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Day 1 February 18, 2003

Introductions ~ Efrem Razumny

Tape 1a 0-2

ATM Lesson #001 ~ Dennis Leri

Arm overhead, lift straight arm and leg, on back

Tape 1a 02-end, Tape 1b 0-9 CD1/T1 [Esalen #18]

Lie on back, scan, arms overhead on floor, sense midline in relation to arms. Slide one arm towards/away from head. Arms overhead, lift/lower lower back. Stand, walk, lie. Open/close mouth. Jaw has antigravity muscles. Mouth open, jut jaw. Jaw forward first then open. Bend R leg, R arm overhead on floor, lift R arm little away from floor enough for paper to slide under. Repeat w/R leg lengthened. Note ribs, etc. R arm overhead, lift while lengthening arm. Bend L knee, R arm long overhead, lift R arm, L knee to L. Lengthen R arm, press L foot, lift L hip. Repeat, use hip lifting to bring R arm closer to floor, start lowering hip, leaving arm close to floor. Repeat, roll head towards lengthened R arm. Stand, walk, lie, R arm long overhead, legs lengthened, lift R long leg a little. Lift R arm/leg same time. Test both arms overhead to compare. Stand, walk, arms overhead. Lie, R arm overhead, lift/lower R arm/leg. Arm down, revisit scan. Stand, lift arms overhead.

ATM Lesson #002 ~ Dennis Leri

Arm overhead, lift straight arm and leg, on back part 2

Tape 1b 9-end, Tape 2a 0-23 CD1/T2 [Esalen #19]

On back, arms overhead to note. R arm overhead (again, like last lesson), bend L knee, foot on floor, push foot, lift/lower hip, transferring weight towards R shoulder. Repeat w/o lowering hip completely. Same position, lift R arm/leg forward at same time, note breath. Slide R arm back into place overhead, lift/lower head, chin comes toward chest. Both arms overhead, lift head a little, tilt head L/R so face stays towards ceiling as head slides side/side. Same position, lift head forward, once with chin first, once with forehead first, compare. Lift head so chin comes towards chest. Bend L leg, arms overhead, lift R arm/leg and head at same time. Arms overhead, legs lengthened, lift head, R arm/leg all same time. On belly, arms overhead on floor, face to easy side, lift/lower R arm from floor (backwards relative to self). Lift arm on side facing,

switch direction of face and lift other arm. Have face to R, lift R arm few times. Face R, lift R elbow, add lifting hand w/elbow. Lift R arm/leg same time, add rolling towards R. Repeat but roll towards L with the lifting. Repeat w/head turned L then R again. Face R, lift R leg. Lift R arm/leg, thinking of shortening (shoulder blade towards spine). Repeat w/idea of lengthening arm/leg. Face R, lift head. Repeat, lifting head /R arm same time. Repeat, add R leg lifting. Repeat, synchronize breathing. Repeat, leave arm/leg/head lifted and turn head L/R. Note tonus in neck. Repeat, note breath for ease. Rest on back. On back, bend L knee, R arm overhead, note contact, lift/lower L hip. Same position, back of R hand resting on floor, press each finger, starting w/thumb. Same position, lift head, head stays up, lift R leg, lower both (head/leg). Same position, lift/lower head/arm then arm/leg at same time. Lift head/leg/arm at same time. Repeat quickly. Then just head quickly lifts/lowers. Repeat w/L hand on chest. Lift R leg/head quickly. Lift head/R arm/leg all same time, quickly. On belly, arms overhead on floor, think of lifting R arm/leg, note eyes/breath. Actually do it. Face L, repeat. Repeat w/face R. On back, L hand under head, stand L foot, lift head, R arm/leg all quickly. Repeat w/L arm by side. Repeat w/L arm behind head, lift head, R arm/leg slowly, (L elbow forward). Repeat, direct L elbow towards R knee when lifting, R knee bends a bit. L hand behind head, lift R arm/leg slowly then quickly. Scan. Stand, arms overhead, reach one arm then other.

FI Exploration ~ Dennis Leri

Bringing leg forward from ankle

Tape 2a 23-end, Tape 2b 0-25 CD1/T3

Groups of 4, two people on back, other 2 observe, take note of the two lying. Sit at person's feet so that you could lift one leg. From the ankle. Lift leg gently from floor, just like in ATM. Sense skeleton. Think through whole leg into hip. Feel for when the quality is less easy and return towards floor.

Discussion - Ray asked about range and thickness of quality. Working with sensing the gradation and of connection. Betty share about comfort while working. Working on floor versus with a table. Language clarification, working "with" rather than "on".

ATM Lesson #003 ~ Dennis Leri Flexion, elbows and knees together, on back

Tape 2b 25-end, Tape 3a 0-13 CD1/T4 [Esalen #20]

On back, bend knees, feet on floor, R hand behind head, lift R foot, L hand below R knee, R elbow/knee towards/away from each other without touching. Feel shape of spine. Same leg, change hands, bring L elbow/R knee together/apart. Note eyes. Repeat, take head a little to look R a few times then face/eyes to L. Switch legs, same arms, L elbow towards/away from L knee. Same leg, change hands, take R elbow/L knee together/apart. Try holding breath in or out, compare. Hands behind head, lift both feet, R elbow towards R knee then L elbow to L knee. Feet up again, diagonal knee/elbow together/apart, alternating side. R hand behind R knee, L behind L, thumb w/fingers, bring knees towards you, head stays on floor, knees are separated. R hand behind L knee, L hand behind R knee, bring knees towards you, head stays on floor. Repeat, lift head towards knees. Repeat, stay with knees close, head lifted then bring head a little closer to knees. Repeat, stay up w/knees/head towards each other and fix head and bring knees closer to head. Repeat, keep head/knees together, go a little apart/together. Note which arm is on top, pause. Switch arms and repeat last three variations. Hands behind head, lift feet, knee/elbow together/apart on same side then diagonals.

Day 2 February 19, 2003

ATM Lesson #004 ~ Dennis Leri Lifting quickly: head, shoulders, hip and foot

Tape 3a 13-end, Tape 3b 0-21 CD1/T5 [Esalen #1]

Imagine line of spine. Imagine walking along vertebra with fingers, one in front, one in back of spine. Creating a line for R arm then R leg. Same with L. Note eyes while imagining and while resting. Sense center line while lifting head. Arms along sides, palms down, R shoulder forward. Repeat small and quick. Explore head lift again. Lift head small and quick. Lift both shoulders, gradually smaller/quicker. Alternate lifting head and both shoulders. Alternate lifting shoulders then increase speed. Lift/lower R hip. Try with pressing heel and w/o pressing heel. L shoulder forward few times. Repeat w/L hip. Bend knees, lift one foot, make small/quick. Repeat w/other foot. Lengthen legs, revisit 5 lines.

