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Day 146 October 16, 2006

ATM Lesson #315 - Dennis Leri

Folded, straightening leg with variety of holds #1, in sitting and on back.

CD#23/T01 [54 minutes] [Alexander Yanai #198]

Sit, lean back on elbows/forearms, lift legs, bend/straighten legs, feet towards ceiling. Lean on L hand, R hand behind R thigh/knee, take head/knee towards each other. Rpt OS. Rpt on each side, note breath/eyes. Lean on L hand, R hand behind L leg, head/knee stay together, bend/straighten L knee, foot comes into the air. Rpt, holding L leg with L hand, lean on R. Rpt OS. Both arms behind one leg, hands to elbows, head/knee together, bend/straighten knee. Switch arm crossing. Rpt OS. Hold R foot with L hand, head/knee together, lift/lower foot, bending/straightening leg. Same leg, switch hands. Rpt OS. Hold ankle with both hands, knee/head together, lift/lower foot. Rpt OS. Rpt while lying on back. Lying, hold behind both knees, hands to elbows, lift/lower head/feet. Sit, hold behind knees with both arms, hands to elbows, lift lower one foot, other, both. Sit, hold behind both knees with hands to elbows, feet sliding on floor away towards straightening. Continue but slide one leg longer/straighter, lifting heel at end of length, back of knee goes towards floor. Rpt OS. Alternate side/side. Return to both feet sliding out/away.

Talk #151 - Dennis Leri

Practicums

CD#23/T02 [52 minutes]

Logistics. Pay attention to the symptom, become an ally of it, that's what they want to get rid of and you want to integrate it in. Don Johnson - somatic author. Story about learning to drive. When people are in pain they reduce themselves to that. We help gather experience about whole self. Story about Mark and biography coming out. Gaby Yaron, senior practitioner who died is who Moshe would have lessons from and was Elizabeth's teacher. Demo with Robert in side sitting with story about Mia's teaching. Had Robert bend forward, taking him from head, clarifying lengthen and involvement into lower back, sit bones, demonstrating about clarifying an intention. Alexander work conveys forward and up with every touch. FM, using five lines incorporates that and we think about a particular action. Return to Robert tilting forward then reversed it to rounding backwards, folding in front instead of lengthening, lifting each knee with folding. Find out what someone is doing and clarify it. Story of Moshe working with CP girl. Susannah about knowing what to do with someone. Function can be reduced to fighting, feeding and fornicating. Self-preservation is primary. Learning rather than trying. High point of hip lessons and trusting skeleton. Unintentional

breathing can translate to unintentional standing. Maryska about constraints.

FI Exploration #178 - Dennis Leri

Compression through head, creating relationships and demo with Elaine

CD#23/T03 [48 minutes]

Demo with Elaine: Started with head, rolling finding spine, compression relative to spine, shoulders coming forward in relation to spine; pelvis R/L and up through spine; at feet/legs thinking through spine; then returned to head down to spine; a little rotating while sitting and standing. Brian asked when do you know the lesson is done. Frank. Leaving something for next lesson. Caroline about shoulders and gathering info. Head compression; idea of head on horizon, turning to look around self and up/down. Partners choose something to follow and explore relationships.

Day 147 October 17, 2006

Supervised Practicums

Students giving lessons to public

Not recorded

Two rounds of 5-7 students giving lessons, staff observing, speaking afterwards.

FI Exploration #179 - Dennis Leri Practicums

CD#23/T04 [34 minutes]

Tips: have person sit at edge of table; head towards end of table; on side, persons back near edge of table for reaching easily; Demo with Caroline - level of head on back - look for softening of muscles of neck; on side, height of head; working with head from sit bone; on side with something between knees for comfort or more space for functioning like sit/stand; sit in front of knee - push from knee/hip and can press side of leg to identify bone; hand connected to head and twisting on side; rotating head/shoulder back while on side - have something between knees and don't let arm hang back in disconnected way. Frank about having arm back behind. Continued with Caroline, arm behind in sidelying, supported by roller behind; pushing through C7 and sit bone effecting different points through her; pulling from pelvis, constraining at knee so the pull goes through lengthening rather than rolling. Then took her arm forward, reaching, with constraining of shoulder blade.

Video of Gaby Yaron

Demo with Nancy McAlister

CD#23/T05 [15 minutes]

ATM Lesson #316 - Dennis Leri

Folded, straightening leg with variety of holds #2, in sitting and on back.

CD#23/T06 [59 minutes] [Alexander Yanai #199]

On back, feet standing, hold L arch with L hand from inside, L hand behind head, lift foot/head towards ceiling. Rpt OS. Return to first configuration of leg/arms, leave head/leg in air, circle leg in space, note changing pressure on ribs/back. Pause, Rpt, circling other direction. Rpt OS. Rpt but with diagonal hand/foot hold, circling both directions with each leg with pause between. Hold L foot with L hand from outside, R hand on thigh above knee, circling foot/leg, pause, Rpt circle other direction. Rpt sequence with other leg. Hold one ankle with both hands, lift foot towards ceiling, circle with, guiding with hands, pause, reverse circle. On L side, hold R foot with R hand from outside edge, straighten leg up to ceiling, L hand under head, take R leg little L/R, up/down and then circle one way then other. Rpt OS. On back, hold one foot with both hands, lengthen leg, head lifted, circle leg one direction, pause, reverse

direction. Rpt OS. Sit, soles facing, hold outer edges of each foot, roll to side, elbow to floor, start rolling to side, back, reverse. Rpt OS. Rpt going down/up on one side then down/up on other, reversing when come to back.

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Day 148 October 18, 2006

Supervised Practicums

Students giving lessons to public

Not recorded

Two rounds of 5-7 students giving lessons, staff observing, speaking afterwards.

Talk #152 - Dennis Leri

Mark Reese stories and working with person's life rather than pattern

CD#23/T07 [32 minutes]

Dennis: anyone read Mark Reese's transcription? Adam, Marcia, Robert, Shawn, Kathleen. Stories of Mark and his dispelling the shape/pattern idea vs. connecting with the person and their life. Interviewing someone - there are things a person cannot tell you about themselves. People come with a personal request. Negative hallucination. Not trance, but naturalistic. Complete whatever is not learned in trance. Erickson learning, learning states and

FI Exploration #180 - Dennis Leri

From Practicum

CD#23/T08 [35 minutes]

ATM Lesson #317 ~ Diana Razumny

Sitting on floor spiraling to standing

CD#23/T09 [42 minutes] [Alexander Yanai #145]

Sit, arms/legs in hoop, look at hands in front, turn head/shoulders/arms around to side, eventually allow opposite knee to flop to middle, continue around, eventually bringing leg from behind to standing, can use hand on floor, continue moving pelvis in spiral up to stand on both feet, both hands/head can be hanging down to floor. Reverse each step along the way. Do both sides. Stand with feet spread, one hand to floor in front, spiral down to sit facing opposite direction, reverse to standing. Same on other side and then alternate. Return to original move of turning head/shoulder/arm hoop around to one side, eventually coming up to standing while pelvis moves continuously.

