MU2/T14 [Alexander Yanai #440]

See Bare Bones notes at end of booklet. Voted good for public lesson.

**FI Exploration #6 ~ Diana Razumny**

Sequence exploring side bending

CD:MU2/T15

1. Observe the person side bending in standing and in sitting. 2. Person on side - push through the top sit bone. 3. Observe the person lying on side: lifting head with arm; lifting top foot (knees remain connected); lifting head and foot. 4. Feel along top side of spine while person repeats #3. Use "piano key" fingers along top groove of spine to sense for movement happening in spine while they lift head and foot. 5. Lift top foot for person - feel trochanter with other hand. 6. Produce side bending by rolling/pushing side of pelvis from trochanter and iliac crest. 7. Push top sit bone at angle to create side bend and lengthening while finger on top groove of spine suggests side bend and length. Work up spine towards head. 8. Return to pushing sit bone to lengthen to head (person lying on side). 9. Have person actively side bend with head and arm, lifting foot, lifting both (as in #3), looking for differences. 10. Observe the person side bending in sitting and in standing as in #1.

**Discussion #4 ~ Diana Razumny**

Check in and knowing before a lesson what it's all about

CD:MU2/T16

Don asks why we aren't told ahead of time what the lessons are about. Betty answers along with many others.

**ATM Lesson #6 ~ Diana Razumny**

Spinal chain with shoulder girdle variations

CD:MU2/T17 [Esalen #7]

See Bare Bones notes at end of booklet. Voted good for advance public lesson.

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**Day 4 February 19, 2004**

**Discussion #5 ~ Diana Razumny**

Check in

CD:MU2/T18

**ATM Lesson #7 ~ Diana Razumny**

Spinal chain: with legs crossed, twisting from pelvis, twisting from head

CD:MU2/T19 [Alexander #43]

See Bare Bones notes at end of booklet. Voted good for advance public lesson.

**FI Exploration #7A ~ Diana Razumny**

Review: fingers along spine in sitting; observe lifting pelvis on back; sliding legs up to stand and pushing through sit bones

CD:MU2/T20

Guided practice. Walk fingers along sides of spine quickly. Observe partner sitting, looking up/down, rounding spine backwards looking down, arch back forward when looking up. Notice shape of front and back when looking up/down. Note area of back is moving most back and what area moves most forward when looking up. Sit behind, bring fingers to area of spine that moved back farthest, give a little resistance to push against and then follow them in there as they look up. Have partner lie on back, observe them bring feet to stand, watch lifting pelvis, notice shape in front/back, note if one side of pelvis lifts first or goes higher. With their legs straight/long, roll pelvis side/side, note ease each side. Feel trochanter as they slide leg up to standing. Slide legs up to standing. Push through sit bones.

**Discussion #6 ~ Diana Razumny**

About FI Practice

CD:MU2/T21

**FI Exploration #7B ~ Diana Razumny**

About ATM Lesson

Not recorded

Switched roles and repeated previous FI exploration

**ATM Lesson #8 ~ Diana Razumny**

Looking up/down, standing with hands on knees

CD:MU2/T22 [Alexander Yanai #22]

See Bare Bones notes at end of booklet. Voted not good for public lesson.

**Day 5 February 20, 2004**

**Discussion #7 ~ Diana Razumny**

Identifying Public lessons

CD:MU2/T23

**FI Exploration #8 ~ Diana Razumny**

Rolling head

CD:MU2/T24

**ATM Lesson #9 ~ Diana Razumny**

Twisting upper body with knee drawn up to side, on front

CD:MU2/T 25 [Alexander Yanai #294]

See Bare Bones notes at end of booklet. Voted public lesson.

**FI Exploration #9 ~ Diana Razumny**

Rolling head plus bring hand to head

CD:MU2/T26

**FI Exploration #10 ~ Diana Razumny**

Roll head/pelvis,

CD :MU2/T27

1. Person lying on back, roll head, roll pelvis side to side
2. Person lying on front - observe actively sliding the leg up
3. "Piano key" fingers along groove of spine on side of sliding leg while person actively slides leg up.
4. Person on front with left knee drawn up, right arm long overhead and left hand standing. Feel spine with "piano key" fingers as person pushes left hand to slide shoulder back towards spine.
5. Person stands both hands, forehead down on ground, actively rolls head. Practitioner "pinches" spine/vertebra between index fingers and thumbs at area of shoulders, sensing movement of spine.
6. Observe leg sliding up
7. Lift foot from ankle, bend knee, foot to ceiling, wave foot right/left, feel trochanter.
8. Tilt bent leg - foot across midline - slide knee up to side (new, some didn't attempt)
9. Person rolls onto back - repeat #1

**ATM Lesson #10 ~ Diana Razumny**

Lengthening spine (skewering), varied positions

CD:MU2/T28 [Alexander Yanai #224]

See Bare Bones notes at end of booklet. Voted public lesson.