ATM Lesson #005 ~ Dennis Leri Seesaw Breathing

Tape 3b 21-end, Tape 4a 0-39 CD1/T6 [Esalen #14]

On back, knees bent, feet on floor, pull in/push out belly. Inhale, hold breath, repeat belly in/out. Hold belly in and breathe in/out. Co-ordinate inhale w/pulling in belly, exhale as push belly out. Note shape of chest in co-ordination of this breathing. Stand, pull in belly w/inhale. Sit, repeat inhale while pulling belly in. Add chest expanding as belly is pulled in. Stand, feet apart, hands on thighs near bent knees, breathe in/pull belly in. Same on hands, knees and top of head. On back, pull belly in/breathe out. Bend knees, hands on belly, cough, feeling belly. Same with laughter. Belly in/air out. Sit, belly in/air out. Laugh w/hands on belly. Bark. Stand, bend forward, arms hanging, belly in/air out. Laugh while hanging, bark. Stand up, lean back to look up to ceiling, laugh/bark. On hands and knees, belly in/air out. On hands, knees, top of head, 10 times breathe out while drawing belly in. Knees bent, hands interlaced behind head, lift head, elbows forward, belly in/air out. Hands behind head, feet standing, roll up spine to lift pelvis in air. Start w/head in air, lift pelvis, leave both in air, belly in/air out. Stay in rounded position as before, lift pelvis little higher so hands/head return to floor, do breathing. Lie on R side, repeat breathing. Count on exhale. Cough, all air out then count. Breathe in and count. Explore

breath on belly. Same on hands/knees. Repeat on back with knees bent. Bark, moo. On side, explore moo, switch sides, repeat. Sit, soles of feet together, lean back on hands, belly out/air out, moo. Repeat w/back arched, head back. Sit, lean on R hand, L palm to ceiling, push belly out as push palm to ceiling. Repeat with belly in. Sit, soles together, lean on hands, belly/air out. On back, bend knees, hands on thighs near knees, push air/belly out. Same position take top of head towards floor as push hands on legs. On knees, air/belly out. Top of head on floor, cont. On back, breathe in once while belly is out, once while it's in.

FI Exploration ~ Dennis Leri Bringing leg forward from ankle, continued

Tape 4a 39-end, Tape 4b 0-21 CD1/T7

Groups of 4, 2 lying, 2 on floor to be observed. Lifting leg, take leg side to side. Up/down and side/side to find a middle place of ease.

Talk #001 ~ Dennis Leri Giving feedback, evolution of the training

Tape 4b 21-42 CD1/T8

Giving feedback in terms of "I feel this when you do that". Give concrete feedback so they can modify. Betty asked question. Maryska asked about how training will evolve.

ATM Lesson #006 ~ Dennis Leri Flexion, head to knees, on back

Tape 4b 42-end, Tape 5a 0-34 CD1/T9 [Alexander Yanai #229]

On back, quick 5 line scan. Bend knees, lift feet, hands behind head, R elbow alternately towards R/L knee. Repeat w/L elbow. R hand behind head, L hand below R knee, elbow/knee towards each other. Switch hands, still holding R knee, elbow/knee tog/apart. Repeat variations holding L leg. Note eyes, opened or closed. Hold each knee w/hand on same side, knees towards chest. Add head towards knees. Hands behind head, knees to chest, head towards space between knees. L hand behind head, face to R, R hand behind knee (pit), L ear towards L knee, knee towards ear. Repeat w/R/L switched. Arms crossed, holding behind diagonal knee with hands, knees/head together/apart. Hold behind same side knee, turn face to one side, take ear towards space between knees, knees to chest. Same w/face to other side. Repeat, facing forward, head between

knees. Hold R knee w/L hand, R hand holds arch of R foot from outside.. Continue w/L hand behind head, knee towards chest. Switch arms, L hand behind head, hold arch of foot. Repeat variation w/L leg/foot. Repeat first few moves of lesson..

Day 3 February 20, 2003

ATM Lesson #007 ~ Dennis Leri

Rolling up to sidesit from back, sweeping arm overhead

Tape 5a 34-end, Tape 5b 0-26 CD1/T10

On back, sweep L arm along floor towards overhead, arm to head, head rolls R. Roll pelvis a little R. Add pelvis rolling to L arm sweeping up overhead, head rolling. Sweep arm up, start crossing face. Leave arm across head, roll pelvis R. Add R knee bending up towards belly then L knee bends so leg comes along to roll to R side, reverse. Continue rolling up to sit w/L leg bent back, R bent in front. Keep head low, sweeping along floor until sitting. Then lower head down to reverse. Stay side sitting, R hand on floor to side, lift L knee few times, lift R knee few times, lift both, feet come to stand on floor, reverse. Sidesit, L arm shoulder height directly in front as knees come up/go down. Repeat, as knees come over feet, continue up to standing. Reverse, knees flop to R go all the way back down to lying on back. Pause and then do the other side.

ATM Lesson #008 ~ Dennis Leri

Holding the breath

Tape 5b 26-end, Tape 6a CD1/T11 [Alexander Yanai #172]

On back, breathe in, hold. Exhale, hold out until need to inhale. On front, legs spread, toes inward, heels out, forehead on floor, arms/hands overhead, hold inhale. Hold exhale. On belly, propped on elbows, chin resting in heels of hands, looking forward, hold inhale. Repeat w/holding exhale. On propped elbows, head cradled in hands again, turn head side/side, note changes in breath. Arms overhead, forehead on floor, hold inhale. Hold exhale. On back, knees bent, hold hair at top of head w/hands, lengthen spine, pulling hair, lift head, note breath. Repeat, leave head up, turn head R/L, note breath. Interlace fingers up to first knuckle, place fingertips along midline of skull, little fingers near hairline, slide/tilt head to side. Ear tilts to shoulder. Sit, soles together, hands on head as before, fingertips along midline, tilt head/arms to side, lift R side of pelvis, side bends, note breath. Tilt side/side. Repeat, gradually making smaller. On belly, arms overhead, lift/widen elbows. Repeat holding inhale then holding exhale. Repeat lift/lower elbows, allow breath in/out, note holding breath. On belly, toes turned under, hands hold hair at top of head, push from feet, lift head. Hands in push up near head, push toes, lift knees, leave

knees up, rock on forehead. Return to holding hair. Repeat, holding inhale. Repeat holding exhale. Press from toes, lift head w/hair, keep head up, turn head. Repeat w/held exhale then held inhale. On belly, fingertips on top of head as in sitting, push from toes, tilt head L/R. Repeat w/o pushing, note breath. Toes tucked, push, pull hair, lift/turn head R/L. On back, knees bent, hold hair, lift head, turn R/L. Note breath. Sweep arm out, overhead, roll, head sweeps along floor, roll up to standing.