Day 149 October 19, 2006

Supervised Practicums

Students giving lessons to public

Not recorded

Two rounds of 5-7 students giving lessons, staff observing, speaking afterwards.

Talk #153 - Dennis Leri

Practicums and styles

CD#23/T10 [42 minutes]

Stories about assistants of Moshe - Yochanan loyal, precise and impersonal. Gaby Yaron explosively creative. Mia Segal is samurai with one slice. Chava. Ruthy not a favorite, not crisp or clear Feldenkrais. Stages of development takes place. Dan: reversibility not just going forward/back. Ability to change directions. Speed, velocity and acceleration. Working with self image - Paul Schilder is where Moshe got the idea - emotional embodiment/range is located in a field; cultural/intellectual self image and then a bodily self-image/embodiment. Self-image you always have and it's always mutable. Piaget's model, what can happen in a training is people realize their view of the world isn't the only view of the world. One lesson can give as many individual experiences as there are people. A lesson isn't regular life. People experience cognitive shifts. Self-image is a construct being represented and it can be altered. Zen originally said, "You aren't smart enough to get rid of your ego." Ego is constructed of self-images. Tibetans say you can observe and get plastic working with imagination. You become fundamentally creative. Nervous system doesn't think in language. Machine language for computers. Anthropologist thought some tribe doesn't have concept of number. Erickson is building a language inside a language and FM is closer to machine language (?). Ester Thelen.

FI Exploration #181 - Dennis Leri

From Practicum

CD#23/T11 [28 minutes]

Use coordination of flexors and extensors lesson as a structure to do FI.

ATM Lesson #318 ~ Diana Razumny

Bending spine, sitting on chair

CD#23/T12 [30 minutes] [Alexander Yanai #146]

Sit on edge of chair: R hand on top of head, tilt/bend to R; continue bending R with hands switched L on top of head, R hangs down towards floor, return to R hand on head. Rpt OS. Bend/hang head back, look up to ceiling, belly long/forward, arching back; Rpt with hand on forehead; Rpt with only one hand on forehead, switch hands; switch to chin in heels of hands. Hang head forward, interlace hands behind head, elbows in front, lift/arc elbows up towards

ceiling; Rpt with head turned to R with L hand on R side of head; Rpt OS. Return to non-habitual interlacing on back of head, hanging down, lifting/arcing elbows up towards ceiling. Lean on L hand on seat of chair, R hand/arm in front, look at hand in front of face and turn around to L. Rpt OS. Rpt with head/eyes going opposite arm/shoulders. Rpt turning but with head hanging down, R arm down, L hand on seat of chair.

Day 150 October 20, 2006

ATM Lesson #319 ~ Dennis Leri

Tilting knees, twisting ribs, leaning on elbow, from back to belly

CD#23/T13 [59 minutes] [Alexander Yanai #309]

Side sit, R leg back, lean on L elbow, tilt knees R/L. Rpt w/R arm extended towards ceiling. Rpt while leaning on L hand rather than elbow, note ease. ROB, Rpt OS. On back, stand feet, R ankle on L thigh, take knee down/away in direction R foot would be standing. Rpt, add knee going away and R, L knee can come along to R a little. Rpt taking R knee away, add lifting L side of pelvis, turning pelvis, can also lift R side of pelvis. Rpt OS. Return to leaning on L elbow, tilting knees R/L, with/without R arm extended to ceiling. Switch so R arm reaches around to hold L side of rib cage, taking ribs to up/R with help of R hand as knees tilt R. On back, L ankle on R thigh, L hand over top of head to R side of face, slide head/arm L as R knee goes away, L side of pelvis lifts. Rpt OS. Return to tilting knees while leaning on elbow, wrapping arm around ribs to lift/turn while knees flop to side away from propped elbow. Same position, on L elbow, stay turned w/knees flopped to R, taking head back. Rpt, leave head hanging back and look towards L elbow a little. Rpt leaning on L elbow, flopping knees L/R, extending R arm to ceiling when knees are to L, head hanging back. Rpt OS. Think of chest/sternum lifting/head going back. Prop on hand/arm instead of elbow, stay with knees tilted away from propped side, lift/lower chest, head hangs back, belly forward. Rpt, add turning head R/L while hanging back. Rpt OS. On back, R ankle on L thigh, L foot standing, L hand over top of head, R arm long on floor overhead, roll towards R side, sliding head L, continuing onto belly.

Talk #154 - Dennis Leri

ATM lesson

CD#23/T14 [19 minutes]

Reflections on the ATM? Any direction you would like to go for last 2 weeks. Rosemary: Ways of coming up from lying on table to sitting. Yvan has many ways of bringing people up. Betty: practice making FI lessons. Analogy of a rapper. You are in the field, practicing the components and it's a lesson. Everyone coming out of training doesn't have a sense that they are "doing lessons". The hard part is "seeing what the person is doing." Take simple things to focus on, breathing, standing, etc. Susannah: props; kneeling over table position; series of ATMs. Maryska: ankle movement by pushing on front of ankle, way to think about it. Look at other ATMs. Breathing is essential. Give the person what they are already doing, taking over the work.

FI Exploration #182 - Dennis Leri

Breathing, ribs, hip and leg

CD#23/T15 [18 minutes]

Demo-Barbara: observe breathing. Taking ribs on same side down while lifting shoulder. Work soft tissue along rib ridge. Middle and index fingers going in at bottom of rib ridge in front, then separate middle finger from index. Pinch waist, thumb in front, fingers in back, feel breath movement. Lift floating ribs. Work from hip and leg to affect same area of ribs.

ATM Lesson #320 ~ Diana Razumny

Coming to stand on one leg #1, sitting on chair

CD#23/T16 [40 minutes] [Alexander Yanai #147]

Sit on front of chair, R ankle on L leg, R knee out to side, L hand holds R foot. R arm in space between legs, hook elbow to lift/lower R leg. Rpt OS. Feet on floor, lower head, arms between legs, slide back of hands on floor under chair. Feet closer to chair, palms on floor between legs, lower head, lift pelvis from chair. L hand under R arch, lift R foot, R hand below R kneecap, bring heel onto chair. Rpt OS. Sit back in chair, R foot on chair, bring L foot onto chair. Sit on front of chair, legs tog, arms behind knees, hold elbows w/ hands; lower head, lift pelvis chair. Sit, R ankle on L knee, L hand to R arch, slide R hand down front of L leg. Slide R hand R/L on floor. Rpt OS. Legs tog, hold elbows behind knees, lower head and lift pelvis. R ankle on L knee, hold R arch w/L hand, slide R arm through to elbow, lift R knee toward chest; L foot closer to chair, lift pelvis, lower head, drop pelvis to chair. Rpt OS. Sit deep in chair, lift legs, hands on front of ankles or below knees, heels on chair. Bring foot up w/hands on leg. Rpt OS. Keep R foot standing on chair, hold R ankle w/R hand, R knee w/L hand, take knee R/L; lift/lower foot from chair. Draw small circles w/heel on chair. Rpt OS. Heels on chair, hug legs, legs to floor, switch arms, rpt. Feet on floor, legs tog, arms behind knees, lower head, lift pelvis, stay standing; lift/lower pelvis. R ankle on L leg, hold R foot w/L hand, hook R elbow under R leg, lower head, stand. Rpt OS. Spread legs, palms on floor, lift pelvis from chair.

Day 151 October 23, 2006

ATM Lesson #321 ~ Dennis Leri

Coming to sit, head hangs back #1, lengthening arm to ceiling, on back

CD#23/T17 [43 minutes] [Alexander Yanai #310]

On back, R arm lengthened forward towards ceiling to L and little down, imagining you could come to sit without pressing anything into the floor. Imagine whole skeleton, five lines, as continue, head hangs back, go only to point before head lifts. Rpt OS. Interlace hands in front, arms forming hoop, take hoop forward towards ceiling, lifting shoulder girdle from floor. Return to lengthening R arm at angle to bring towards sitting, add having R leg bent, foot standing, yet don't press foot. Go only to point of head hanging back, return, many times feeling for how whole skeleton is involved with least amount of effort, not contracting belly. Think of shoulder/C7 going forward. Rpt OS. Interlace hands behind L thigh near knee, take leg away/down, take up slack of arm, leave arms straight, leg pulls shoulder girdle so head hangs back. Pause, Rpt, stay with leg pulling shoulders so head is hanging back, take knee L/R, dragging head along. Rpt OS. Return to lengthening R arm forward, going farther so head comes away from floor. (seems nobody is getting it so take a break)

FI Exploration #183 - Dennis Leri

Explore ATM of arm lengthening towards sitting.

CD#23/T18 [1 minute]

Groups of 3: one person as student; other 2 observe and play with hands on; all 3 brainstorm using the lesson.

ATM Lesson #321 continued ~

Dennis Leri

Coming to sit, head hangs back #1, lengthening arm to ceiling, on back continued

CD#23/T19 [50 minutes] [Alexander Yanai #310]

On back, interlace fingers in front, arms in hoop, take hoop forward, C7 comes forward. Stand R foot, take R arm forward/L and down, head hanging back and then comes away from floor little. Rpt, stay with head little away from floor, turn face L/center little from there. Pause, return to same position and turn head/eyes a little R/center. Pause, Rpt, turn head L/R. Rpt all on OS. Return to arm hoop, take hoop to L, L arm comes to floor, legs get involved, L turned out/R rolled in. Rpt, stay w/hoop to L, take ears to shoulders alternately. Rpt position, head lifted, R ear to R shoulder, stay and turn head L/R. Rpt all on OS. Bend knees, hand below knees, take knees away, pulling through C7, back of head dragging on floor then alternate pushing through one knee/other. Rpt, take knees away so that head

is lifted, stay with head lifted and turn head L/R. Rpt, head hanging back and lifted from floor. Return to lengthening arm to roll up to sit, head hangs back whole way on each side and then alternating. Arm hoop, knees bent up over chest, lengthen legs down, head hangs back like coming up to sit through middle. Same position, rolling to side over one arm of hoop, straightening legs down to come to sit up on one side, then other.

FI Exploration #184 - Dennis Leri

Lying with spine along roller, feet standing.

CD#23/T20 [17 minutes]

Demo: Dennis at head of Betty lying on roller along spine, knees bent, feet standing, rolling roller little to challenge balance. Pad behind head, roll head little opposite her taking knees/pelvis tone side. Dennis at knees, hold one in place, take other knee in/out. Return to head, cross arms on chest, roll little side/side. Slide off roller to feel back against table. Partners.

Day 152 October 24, 2006

ATM Lesson #322 ~ Diana Razumny

Twisting and bending, sitting on chair

CD#23/T21 [41 minutes] [Alexander Yanai #148]

Sit on chair, R hand behind head, push back of head to L so face turns R. Increase movement, elbow going back to L. Rpt OS. Interlace hands behind head, R elbow down to R, look at L elbow. Stay twisted, take R elbow between legs. Hands behind head, face forward, side bend to R; stay, turn to bring R elbow between legs. Stay twisted, come up, take the L elbow to L. Slide L elbow L/R on back of chair. L hand on floor between legs, R hand behind head, circle elbow in space; take elbow to ceiling/floor, turning head/face. Leave elbow up towards ceiling, look at elbow, make circle with elbow. L hand on floor, R arm up to ceiling, make fist with R hand, rotate arm. Same position but R hand on top of head, elbow towards ceiling, lift/lower head in this position. L hand on floor, R arm/fist up to ceiling, make large circle in space with fist. Rpt OS.

Moshe Video

Hazel B.

Not recorded

Talk #155 - Dennis Leri

Hazel's lesson with Moshe

CD#23/T22 [25 minutes]

Small groups discussed video then shared in larger group. Story about being challenged by lessons and people identifying with a group rather than themselves individually. Story about Center or Independent Living and a woman who was paralyzed. Story about a guy who felt Dennis "wasn't there for him."

Talk #156 - Dennis Leri

Massage regulations

CD#23/T23 [9 minutes]

FI Exploration #185 - Dennis Leri

Lying with spine along roller, head off to side, feet standing

CD#23/T24 [8 minutes]

Demo: Dan lying on roller, head off to one side, Dennis' hands at end of roller, rolling little side/side, noting Dan's adjustments.