ATM Lesson #009 ~ Dennis Leri

Rolling from back to side via reaching arm to ceiling

Tape 6b, Tape 7a 0-13 CD1/T12 [San Francisco June 16, 1975]

On back, L arm straight in front, hand towards ceiling, rotate arm. Arm up again, reach hand towards ceiling. (All action has orientation, manipulation, timing. Awareness requires orientation in time & space) Sweep L arm out, around, overhead and come to lie on R side w/knees bent, L arm to ceiling, reach through arm, hand towards ceiling, note shoulder blade slides towards away from floor. Keep arm to ceiling and roll to back, note orientation. Palms together, arms straight in front, compare lengths, bring L arm down, then R. Reach L arm towards ceiling, head rolls R, lower shoulder to floor, head rolls back to neutral. Reach L arm to ceiling, roll head L. Reach L arm such to bring hand closest to ceiling w/o lifting head or pushing with foot, gradually include whole skeleton to roll R. Try reaching L arm to ceiling while lifting R side of pelvis, note how effects arm reaching. On R side, L arm to ceiling, slide shoulder blade away from spine, reaching hand to ceiling, slide shoulder blade towards floor, allowing skeleton to start sequentially rolling towards back. Reverse several times, arm stays towards ceiling propelling the rolling from back to side and back again. On back, arm straight forward, reach/lower straight arm to create a tapping with shoulder blade, note breath holding. Sweep arm around to come to sit and stand. Stand, walk, return to floor, think through on other side for 5 minutes. Explore shoulder tapping w/R arm, note breath holding. Both arms forward, tapping. Both arms forward, reaching, head comes forward. Reach arms forward twice while head lifts once. Then 3 taps of shoulder blades w/one lift of head. Three taps of arms, 2 moves of head. Arms forward, alternate reaching

FI Exploration ~ Dennis Leri

Brining leg forward and rolling leg from trochanter

Tape 7a 13-37 CD1/T13

Demo with skeleton of lifting leg from ankle. Sit to side of person at pelvis, reach under/behind trochanter and lift w/fingertips to roll whole leg, sitting on same side as leg exploring. Then sit on opposite side, reach across, anchor at the iliac crest w/one hand and roll from trochanter w/other hand.

Day 4 February 21, 2003

ATM Lesson #010 ~ Diana Razumny

Arm, leg and head coming forward, back backwards, on back

Tape 7a 37-end, Tape 7b 0-43 CD1/T14 [Alexander Yanai #333] [DV#1]

On back, lift head in various ways, noting what goes backwards. R arm straight overhead, lift, note what goes back. Repeat w/R leg, then head, then all 3 at same time. Sit, take face forward, note back backwards. Stand, legs spread, knees bent, arms hanging forward a bit, (monkey stance), face forward, note back backwards. Repeat, returning head via image of hair at top of head being pulled up. On back, 5 lines for arms & legs and ball for head. Repeat previous lifting of arm, head & leg individually and together w/image of lines and ball plus strings pulling. Stand, R arm overhead, take R arm/leg forward, feel back move back. Repeat, allowing knee to float forward and place foot on floor a little forward to begin a kind of walking via arm/leg coming forward. Both arms overhead, walk w/this idea of back going back to initiate arm/leg coming forward.

ATM Lesson #011 ~ Dennis Leri **Coming to standing from lying on back via sidesit, large sweeping movement**

Tape 8a 0-44 CD1/T15

Sit, bend knees, feet on floor, tilt knees/legs side/side. 5 lines. Sit, lean on hands behind, feet standing, knees side/side, knee going towards sole of other foot, note head movement. Repeat, keeping head forward. Orient fingers forward while leaning on them, repeat leg tilts. From back, sweep one arm overhead, around and come to side sit then standing (previous lesson), stay standing, fold all joints, folding forward, going down, hands hanging towards floor, squat then reverse to stand. Stop w/head hanging and turn head. Go into squat, arms forward, rock forward/back. Squat, R hand behind, flop knees R, slide L knee on floor, (hip pushing knee forward) keeping L foot in place. Continue, expand so knees start to lift so feet comes towards floor. Add L arm straight out at shoulder level. From back, sweep arm around to sidesit, try coming up to squat by taking head backwards (for contrast). Then repeat keeping head down in front. Go from lying all the way through up to standing and reverse. Then take it to

the other side. Stand, alternate going down to side sit on one side then other. Expand to come all the way to lying on each side. Then circle around from standing to lying to coming up on other side. Then reverse direction of circling. Sweep both arms along floor overhead, to side and up to sidesit, reverse, both hands slide out in front to reverse. Stop/start/reverse during process of coming from lying to standing.

Talk #002 ~ Dennis Leri **Materials, ATM names, history of trainings and much more**

Tape 8b, Tape 9a 0-20 CD1/T16

Where do lessons come from, what are the names. History of trainings. Splits in the Feldenkrais community? Categories of lesson, by position, by function, by patterns, relation to gravity. Norman Badler, head of AI at University. Story about computerizing the categorization of ATMs and using "Primitives". Most lessons are clarifying one of the primitives: bending forward, bending backward, bending. Moshe's vision of the method ranging from concrete little movements to a giant leap in human consciousness.

FI Exploration ~ Dennis Leri **Review bringing leg forward and rolling leg from trochanter**

Tape 9a 20-24 CD1/T17

Groups of 4, working in pairs, remember what you've learned, explore and discuss.