ATM Lesson #323 ~ Dennis Leri

Coming to sit, head hangs back #2, holding knees, from back

CD#23/T25 [58 minutes] [Alexander Yanai #311]

On back, prop on elbows, head hangs back, knees to chest, come towards sitting, lengthening legs down, arms straighten, come to sit. Rpt but asymmetrically, more towards one side than the other. Same position, tilt R ear to R shoulder, leave it there, come towards sitting more over R buttock, few times, then head still to R, come over L buttock. Switch sides. Return to elbow propped, coming straightforward, lengthening legs, front lengthening, head hanging back, push belly forward. Prop on elbows, hands holding opposite elbow, head hanging, lengthen legs down, come to sit. On side, hold below knees, open top knee from bottom, roll to other side, close knees together, reverse, roll side/side many times. On back, hold knees wide, push knees into hands away, feel into C7, head hangs back, compare knees being together or wide. Push into just one knee, explore knee in/out and how pulls on C7. Rpt OS. On side, hold below knees, take top leg down/away, let head hang to side, come towards sitting directly to side rather than swinging torso/head more forward like we're used to in so many lessons. On back, hold below knees, bring knees close, feet wide, push knees into hand, away from you and feel how that lifts C7, head hangs back. Same position, turn R knee inward, foot out/back, push through to roll up more over to L side, coming up through side to come to sit, reverse, go to other side then alternate. Bring both knees together, feet wide, head hangs back, push knees into hands pulling up to sit. Rest on elbows, lift feet, knees to chest, extend legs down under, head hanging back to come to sit, keeping shape of torso long in front, back arched. Propped on elbows, hands to elbows, come up towards sitting in same way. Hoop arms, knees to chest, lengthen legs down, roll over to R to come up, reverse, come up on other side. Arm hoop, fingertips with little space between, chin to chest, knees up, roll side/side coming up to sit on each side. Stand.

Day 153 October 25, 2006

ATM Lesson #324 ~ Dennis Leri

Coming to sit, head hangs back #3, from back

CD#23/T26 [47 minutes] [Dennis' variation in series]

On back, hold below knees with hands, roll side/side. Hold R knee w/R hand, take knee away/down, 12 o'clock, back of head slides along floor. Hold R knee w/L hand, take knee away/down, 12 o'clock. Hold R knee with both hands, take knee towards 12, 11, 1. Rpt OS. Hold both knees, spread, take knees away/down, explore knees in/out. Rpt, circle knees opposite directions, thinking of clock, come together in the middle, separate, etc. Hold both knees, circle one knee around clock, then other. Think of femur rotating on its axis. Hold knees, roll to side, start bringing "top" leg down to floor, head hangs to side, rock over bottom hip, come directly through side to come to side sit, reverse. Rpt OS. Lean on forearms, knees bent to chest, head hanging back, straightening legs down under, come up to sitting in extension. Sit, reverse idea. Lie on back, push belly forward, lift back, top of head comes towards floor, rolling pelvis, tail to floor, knees bend when logical, think coming to sit.

FI Exploration #186 - Dennis Leri

Lying with spine along 2 rollers, head off to side, feet standing

CD#23/T27 [14 minutes]

Demo: Dennis with Betty, lying on two rollers, rolling rollers side/side from head end then pelvis end. Sitting to side of one knee, pulling, direction over foot, while rolling roller towards that side. At head, had Betty take knee down over foot while Dennis roller two rollers to that side. Standing, brought her over leg where there was a connection from the knee

FI Exploration #187 - Diana

Razumny

Coming from lying to sitting, on table

CD#23/T28 [18 minutes]

ATM Lesson #325 ~ Diana Razumny

Squatting in front of chair, from standing

CD#23/T29 [43 minutes] [Alexander Yanai #149]

Stand in front of chair, legs spread, hands on backrest, bend knees, pelvis moves back/away, head/shoulders go down, arms/body lengthens, back becomes horizontal, long/straight from hands to tail. Rest. Rpt w/hands on seat of chair, arch begins lower back, eyes look up as knees bend and pelvis goes back/down. Sit/rest. Stand in front of chair, L hand on seat, R on backrest, Rpt pelvis backward,

knees bent, add turn/bring head under R arm. Sit/rest. Rpt OS. On knees, hands on seat, toes for pushing, heels together, sit back on heels. Rpt w/knees spread, heels together, lift/lower knees. Lift only R knee, turn to R. Feet stay in place, pelvis to L heel when knee is up, R heel towards floor. Rpt OS. Sit on heels, alternate lifting knees, turning, sitting back, lower heel towards floor when knee is lifting. Rpt, lowering pelvis, sitting more erect. Same position, close to chair, knees spread to sides of chair, hold edge of chair, lift/lower R knee then L knee, alternate. Lift both knees, sit on heels behind, R knee down to middle, under chair. Alternate knees. Stand in front of chair, hands on seat front, legs spread, bend knees, lengthen pelvis backward as before in the beginning... far from the chair. Continue until arching the back, lift head. Rpt with hands on backrest. Head lifts then lift R arm from chair, high up, look at (loose) hand with eyes, return it to backrest. Hands on backrest again, extend pelvis backward, bend knees, arch back. Middle goes down so chest is lower than the pelvis. Pelvis moves away from chair, body hangs from pelvis, toward hands on backrest. Lift head/L hand in air, look at hand, back/chest stays hanging low. Then R hand. Alternate. Same position, hands on backrest, lengthen pelvis backward, arch back, bend knees. Like this, hang back between pelvis and arms. Reverse, round backwards. Alternate, rounding/arching. On knees/toes, hands on seat, spread knees wide, pelvis on heels, lift knees, take R knee to floor, return, L knee, return. With both, return. On knees/toes, sit on heels. R hand on chair, L hand on L knee, lift L knee to side once, switch hands/knees. Lift both knees to sides. On toes/knees, pelvis to heels, L hand holds chair, R hand on right knee, lift both knees, go down with L knee, lift, down with R knee. Alternate, then both knees up/down.