ATM Lesson #012 ~ Dennis Leri **Eyes**

Tape 9a 24-end, Tape 9b 0-31 CD1/T18 [Esalen #12]

On back, eyes close, move eyes R/L. Take eyes L/center, R/center, R/L. Start taking eyes tiniest amount of L/R, gradually increase the distance, noting differences on sides. Continue w/awareness to breath. Variations of eye movements w/attention to center, lines, breath. Eyes closed, watch an imaginary feather floating down in front and stop the feather to focus at that distance then resume the floating down. Eyes up/down. Eyes L/R full range, gradually decrease range. Stand w/eyes closed. Think of eyes as windows before opening them and then look through them when you open. Lie on front side, forehead on floor. Eyes hanging down, take L/R, sense of going uphill when going to the side. Sweep eyes side/side quickly w/idea of scanning

horizon. Keep eyes extreme R and imagine a white or black point right in front of your face and then the point moves far away and to the right. Take eyes from extreme R quickly to the L then center. Repeat noting neck. Eyes L/R, compare sides. Repeat last 2 variations; eyes starting to L w/point moving then, quick move to R then center. Scan w/eyes on horizon. Point straight in front, move it away/towards your face, follow w/eyes. Have the point be one point along a line that is a midline down your front center. Take eyes extreme L/R. From center, quick R/center, L/center. Stand, slowly open eyes as though looking through windows, walk then lie on back. Move eyes up/down. Slow away from center, quick return. Fast away, slow to center, fast down, slow to center. Create line up/down center, imagine small creature crawling along the line, follow with eyes, flipping attention between looking and to the breath, contact to floor. Think of your tanden, a line down middle and trace it from your center point up then back to tanden then down and return to center. Go slow away from point, return fast to tanden. Fast up/down. Eyes L/R, head rolling with eye movement. Move eyes/head in opposite directions R/L. Stand w/eyes closed, slowly open eyes, looking through eyes, walk.

Day 5 February 24, 2003

ATM Lesson #013 ~ Dennis Leri

Body measurements

Tape 9b 31-end, Tape 10a 0-13 CD2/T1 [Esalen #31]

Different lengths of body parts, circumferences, relative comparisons of sizes and lengths.

FI Exploration ~ Dennis Leri

Body measurements

Tape 10a 13-34 CD2/T2

Groups of 4. 2 lying down. Using the ATM measurements, compare two people

Discussion after practice. Mr. Dreyfus study of architecture. Continuation in pairs.

Discussion: Sensing what is true for the other person is the measurement in yourself, sensing yourself as you are in the act of measuring.

ATM Lesson #014 ~ Dennis Leri

Coming from front to standing, start with tilting bent legs.

Tape 10a 34-end, Tape 10b 0-40 CD2/T3

On back, remember sweeping arms to come over to side, sidesit, squat then standing. Go down other side. On front side, hands near head, face to side, legs touching, bend knees, tilt legs side/side, keeping knees/ankles together, knee you tilt away from comes away from floor. Change direction of face, repeat. Note differences in relation to the direction of the face. Leave legs tilted to one side and turn head side/side. Repeat w/legs to other side. On front, knees bent, feet to ceiling, legs separate, lift R knee from floor. Repeat w/L knee, compare. Alternate knees. Legs long, lift one side of pelvis then other, note effect on legs. Small and quick. Move feet L/R such to roll the pelvis. Return to rolling pelvis to feel effect on legs/feet. Forehead on floor, legs bent, alternate lifting knees. Arms for push-up, face L, knees bent, lift L knee, take L foot to R.. Repeat on other side. Repeat and add looking over shoulder you are facing towards, ie. R leg going to L, look over R shoulder. Let it grow until you come up to side sit. Switch to other side. Repeat, add the eyes looking around the horizon to initiate movement. Alternate side/side, crossing through middle on front side. Come up on one side, lift knees while in side sit, bring knees to other side and go down to front on this side. Insert a squat between

flopping of knees to side. Add coming to stand from the squat and go back down. Come to stand this way via each side, coming from the front.

ATM Lesson #015 ~ Dennis Leri

Tilting crossed legs

Tape 10b 40-end, Tape 11a 0-44 CD2/T4 [ATM Book #5]

On back, bend knees, stand feet, cross R leg over L, tilt legs R. Repeat w/L leg crossed over R, note eyes. As knees tilt, attend to directing knee down/away. Knees bent, feet standing, palms together out in front of face, arms straight, forming a triangle, tilt triangle R. w/o bending elbows. Repeat on other side in mind first. Take arms side/side. As hands go to side take them a little upward. Cross R leg over L, tilt R, note difference. Track muscles in front/back. Repeat on other side, attention to belly pushing out w/tilt, comes in as legs return to center. Feet standing, triangle arms, take arms R/L, head rolls opposite arms. Repeat but have the eyes go with the hands as head rolls opposite the arms. Switch so the head/arms go same direction, eyes go opposite. Let eyes, head, arms all go same direction. R leg crossed over L, tilt R, leave them R and do seesaw breathing, belly/chest expanding/flattening. Tilt legs center/R, note difference. Repeat on other side. Feet standing, R hand across to under L armpit, L hand reaches around R shoulder to hug yourself, take elbows/head L/R., using hands to lift and roll shoulders. Allow hand to release and reach towards the floor on each side (rolling L, R hand reaches to L), knees stay forward. Repeat w/arms crossed other way. Arms stay hugging, rock side/side smaller/quicker. Re-cross arms other way, leave legs long and spread, take head/arms L/R, start slow, increase speed. Test movement of tilting legs w/one crossed over other. Triangle arms, cross legs, take arms opposite tilting legs. Repeat on other side.

ATM Lesson #016 ~ Diana

Razumny

Lifting arms and legs backwards, on belly, on knees and elbows

Tape 11b, Tape 12a 0-9 CD2/T5 [Alexander Yanai #334]

On back, arms overhead on floor, lift both arms, again w/head. Lift both legs then legs, arms, head same time. On front, arms overhead on floor, lift arms, head, head and arms. Throughout lesson, attend to changing shape of torso. Lift legs, lift arms, head and legs. On knees and forearms, lift R arm, then L leg then R arm and L

leg. Stay w/arm/leg lifted, rock forward/back. Repeat on other side. On front, arms by sides, palms up, press backs of hands, lift legs. Arms overhead, lift arms, head, legs, all three. Stand, lift arms in front, feel shape of spine/torso.

Day 6 February 25, 2003

ATM Lesson #017 ~ Dennis Leri Five Lines

Tape 12a 9-end, Tape 12b 0-14 CD2/T6 [Alexander Yanai #338]

On back, lines of spine, legs, arms. Come to sit in sweeping motion through side keeping sense of lines. Sit w/legs and arms straight out in front, sensing lines. Sweeping move back down to lying, recreate the sitting position of arms/legs straight out in front, sense the lines. Line from C7 to shoulder joints, make a point at shoulder joints. Same w/hip joints. Connect R hip/shoulder points, same w/L points so you have two lines parallel with the central line. Create rectangle with 4 points. Think of rectangle as a plane. Bring arms/legs forward as before, think of plane, tip plane to L, R side of plane lifts. Repeat w/eyes open. Sense length of lines from C7 to shoulder joints. Length of line from top of head to C7. Sense 5 lines, imagine looking down at lines from above then from below. Same from feet or head. Sense while seeing the lines. Arms/legs forward, tip plane of torso R/center. Sitting w/arms/legs forward, take plane forward from via hip joints closing, arms stay in same relationship so hands end up coming towards floor when tilting forward. Sense 5 lines, have point on R knee, imagine string pulling knee directly forward so line bends at knee, foot slides along floor. Point at R elbow, lift from elbow first to ceiling. Lift R elbow/knee point at same time, eventually straight arm/leg towards ceiling, take into tipping the torso plane. Repeat on L side, remember other lines through out. Bring both elbow/knee points forward, straighten R arm/leg to roll L, bend line to come to center, straighten L arm/leg, tip plane R. Sit, arms/legs straight out in front, tip plane, coming onto one hip then other. Stand, think of torso plane, fold forward, feeling back side going back. Stand, lift both arms forward, feel the plane move back.

Talk #003 ~ Dennis Leri Five lines with plane of torso, arms/legs out in front, on back and sitting

Tape 12b 19-end, Tape 13a 0-35 CD2/T7

The 5 lines, developing them. Clarifying the plane. Speranski's book. Moshe's books, *Body and Mature Behavior*. Anxiety and neurosis. Speranski, trauma research, using ice and morphine. Two shocks at same time is perceived as one. What is illness and health? Looking at creatures who learn and how they maintain

health. The state someone is in is what's important, such that changing the state is what's necessary. Speranski, example of damaging knee and numbing the other. Doing something on one side of body and how it effects the other. Weber/Fechner law. Charles Purse. Ability to sense differences. Kathleen asked how can you do something you can't imagine. Thomas Hanna story about using resistance. Demonstrating. Privacy during a lesson. Reading from *Awareness Through Movement*. Page 52-54. Developing sense of left and right. Oliver Sachs story about blind people gaining sight. Language. Working in FI is a way to complete self image. Phantom limbs.

ATM Lesson #018 ~ Dennis Leri Hands behind back, rolling pelvis, on back

Tape 13a 35-end, Tape 13b 0-44 CD2/T8 [Alexander Yanai #220]

On back, arms long overhead on the floor, bend R knee, foot on floor, lift/lower R hip, rolling L. Sense L shoulder blade sliding on ribs. L shoulder hangs back. Repeat, rolling head L. Repeat w/R hip in up, rolling head L/R. Repeat everything on other side. Stand R foot, R hand behind lower back, slide R shoulder up/down (shrugging), add sliding head R (tilt) to go w/shoulder movement. Same position, shoulder forward/back, then add head rolling L when shoulder lifts. Make very small move of shoulder forward/back w/o head. Lift pelvis, slowly slide hand out. Repeat on other side. Stand R foot, lift hip, slide R hand under, lengthen R leg and stand L, roll pelvis R, lifting L side of pelvis. Add rolling head R w/pelvis rolling R. Add bringing R shoulder forward very small amount. Repeat on other side. Bend both knees, lift pelvis, hands behind lower back, lengthen legs slowly, roll pelvis L/R (not using feet to roll). Let head roll same direction as pelvis. Repeat w/head rolling opposite the pelvis. Repeat w/other arm on top (both under back). Hands behind back, legs long, lift R shoulder, roll head to R. Repeat on other side. Head in middle, both shoulders forward, add rolling pelvis R/L. Arms long overhead, stand R foot, roll pelvis L, roll head L then slide head to be able to see L hand. Repeat on other side. Both hands behind back, legs lengthened, lift head leading w/chin. Switch which hand is on top, repeat.

ATM Lesson #019 ~ Dennis Leri Caressing down leg, standing

Tape 14a, Tape 14b 0-16 CD2/T9 [Esalen #37]

Stand, bounce heels on floor. Walking rest. Repeat just on L, R big toe for balance. Repeat on other side. Walk on heels. Stand, tap heels of both feet. Stand on L leg, R heel away from floor, knee slightly bent, caress down R leg w/R hand towards R heel. Repeat other side. Caress down inside of R leg w/L hand then L leg w/R hand. Caress down outside of R leg w/L hand. L hand down outside of R leg while R hand goes down back side of R leg. Both hands down back of R leg. Repeat last variations down L leg. R hand down back of R leg, at same time, L hand down back of L, have heels lifted whole time. Tap heels as in beginning. Stand w/legs a little spread, R hand down outside of R leg, keeping heel down. Repeat by shifting weight L and bending L knee. Repeat and lift ball of R foot as R hand goes down outside of R leg. Repeat but take L hand down outside of R leg, ball of foot up, shifting weight to L leg. Repeat, L hand once down inside then outside of R leg. Repeat variations down L leg. Caressing down leg w/both hands, alternate heel up or toes up. Legs spread, caress down sides of legs at same time, ball of foot is lifted. Down inside straight R leg w/L hand, ball of foot lifted, note ease. Same w/other leg. Legs spread, take palms to floor, lift balls of feet. Legs spread, palms to floor, take pelvis R and straighten L leg. Repeat, lift ball of L foot, pelvis goes R, head L, R knee bends. Repeat, trying to lift L heel. Alternate lifting L heel/toe. Repeat last versions with other leg. Tap heels. Tap quickly w/feet together. Same but several taps w/one heel then other.

Day 7 February 26, 2003

FI Exploration ~ Dennis Leri

Bringing hand to face

Tape 14b 16-end CD2/T10

Sit at head of partner who is lying on back. Reach for one of their hands, bring it to face. When reaching for their L hand use your R hand at the wrist, your L hand on their elbow.