Day 154 October 26, 2006

ATM Lesson #326 ~ Dennis Leri

Holding foot, lengthening leg #1, sitting

CD#24/T01 [52 minutes] [Alexander Yanai #139]

Sit, lean on hands, legs spread, knees slightly bent, eyes/head on horizon, push belly forward, rolling towards tailbone. Rpt with one arm long out in front at shoulder height, taking arm forward more, rolling on pelvis. Rpt with other arm. Sit, arms behind R bent leg, hands to elbows, mouth to knee, slide heel on floor away from you, ankle can flex as heel slides away. Change crossing of arms. Rpt with other leg. Hold behind R knee w/L hand, L knee w/R hand, start sliding heels on floor away, let head come down between legs. Return to leaning on one hand, other arm shoulder height out in front, face to horizon, lengthen arm, roll pelvis, belly forward, front long. Rpt w/other arm. Both arms behind both legs/knees, hand to opposite elbow, mouth/face to knees, slide heels away keeping face to legs. Sit, legs softly bent, wide and in front, hands on pelvis, roll pelvis, belly forward, take elbows back, returning, elbows come forward, arms/elbows like wings forward/back. Same thing but one arm is shoulder height in front, reaching forward when belly comes forward, opposite elbow goes back. Reverse arms, Rpt. Mouth to knee, hold ankle w/both hands, slide heel away keeping mouth to knee. Rpt OS. Interlace hands behind head, bend forward, elbows forward, come up w/head/elbows, rolling over sit bones, lengthening front, belly forward. L hand under R arch, R hand on floor to R of pelvis, mouth to R knee, slide heel away, keeping mouth to knee. Rpt OS. Hands on hips, lengthen front, rolling over sit bones, head/face on horizon, elbows move back, reverse. Continue but with R arm reaching forward when front lengthens. Switch arms, continue. Arms behind legs, slide heels away keeping head to legs. Rpt, when legs are long, lengthen out R heel and lift/tap 5 times, same w/L heel, then both. Return to sliding both heels away w/arms behind.

Talk #157 - Dennis Leri

What's left? What's next?

CD#24/T02 [64 minutes]

Susannah about position of leaning over table. When to use it? How to set up. Kate: breast implants. Working on high table. Moshe - going down more difficult for reversibility. Rollers on floor. "Through". Buddhist believe awareness is first and everything else is an obscuration vs. evolution from the material to awareness. Reorganization is not just relieving a symptom, something new appears in the new state. Rich and empty at same time after a lesson. Bringing the whole of yourself into movements in the lesson. Lessons, movements, positions create a different set of relations which rearranges the self-image. Doing one thing at a time. Idea of past is operative right now in the state

of our muscles and nervous system so we can change our history in a way. Story of woman feeling like couldn't be a parent. Erickson developed a character of a father. Going to advance trainings. Zen story. Styles of teaching. Martial arts.

FI Exploration #188 - Dennis Leri

Give 1st of series of 3 lessons

CD#24/T03 [3 minutes]

Partners for series of 3 lessons. Start sitting and side lying - first lesson. 2nd start sitting then lean over table, 3rd sitting.

ATM Lesson #327 ~ Dennis Leri

Holding foot, lengthening leg #2, sitting

CD#24/T04 [54 minutes] [Alexander Yanai #141]

Sit, cross arms to hold behind opposite leg, head down near legs, slide/lengthen heels away, keeping the head near the legs. Both arms around one leg, sliding/lengthen heel away, head stays close to knee. Rpt w/arms switched. Rpt OS. Hold behind on leg with both arms, lift foot from floor, towards ceiling, head stays near knee, straighten leg, foot towards ceiling. Rpt OS. Quickly. Arms behind both legs, slide heels away. Stay w/legs long, lift/lower one heel, other, both. L hand under L foot, R hand around back of head, straighten leg, bring L ear towards R knee as it goes to floor. Rpt w/same leg, switch arms, R ear to R knee. Rpt OS. Hold one foot, both hands, slide heel away, take elbows to floor. Return to hand behind head, other hold foot, lower elbow to floor as leg straightens, switch hands then switch legs. Cross arms, hold arches, lengthen legs, alternate bringing elbows to floor. L hand to R arch, R hand on back between shoulder blades, lengthen R leg to R, twist to bring R hand towards L knee or floor (right!). Rpt OS. Both hands under foot, mouth near knee, lift foot towards ceiling, stay, take leg R/L. Rpt OS.

Day 155 October 27, 2006

ATM Lesson #328 ~ Diana Razumny

Coming to stand on one leg #2, sitting on chair

CD#24/T05 [63 minutes] [Alexander Yanai #150]

Sit on front of chair; interlace fingers behind head. Take R elbow to R, keeping head in middle. Add turning head to look at L elbow while taking R elbow down. Then turn head to look to R elbow. Alternate head. Alter speed of arms relative to head. Rpt OS. L ankle on R knee, hold R foot w/ L hand, L arm straight in front. Lengthen arm forward, trying different trajectories. Same legs; interlace fingers to make hoop w/ arms in front. Take hoop forward and back. Both feet on floor, lengthen hoop forward, up, and to right; then to left. L ankle on R knee, hold L foot w/ R hand. Slide L hand down leg, exploring different angles. Switch hands. Switch hands back to original. Switch legs to explore OS. Rpt original side. L foot on R knee, make hoop, lengthen forward/up/side to side. Same legs; slide L hand down R leg. Rpt OS, w/ additional exploration of other hand sliding down leg, exploring floor. Both feet on floor, both arms straight in front as if holding stick; take stick fwd/up. Stay w/ stick up, take R tip toward ceiling towards being vertical. R foot on L knee, slide R hand down leg. Return to both feet on floor, take stick fwd/up. Rpt stick sequence OS (w/o sliding hand down leg). Take stick to vertical w/ R tip up, move stick side to side. R ankle on L knee, slide hands down; rpt OS. L foot on R knee, both hands hold foot, take torso fwd; rpt OS. L foot on R knee, hook L elbow under L leg; take torso down and lift pelvis; OS. R foot on L knee, R arm to floor; OS. Interlace fingers behind head, slide elbows side to side; add head looking to up-elbow; look to down-elbow. Take only R elbow down and towards front. R foot on L knee; take R elbow down and into space between legs, looking up at L elbow. Rpt sequence OS. L foot on R knee, explore L hand on floor; OS. Fingers interlaced behind head, alternate sliding elbows down, look to down-elbow; look to up-elbow.

FI Exploration #189 - Dennis Leri

Explore FI possibilities from chair ATM

CD#24/T06 [8 minutes]

Groups of 4 come up with FI based on morning ATM.
Sharing afterwards

FI Exploration #188 continued - Dennis Leri

Give 2nd of series of 3 lessons

Not recorded

ATM Lesson #329 ~ Dennis Leri

Threading leg through arms

CD#24/T07 [37 minutes] [Alexander Yanai #377]

Sit, R leg bent back, L straight out in front, hands to sides of L knee, slide L foot inside of R hand. Rpt OS. L leg long again, hands to sides L leg, slide leg around outside of L arm. Rpt OS. Slide leg inside/outside both arms. On front, face to R, hand/arms in push-up, slide R knee up to R side, let L leg/knee follow. Rpt OS. Continue with movement of knees sliding "second" knee up under to come to side sit, hands still on floor in same place. Rpt OS. Slide L knee up to R and at end straighten L leg through arms. Rpt OS, then side/side. Sit, R leg bent back, hands to side of straight L leg, take L leg to outside of one arm then other. Rpt OS.

Day 156 October 30, 2006

ATM Lesson #330 ~ Dennis Leri

Come up to sit holding leg #1, from side, swivel to stand

CD#24/T08 [64 minutes] [Alexander Yanai #312]

LOB, bend knees in air wide apart, hold each under kneecap. Take knees away from chest (toward floor), letting head hang. Take R knee more; take L more; alternate. Continue w/ both knees so head begins to come off floor. Take both away but R more, so head comes away from floor; rpt OS. With both knees let head come off floor; alternate taking R more and L more. Lie on R side, hold knees; take L knee to L/toward floor to come to sit, use R elbow to help, use R hand on floor. From R side, come to sit but bring L foot to standing. Come up this way onto L standing foot and R knee. [LOB, cross L ankle on R knee, roll to side, come to standing like 4 points.] Do previous movement of holding L knee, come up on L foot and R knee, weight onto L foot. Rpt OS. Lie on R side, try having R hip a little more extended, hold L knee, come to sit then swivel to stand, keep R hand on floor. Rpt OS. Lie towards R side, don't hold knees, swing L knee towards sitting, add R knee, add L arm; swing all to come to sit and swivel to stand. Stand, hands on floor (4 points), bring R knee through to sit and lie on back, throw legs/arms overhead, come back to stand. OS.

Talk #158 - Dennis Leri

Gaby Yaron with Linda Flanders

CD#24/T09 [2 minutes]

Watch video of Gaby giving lesson to Linda.

FI Exploration #188 continued-

Dennis Leri

Give 3rd of series of 3 lessons

Not recorded

Exchange lessons in sitting with same person to complete series of 3. Sharing after the exchange.

Talk #159 - Dennis Leri

Confidence, competence, learning situation.

CD#24/T10 [29 minutes]

Confidence. Kathleen: What do you see as competency in FM? Generalize creating a situation for learning - a change in the way they act/think. Basic skills - skeletal connection; function; make that available; use/capitalize on something they already do well; go from what they've learned specifically and generalize it; at least they become aware of what they are doing. All things we do is to facilitate that. Idealized organization - going all directions with equal ease. Story of runner to organize to go forward rather than left/right. Coming up with competencies for FM. Dan:

lesson not going anywhere. Dennis' article on Gurdjieff. Learning environment. Sometimes you are the teacher, other times the student is. Sometimes the lesson text is the teacher. Triadic - passive, active, neutral. Don't have to be an authority. Have to create structure. People think they should be spontaneous but it always looks the same. Setting a boundary. Hold the situation as a learning situation. You can only fail if you aren't there or if you just go away. Moshe was a warrior and would upset people but would apologize - ecological. Many get narcissistic or paranoid. Moshe only trained 75 people total. Stranger in room asks about mysticism. Dennis: common set of capabilities, that which is innate to all, sense power/gentleness connects us to others. We act as if we aren't connected.

ATM Lesson #331 ~ Dennis Leri

High point of hip, standing

CD#24/T11 [45 minutes] [Alexander Yanai #290]

Stand, R hand over top of head, L big toe out to side for balance, take R hip L/R, weight is on R heel. Return to same position, continue until L leg comes along with torso and big toe lifts. Rpt OS. Walk, rest on back, sense unintentional breath. Stand on R heel, L big toe out to L, find high point of hip, hang head back, circle around high point. Pause, same position, hang head back, allow toes to come away from floor. Same position, allow L toes to come away from floor, on high point self L/R. Rpt OS. Return to R hand over head, high point of R hip, L toe lifts, stay there. Explains relationship of sides and head to thorax. Do each side again. Same position, tilt R, heel/toe in/out- "James brown". Rpt, hands behind back, head hangs back. ROB. R hand behind head, hold L knee w/L hand, R elbow/L knee. Walk, rpt os. Hold L leg, R arm overhead, tilt forward, heel/toe. Rpt os.

Day 157 October 31, 2006

ATM Lesson #332 ~ Dennis Leri

Come up to sit holding leg #2, from back

CD#24/T12 [64 minutes] [Alexander Yanai #315]

On back, knees to chest, hold behind knees/thighs, take knees away. Pause, Rpt, take up to sitting, head hangs back. Stay half way up to sitting, head hanging back, belly in/out. Interlace hands behind R knee, push/straighten R leg, head hangs back, come to sitting. Chg interlace, rpt. Rpt OS. Return to beg. Cross arms to hold behind opp knee, push to sit. Hold R leg w/R hand from inside of knee. Rpt. OS. Rpt holding behind opp knee, each side separately. Cross arms, hold behind opp knees, come up. Chg arm crossing, rpt. Hold L foot from inside knee, lengthen/straighten leg, chin to chest, come to sit. Rpt, w/head hanging back. Hold L knee w/L hand, L foot w/R hand. Rpt. OS. Hold feet, hands around outside edge, bring feet overhead, swing to sit, first w/chin tucked then head hanging back. Rpt w/arms crossed, hands behind knees. Then hands holding feet. Sit, hold feet from outsides, roll to R, straighten R leg, only go to side, reverse. Return to back, hold feet, roll forward to sit. Sit, roll down on L side. Return to back, hold feet, roll forward to sit. On back, hold R foot w/R hand, extend L leg to come to sit. Rpt OS. Roll side/side, straightening legs, coming to sit, reverse. End w/holding feet, rolling straight forward to come to sit.

Gaby Video

Nancy Lamb

Not recorded

Talk #160 - Dennis Leri

Gaby video - FI with Nancy Lamb

CD#24/T13 [8 minutes]

Brian: how do you choose the videos you show us and what do you look for when you watch them. What does somebody do to be them. What is the practitioner working with that sets up a wave with that person. Gaby's use of self. What did she see in the beginning? You see her touch the spine in an area that the person is doing something that they can't stop doing. Gaby doesn't Rpt a lot, goes to new place, new arrangement to get to the same idea.