ATM Lesson #020 ~ Dennis Leri

Tapping pattern on right side, on back

Tape 15a, Tape 15b 0-23 CD2/T11 [Esalen #27]

On back, hand tapping w/R hand on floor down along side, 1 - 1,2 - 1,2,3 - 1,2,3,4 Stand R foot, same tapping pattern w/front of R foot on floor. Stand R foot, R elbow wide, hand near torso, leave hand down and tap elbow. R foot standing, return to tapping R hand, then w/R heel. R foot standing, open/close lips on R side of mouth w/same pattern. Open/close R eye, same pattern. R foot standing, same pattern w/exhalation through R nostril. Stand R foot, R arm forward, hand towards ceiling, tap shoulder in pattern. Arm forward again, bend wrist so you can tap w/hand in same pattern. R foot standing, tap R hip in pattern. R foot standing, tap R thumb on floor, fingers/hand stay on floor. Repeat w/little finger coming from floor when thumb taps and repeat pattern. Repeat, allowing forearm to rotate. Top of tongue to upper pallet, drop tongue making "la" sound and use that to make the pattern. Elbow wide, hand near torso, tap R shoulder. R hand by side, tap middle finger same time as tapping R foot. Tap R wrist and foot. Elbow wide, hand away from floor, shoulder is down, hand goes down, shoulder lifts, that counts as one in the pattern, (forearm stays down). Tap just elbow. Combine short inhale through R nostril w/tapping of elbow. Roll R arm, palm down/up as one count and add one head lift for each count at same time as palm up/down. Tap hand/head same time. Combine for one count lift/lower hand alternately w/head lift/lower. Lift/lower head/foot at same time. Combine for one count lift/lower head alternately w/lift/lower foot. Arm straight out in front, tap shoulder alternately w/R foot as one count. Elbow wide, alternate elbow and foot w/head and foot for one count in pattern. Turn wrist to lift/lower thumb/little finger, add lift/lower big/little toe all combined makes one count in the pattern. Repeat same except little finger and big toe lift at same time and thumb and little toe is same time. Lift foot/head same time as one

count. Alternate lifting head/foot as one count. Lift/lower hip/head same time in pattern then alternate hip/head lift/lower as one count in pattern. Hip lifts each count while head/shoulder alternate lifting. Lift/lower hip, shoulder and head at same time. Arm out in front, lift/lower shoulder/head alternately w/lift/lower head/foot. Exhale out R nostril in pattern. Stand, sense sides.

Talk #004 ~ Dennis Leri

Studying between segments

Tape 15b 23-end, Tape 16a 0-41 CD2/T12

Study, read, write as you like. Story about Natalie Goldberg, writer, Buddhist practitioner and Feldenkrais student. The method can't be taught but can be learned. Let your passion carry you. *Body and Mature Behavior* and *Awareness Through Movement* are the only books he wrote. The other books are transcriptions of his teachings. Method is based on a martial arts model. As a practitioner of Feldenkrais we refer out to other specialists. Story about Milton Erickson, psychiatrist and hypnotherapist. Studying and refining takes a long time. Question about developmental movements. Dennis' personal attraction to the work. Bates eye method meets Reichian Work, Charles Kelly's work, Radix? Moshe's arguing style, Story about him deciding about doing Amherst training. Story about Andrew Carnegie. Shows up in work as a practitioner you "argue for the pain" when a person comes to you with a complaint. Surrender to your weakness to get to your genius. Moshe's idea of his work - dynamical system for learning. Story about Moshe and Ida Rolf. Story about Trager.

ATM Lesson #021 ~ Dennis Leri

Arms behind back

Tape 16a 41-end, Tape 16b, Tape 17a 0-11 CD2/T13 [Alexander Yanai#121]

On back, arms overhead on floor, legs spread, creating "X" with arms/legs. Arms along side, legs comfortably spread. Bend R knee, interlace fingers, palms together, hands/arms overhead on the floor, lift R hip, straightening lengthening one arm little. Repeat w/L knee bent. Bend R leg, hands interlaced overhead, palms turned away from top of head, lift R hip again, lengthen arms. Repeat on other side. Bend L leg, lift L hip, slide L hand under lower back, palm down,

lift/lower hip. Same position, R arm overhead on floor, repeat lift/lower hip. Bend both knees, L arm under back, R arm overhead, lift hips alternately. Bend R leg, lift hip, R hand behind/under back, lift/lower hip. Add R arm overhead. Continue w/both knees bent, lift/lower hips alternately. Both legs bent, R arm/hand behind back, L arm/hand behind back, R arm is higher up back, cross R leg over L, tilt legs R. As legs tilt, slide one arm a little farther under. Uncross legs leaving arms behind then cross L leg over R, tilt L. Switch arms so w/L arm higher up back, R nearer pelvis and repeat last variations. Lengthen arms overhead, hands interlaced, palms away from top of head, knees bent, alternate lifting hips, note lengthening arm. Bend knees, L hand/arm under back, move L shoulder up/down. Take shoulder forward/back, leaving elbow on floor. Then circle shoulder one direction then the other. Switch arms, repeat on other side. Both arms under back, L leg long, R leg straight up in air, take side/side. Leg in air again, take headward/footward then make a circle. Switch legs, repeat variations. Interlace hands, legs spread, arms overhead, palms away, roll side/side, lengthening arms. Ended w/partner from morning FI exploration of bringing hand to face.

Day 8 February 26, 2003

Evening Session

ATM Lesson #022 ~ Dennis Leri

"Hen pecking", head forward, back backwards, sitting on chair

Tape 17a 11-40 CD2/T14

Sit on chair, lean arms on back of chair, bring head straight forward, note the part of back going backwards. Repeat w/head facing more to the R. Repeat looking to the L. Return to taking face forward, sensing along front side, back side and spine in middle of torso. Once to L, once to right, note shifting on pelvis. Start taking head to R, repeating, each time a little more towards center and continue on to L, several pecking motions to work your way from R to L. Attend to head moving up/down in space as you take it forward and back. Bring head back, chest comes forward/up a little. Repeat taking head back/center w/face to the R. Repeat going gradually from R to L, L to R. Take head forward/back, note sitbones. Face R, go forward/back. Look L, repeat. Go from R to L gradually, make smaller/quicker.

FI Exploration ~ Dennis Leri

Imitating each other hen pecking

Tape 17a 40-43 CD2/T15

Groups of 4, two people do the hen pecking movement of the head. Then the two imitate each other while the observers help guide them to do it more like the person they are imitating.

Talk #005 ~ Dennis Leri

Experience of imitating each other

Tape 17b 0-17 CD2/T16

Sensing the attitudes with the shapes of the movements. Looking at people, being able to imitate gives information for understanding the person. Important not to merge. Internal necessity? Nervous system and skeletal system is an impersonal yet interfaces w/personal. Heinz Von Forester story. Redundancy of potential command.

FI Exploration ~ Dennis Leri

Hand on head

Tape 17b 17-31 CD2/T17

One person kneeling on one knee, one foot, one hand on the top of their head. Project your attention through

to their spine, legs, knee, foot. Try each hand. Move your whole body while hand/arm stays in same relationship with your body. Compare that to moving arm relative to rest of body. Feel for which way they move more easily.

ATM Lesson #023 ~ Dennis Leri

Taking head forward with 5 lines, on back, sitting and side

Tape 17b 31-end, Tape 18a 0-39 CD2/T18

On back, sensing face, (note taker on strike, very sketchy notes) Bringing head forward, think of line of spine bending. Sit, legs straight out in front, arms straight out in front, head forward, line of spine bends. Take arms straight forward, chin to chest and w/o head following. Take head back, chest forward/up. Sit, arms rest, legs straight out in front, lift one straight leg thinking of the line of the leg lifting. Lift leg line, take leg L/R then in circle. Define lines while on back. Bend knees, arms straight forward, define lines, lift R bent leg line while keeping other lines. Repeat w/L leg. On R side, head straight forward and then chin to chest note back. Roll head/L shoulder back. Move head/shoulder opposite directions. Repeat on L side. On back, feet standing, lift one leg/line, unbend knee, foot to ceiling, keeping sense of all lines. Repeat w/other leg. Sit, arms/legs straight out in front, arms lengthen forward, chin to chest. Then keep arms/head in same relationship to torso and bow from the hips. Arms/legs straight out in front, lift one leg.

Day 9 February 27, 2003

FI Exploration ~ Dennis Leri

Bring hand to face, rolling head

Tape 18a 39-end, Tape 18b 0-40 CD2/T19 DV#1

Partners, one lying on back, other sit at head, bring hand to face, review from yesterday. Bring hand/arm to head, roll head w/arm connected, undifferentiated arm/head move.

Demo in middle practice to show support under head, note difference between rolling head with and w/o support.

Your hand cupping their forehead, roll in direction your fingers are pointing. Place your flat hand on their forehead to roll their head as if hand is glued to forehead then do it with a changing contact of hand and head as you roll, hand stays flat, point on hand and their head is constantly changing as you roll them. Change hand to roll other direction so you are rolling in the direction your fingers are pointing.

ATM Lesson #024 ~ Diana

Razumny

Four points

Tape 18b 40-end, Tape 19a 0-43 CD2/T20

Stand, hand to floor in front, note 4 points, lift each hand/foot individually, then both hands at same time, both feet same time, diagonal hand/foot. Bend R knee, direct between L hand/foot, swivel to sit to L. Repeat on other side. Alternate side/side, add a little hop in middle. Keep hands down at first and then release one hand. Lift diagonal hand/foot, start to go down to sit, reverse. Go to sit then roll to back, come back up, leg tucked, swivel into 4 points. Repeat on other side then alternate side/side. Take hands to floor to compare to beginning. Lift one hand, another, diagonals.

ATM Lesson #025 ~ Dennis Leri

Tilting bent legs side to side, on front

Tape 19a 43-end, Tape 19b, Tape 20a 0-15 CD2/T21
[Alexander Yanai #408]

On front, legs together, bend knees, ankles/knees touching, tilt legs side/side. As legs go to the side, bring heels closer to buttocks, keep front of hip joint open/extended and then unbend knees a little when legs are in the middle so feet point towards ceiling. Hands one on top of the other, face R, tilt legs L, stay,

flex/unflex ankles while legs are tilted. Return to heels to butt when tilting L. Face R on hands, flex/unflex ankles while tilting legs side/side. Face L, interlace hands, place hands on L side of head, legs long, roll pelvis side/side. Repeat w/initiating from rolling feet, heels L/R. Return to initiating from the pelvis. Face L, hands interlaced on head, legs together, tilt R, lift L elbow. Repeat, leave feet to R, lift/lower L elbow. Face L, hands interlaced on head, tilt legs L few times then stay tilted, lift/lower R elbow. Look R, hands interlaced on head, tilt legs L, lift R elbow. Feet continue to go closer to buttocks when tilting to the side. Face R, hands on head, tilt legs L, lift/lower R elbow. Face R, hands on head, legs to R, lift L elbow. Legs stay R, lift/lower L elbow. On back, knees bent, inside of legs/ankles touching tilt knees to side, slide feet along floor towards butt when knees are to side. Tilt side/side like this, lengthening "top" side, knees moving away from center as they tilt so feet can come closer towards buttocks. On front, hands/arms for push-up, tilt bent legs side/side, look towards feet when on side. Repeat, stay w/legs to one side, turn head side/side. Tilt legs to L, alternate head looking R/L, head and feet return to center each time. Repeat on other side, legs tilting R. Push-up hands, tilt legs, look away from side legs tilt several times then turn head opposite, then keep head facing one side few times then other side. Throughout lesson, feet come towards butt when tilted to side. On back, propped on elbows, bend knees, stand feet, tilt legs side/side, bring feet towards butt when knees are to side. On front, push-up arms, look along floor then up, straightening arms, look up, with legs straight and then w/legs bent and tilt legs to side, looking over opposite shoulder. Repeat, tilting legs but look over shoulder on side feet are tilting. Repeat, looking over opposite shoulder, stay looking over shoulder, take feet side/side. Repeat on other side. Face R, hands interlaced on head, tilt legs side/side. Same w/face L. R hand on L, face L, tilt legs. Change hands/head, continue.

Talk #006 ~ Dennis Leri

Symmetry and referencing system, effort and work

Tape 20a 15-end, Tape 20b 0-31 CD2/T22

Question about going easy. *Body and Mature Behavior* reference of consciousness and awareness. Symmetry? Behavioral optometry example. Sense of difference is compelling. Used example of pelvic clock lesson of having a referencing system. 5 lines is another example

of a reference system. Effort versus work. Timing plays into the ease. Demo w/Brian tilting bent legs like in lesson. How do we know when to rest or when it's too much. When we run into situation/movement we can't deal with we move into an emotional response. Can look beyond the immediate response, expand perspective, ask for help. Lessons speak to the impersonal aspect of human movement. Story of flautist who lost ability to flex at knuckles but could extend so his lesson was to adapt to playing with what he had. Story of Moshe talking about Jimmy Carter, Ayatollah and Rolwing. FM look at the perfection of how a person is. Used example of reading to explain difference between awareness and consciousness.