Talk #161 - Dennis Leri

Styles, Gaby's lesson and Archimedean lever

CD#24/T14 [76 minutes]

(computer quit, lost notes)

ATM Lesson #333 ~ Diana Razumny

Bending, holding foot, standing at chair

CD#24/T15 [57 minutes] [Alexander Yanai #258]

Stand, hands on seat of chair, bend knees to squat; heels together, squat, take knees to floor. Stand, hands on backrest of chair, feet spread, toes out, squat. Stand, bend a little in all joints, everything together. L hand on chair, hold sole of L foot w/ R hand, straighten L leg; add bending a little in all joints. Rpt OS. L hand on chair, hold L foot, lengthen leg and stay, then bend/unbend everything else. Add letting R heel come off floor as bend, head maintains place in space. Rpt OS. L hand on chair, hold foot; as leg extends bend everything else, come back up. Rpt OS. L hand on chair; bend/straighten, letting heel come up. Stay down and let heel come off floor and drop; faster. Rpt OS. Both hands on backrest, let everything bend/lengthen. Bend all, let both heels come off floor and lower. Same, lift/lower only L heel. Again both heels. R heel. Alternate. Same w/ legs together, both heels. L hand on seat of chair, hold L foot, bend all joints and extend L leg; add heel lifting/lowering. Stay down, lift/lower heel. Rpt OS. L hand on chair, hold foot, go down as far as can w/o lifting R heel. Make arc w/ L foot. Rpt OS. Both hands on front of chair, feet spread, bend to take pelvis toward floor w/o heels coming up. Same, stay down, open/close knees. Same, only flap L knee. R knee. Alternate. Flap both knees in/out, explore head. L hand on backrest, hold L foot, extend L leg as all else softens. Rpt OS. Both hands on backrest; bend/lengthen all. Continue lowering keeping heels down, look down; as rise, look to horizon. Lower/rise, keep eyes/head to horizon.

Day 158 November 1, 2006

ATM Lesson #334 ~ Dennis Leri

Come up to sit holding leg #3, from back

CD#24/T16 [61 minutes] [Alexander Yanai #316]

(5 winds kata) On back, hold knees, push knees away towards coming to sit. Repeat one knee at a time, then alt, noting head. Let head roll to side of pushing knee. R hand below R kneecap, L arm over top of head, holding R side of head, as knee goes away, slide head/arm L. Repeat w/R hand from inside behind thigh. Return to holding below kneecaps, alt taking knees away/down, head rolls to same side. Repeat OS. Stand R foot, hold front of R ankle w/R hand, L hand over top of head, take R knee away, lift R hip, slide head L. Pause, same position, this time turn face/eyes to R, then to L, return to sliding head/arm L. Repeat seq. OS. Hold both ankles, push knees away, let back of head slide towards top being on floor. Repeat, going farther, use elbows against floor, pelvis to heels, stay on top of head, circle top of head on floor. Legs long, push w/elbows to bring top of head onto floor. Return to holding ankles, circling top of head on floor. Hold R ankle w/hands, thumbs in front, fingers behind, L leg long, push R foot down/away, feel way through coming to side, sternum to bellybutton, pull belly in. Repeat leg move w/o holding ankle, elbows push floor, come towards sitting. Return to holding ankle. Repeat seq. OS. Hold knees, push both away, head hangs back, push one away, other, both. Hold knees, push R knee away to come to sit over L side. Repeat OS. Rolled towards R side, hold L knee w/L hand, have R arm down along side to come up to stand. Repeat OS. Alt.

Talk #162 - Dennis Leri

Gaby Video with Joyce R.

CD#24/T17 [49 minutes]

Joyce talked about watching/feeling video of herself.

FI Exploration #190 - Dennis Leri

Archimedean lever

CD#24/T18 [35 minutes]

Demo Rosemary-sitting on table, observing asymmetry, sitting in front of her at knees, taking knees in/out, press through knee, thinking of opposite shoulder, different angles causes something different, like flex or rotation depending on what angle he pushes through knee. Has RM turn side/side to see how she goes, easier to L. Has her go slowly side/side, reflecting for her how she does it by indicating with hand on back. D. reiterates at knees. On back, bring each shldr forward to find how matches what found in sitting. Looking for where she folds on back compared to when she was sitting. Then from the head, turning and then bringing forward then to L/R directing her attention to areas of her spine. RM's knees bent, D. tilts

together then one at a time, watching for how pelvis moves and on up from there, rotation moving through her, finding ways to touch the place in her back that he was noting in sitting and from shoulders. Watching ribs/breath to see when the movement is happening in that part of the spine. Return to tilting knees side/side. Reminder that patterns from ATM work but making it personal takes to another level. Returns to her shoulders, lifts shoulders to find point where the lifting intersects, thinking diagonal line from shoulder to hip. Has RM keep her own legs standing while working from shoulders and goes to head. Support bhnd head, takes arm across like reaching, fingers on sternum to stop movement there and then let's sternum go and pulls arm so ribs come along. Directs attention to knees/feet. Returns to head and push thru. Repeat w/L similar but more straight across/up rather than down towards hip. Looking at ribs/head response. Stabilize head, continues w/arm, lets head go, pulls arm, delicately looking for contact through spine, assists L ribs w/arm pull. At head to push, RM cross L leg over R, tilts L, push through head. Rpt OS. Pause, return to shoulder lift Lengthen from head/neck, guided her awareness to feet. Push down through C7, pull. Lifting shoulders. Had her sit, had her turn L, feel R foot, his hands one back/one front. To OS, Rpt. One hand on back of L hip, little impulse to take forward as other hand brings chest on R back. Return to front at knees, one knee back, other forward to help her turn L. OS, guide to take head/shldr little to R, supported from knees. Pressed down top of knees to fee. Hand at occiput to tilt forward for standing. Slowed down/reversed sit/stand. Sat bhnd when she stood, hands on hips, shifting weight. Walking, turn to look. Anticipate person will show you something.

ATM Teaching - Diana Razumny

Working through AY#259

CD#24/T19 [2 minutes]

Groups of 5 use AY#259 notes and work through steps.

Day 159 November 2, 2006

ATM Lesson #335 ~ Dennis Leri

Come up to sit holding leg #3, from back

CD#24/T20 [53 minutes] [Alexander Yanai #365]

(part of 5 winds kata) Sit, legs bent soft, arms hang to sides, push belly forward, lengthening front. Sit, arms crossed on chest, legs straight, knees soft, tilt for/back fr. Hip joints. Pause, switch arms. Sit, hold elbows behind, repeat. Same, add R leg stays long, L lengthens as tilt back and take R elbow more to floor. Repeat OS. Repeat, stay back, alt elbows touching. Repeat OS. Repeat but circling. Sit, interlace hands behind head, knees bent, elbows forward, lift elbows, legs lift/lengthen, reverse. Sit, hands at top of pelvis, thumbs behind, elbows back, push pelvis forward, belly forward, start to take R elbow back towards floor. Repeat OS. Alt elbows. Same position, knees bent, take elbows back, legs lift, small amount. Sit, arms to ceiling, bend elbows to cross arms, hands touching opp sides of neck, tilting back, legs bent. Stand on knees, same position, push belly forward, tilt back from hip joints (hips forward). Repeat w/arms straight forward, shoulder height. Sit, arms crossed behind head again, tilt back, legs lengthen. Sit, hands interlaced behind head, elbows forward, keep lengthen, take R elbow to R knee, then L to L, add circling around tilted back to come to other elbow. Repeat, non-habit interlace, reverse circle. Return to holding elbows behind like beginning.

Talk #163 - Dennis Leri

Five winds kata, mentoring, certification

CD#24/T21 [48 minutes]

Evaluations. Joyce's lessons. Organizing towards leaning on and using elbow to come up/weight bear. Stories of 5 winds kata lesson. Mentoring and continuing ed. Massage laws. About Mia and touching one place for change. Mia in Japan.

FI Exploration #191 - Dennis Leri

Archimedean lever

CD#24/T22 [1 minute]

Work with partner with idea of looking for one point to relate to.

ATM Lesson #336 ~ Diana Razumny

Bending down at chair, standing

CD#24/T23 [61 minutes] [Alexander Yanai #260]

Stand behind chair, both hands on backrest, legs spread, bend all joints equally, come up. Go lower, let heels lift, to squatting. Look forward to begin coming up. Go down to squat, keep knees wide, bring knees/pelvis forward (knees towards floor). Take R knee down to floor, towards middle. Take R knee to floor, continue taking R knee up. Turn head and torso with pelvis/knees; as turn to R, bring R heel to

floor, v.v. Both hands on seat of chair, heels touching, go down, let heels come off floor; take knees wide to floor and away. Keep head hanging forward, lift/lower knees. Lift chest, hang head back, take knees to floor. Head back; lift/lower one knee. Other knee. Heels touching, take both knees to floor, then heels to floor; do with head hanging forward, then back. Behind chair, L hand on chair, hold L foot w/ R hand, lengthen leg; go as low as can, bring L foot onto R knee. L hand on seat of chair, hold L foot, foot on R thigh, lower pelvis to floor. As lower, turn to R, lift heel from floor. As lower, lift L leg away from knee and lengthen. Repeat OS. Both hands front of chair, legs spread, squat, lift/lower knees. Turn to R, stay (w/ L knee down), lift/lower R heel. OS. (Continues from here w/o notes. T-shirt arrival/excitement interrupted note taking) Repeat squatting holding one leg in front, lift/lower heel. Ends w/beginning bending.

Day 160 November 3, 2006

FI Exploration #192 - Dennis Leri

Exchanging lessons

CD#24/T24 [3 minutes]

ATM Lesson #337 ~ Diana Razumny

Pelvis moving back, standing at chair

CD#24/T25 [33 minutes] [Alexander Yanai #262]

Stand behind chair, take pelvis back, arms/legs straight. Belly/low back forward/back. Head up/down, quickly. Same position but R arm behind back, take pelvis back/R; turn head R, look at pelvis to R. Repeat all except L arm is behind. Return to R arm behind. Repeat series on OS. Both hands on backrest, original position, belly/low back forward/back, flex/ext. More weight on one hand, then other. In front of seat, hands on seat, repeat pelvis goes back, knees bend, tail back/up. Repeat pelvis going to one side; then other; then alternate. Behind backrest; tilt chair so front legs come up, hold back of chair near seat, slide chair away on floor, take sit bones to floor, slide chair in again as you stand.

Talk #164 - Diana Razumny

Closure

CD#24/T26 [9 minutes]

Talk #165 - Dennis Leri

The method around the world

CD#24/T27 [14 minutes]

The method known around the world.

ATM Lesson #338 ~ Dennis Leri

Come up to sit holding leg #4, from back

CD#24/T28 [70 minutes] [Alexander Yanai #366]

(Part of 5 winds Kata) On back, hands palm down at sides, arch to take top of head towards floor. Continue up to sitting in extended shape. Straight L arm sooner to come onto R buttock, coming up to sit a little over R side. Repeat OS. Sit, lean on hands, legs straight, flex feet, lift/lower legs. Sit, chin to chest, repeat tilting back, legs coming from floor. Sit again, chin to chest, going down towards one side, reverse then other side. Arms straight to ceiling, legs together, arch back, come towards sitting from this position. Sit, legs spread, head hangs back and then bring chin towards throat so eyes can see towards feet, push/pull belly. Tilt back a little keeping eyes on horizon, keeping back/torso arched. Repeat w/one arm forward, other back. Repeat OS. Both arms back in the air, tilting back, let legs lift/lower. On back, arms long overhead, arched in back, lift legs to ceiling, tip and come up to sit. Lean on elbows, bring knees/head towards each other then keep arch and swing legs to floor to sit w/o using hands. Arms in front, come up

over one side then other in arch. Sit, hold elbows behind, legs out straight/bent softly, bring one elbow towards floor behind, sit, go to other side. Hands interlaced behind head, arch back, lift legs, lower legs come towards sitting. On back, arms forward, lifted from belt, lift legs, come to sit, can flex at some point but return to arching back. Sit, arms forward, start to go back w/little folding, let legs lift then push belly forward to come to sit again. Sit, arms overhead, hands interlaced, head between arms, start going back. Start on back, hands interlaced with arms next to head again, come up to sit from lying. Stand on knees, arms forward, tilt back, go towards sitting on heels, stay on heels, keep going back towards back, push belly out, leaning back far as possible. On back, arms forward, come up to sit. Repeat version of arms framing head with crossed/interlaced hands. Sit, sense front long, lift legs, go onto back. Sit, hold behind knees, legs lifted, roll back flexed, push belly forward to return to sit, keeping legs lifted, rocking on pelvis forward/back, gradually going to lie on back, then to sit. On back, arch back, rock up to sit and bring heels to butt, feet forward, come to stand, go down onto back and roll, legs overhead, reverse, arch back whenever can, come all the way back to standing.