Day 10 February 28, 2003

ATM Lesson #026 ~ Dennis Leri Knee and head come together to side, on front

Tape 20b 31-end, Tape 21a 0-31 CD2/T23 [San Francisco Year 2]

Scan on back. On front side, hands near head, R hand/arm for push-up, bend R knee, sliding up to R, face R. Repeat, bring head under gap of R arm, knee/head moving towards each other. Leave knee and head near each other, move the arm few times so the head is under the gap. Return to sliding head/knee together/apart, note difference. Bring knee/head towards each other a little, stay, bring head more through gap thinking of nose to knee. Repeat thinking of the forehead towards knee. Repeat thinking of mouth. Feel difference between each way of thinking. Stay w/knee/head near, sense where there is any limitation by muscles. Note L leg is straight and L heel rolls to outside as R knee slides up. Same position, slide long L arm from L side, along floor overhead, to head then under head, continue, arm comes in front and slides under L side to return to starting position. R arm, knee, head can all help L arm make complete circle. Return to original move of sliding knee/head together, head under gap of R standing arm/hand. On front, L arm near head, R forearm on back, knee/head together/apart. Repeat w/L arm down along L side, then again w/L arm near head. Repeat w/L arm down along L side, feel the back moving back as the front folds to bring head/knee together, feel quality of move. (note: Dennis said elbow/knee together a few times when he meant head/knee together)

ATM lesson #027 ~ Dennis Leri Knee and head come together to side, on front

Tape 21a 31-end, Tape 21b 0-25 CD2/T24 [San Francisco Year 2]

On front, face R, palms on floor near head, slide R knee up along floor, straighten R leg, turn head L, bring L leg up. Alternate side/side. Arms for push-up, head to knee R/L sides alternately. Explore lower back extending or flexing while bringing knee/head together. Slide R knee up, turn head L, switch to other side, L knee up, head to R. Keep pelvis moving continuously as knee slides up on either side, head continuously moving to opposite direction of pelvis.

Leave head in center, sliding knees up alternately, then add head looking under gap of arm at knee sliding up. Leave legs long/spread, take head under gap, allow pelvis to roll w/o bringing knee up. Repeat, roll pelvis opposite the head turning. Arms/hands near head (not push-up), slide head/knee together on sides alternately. Repeat position/movement except head/pelvis go opposite. Arms behind back, hold hands or wrists/forearms, repeat movement of sliding knees up alternately, taking head towards knee sliding up. Hands near head and stay in place, slide R knee up a little and then slide L up and under R leg as head comes towards L knee on R side. Alternate side/side. Both knees are not bending equally, the knee sliding up from the opposite side slides up higher. Hands/arms for push-up, slide L knee up to R side, keeping R leg straight, head goes towards L knee. Repeat on other side. Return to original move, head/knee together on side, R knee to head on R side, then L knee to head on L side.

FI Exploration ~ Dennis Leri Review head rolling, then all remember from segment

Tape 21b 25-end, Tape 22a 0- CD2/T25

Partners, one on back, other sit at head. Roll persons head to R w/your L hand. Have then take their eyes with the rolling. Then have them take their eyes opposite the head rolling. Have them open eyes, look to spot on ceiling as you roll head. Repeat going to other side, practitioner close your eyes as you do it to feel for differences in the quality of the head rolling. Bring hand to head, roll head w/their hand. Switch rolls. Groups of 4 and review.

Talk #007 ~ Dennis Leri Organization, intention, importance of "how"

Tape 22a 10-42 CD2/T26

Question about organization and intention. Organization as in Piaget. Function is bringing intention into action. Cross motivation interferes w/function. Story of Moshe's knee injury, doing two things at once, playing soccer and wanting to hurt someone at the same time. Can you really act against your own best interest? Are there moments of weakness in the will? Thief of time. Greek - akrasia. Example of head to knee not being important but people still try as if it really is. Compulsive behavior. Don't commit to something that

doesn't work. Question about "how is what's important". Story of Peter Brooks Company. How does FI relate to ATM? All the same method on a continuum. Frustration in ATM, learning how to deal w/same thing in FI?

arm to side, slide head/shoulders along floor to side opposite pelvis and arms, face stays forward. Arms under back, legs long, flatten back against arms, pubic bone forward/up, add head lifting, chin to chest.

ATM Lesson #028 ~ Dennis Leri

Arm behind back and head, on back and front plus bridging onto head

Tape 22b 0-end, Tape 23a 0-12 CD2/T27 [Alexander Yanai #323]

On back, bend R leg, foot on floor, lift/lower R hip. R knee bent, R arm to ceiling, bend wrist so palm faces ceiling, lift R hip, bend elbow, bring palm to floor near head, fingers are pointed down towards shoulder, lift/lower hip. Bring L hand to R elbow, take elbow L/R, then take elbow direction overhead, pressing hand into floor, then create circle. Same position, lift hip, turn head L, slide back of head through gap of R arm, elbow/knee stay pointed to ceiling. Same position, repeat, hip lifts, slide back of head through gap of arm, gradually straighten R leg, continuing to do the movement. Repeat on L side. Bend both knees, lift pelvis high, slide R arm under back, lower pelvis and L leg, lift/lower R hip, head rolls L. Leave arm under, have both legs long. Bend R knee again, lift/lower pelvis, head/eyes roll R/center, opposing pelvis, then roll head same direction as pelvis. Both knees bent, lift pelvis, remove R arm from back. Repeat w/L arm under back. Bring both palms on floor near head in "bridge" position like beginning of lesson, fingers pointing down, legs long, bring head through gap of arms alternately, legs are long, pelvis rolls. Bend both knees, lift pelvis, bring R arm under back, lower pelvis, lengthen legs, shorten front tilting pelvis so pubic bone comes towards head flattening lower back against arm. Repeat w/other arm. On front, legs spread, forehead on floor, L forearm behind head, hold wrist w/R hand, pull R arm to slide on back of the head, head doesn't move. Bring R elbow down towards R side. To clarify-palms down above head on floor, R palm on back of L wrist, wrap thumb and middle finger around R wrist, bring arms like this behind head and pull L arm w/R hand to R. Repeat position, roll towards L side while pulling arm. Transfer to other side. On back, bridge both arms, legs long, take back of head through gap of arms alternately. On back, bend knees, bridge arms, lift pelvis, take chin from chest, look overhead to come onto top of head. Chest comes forward, arms push into floor, push belly forward. Bend knees, lift pelvis, arms behind back, pull