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Day 11 May 19, 2003

ATM Lesson #029 ~ Dennis Leri

Tilting head to side, sitting

Tape 1a, Tape 1b 0-26 CD#3/T1 Alexander Yani #436

On back, scan, sit with soles together, hands resting on legs, R ear towards R shoulder, note breath, spine, sit bones. Repeat, head to R, R shoulder down. Rest on back, head to R. Sit, repeat tilting head R, add R shoulder down, note spine. Rest on back. Sit, take head R, L shoulder down. Head stays to R, lift/lower L shoulder. Pause, head to R, note changes. Head to R, R shoulder down. Head to R, lift L shoulder. Head R, R shoulder down, L shoulder up. Head to R, note differences. L ear towards L shoulder then R to R, compare. Rest on back. Sit, L ear to L shoulder, add L shoulder down. Leave head L, L shoulder down then neutral. Head L, L shoulder down. Simply head to L, note changes. Head stays to L, lift/lower R shoulder. Head L, lift R shoulder, lower L shoulder. Head L/R, lifting/lowering shoulders, compare sides. Head only L/R. Sit, lean on L hand behind, heel of R hand on R temple, fingertips on top of head, R elbow to R, head to L, upper back to R, note. Repeat, add lowering L shoulder, weight moves to R sit bone, note whole spine, pelvis, sit bones. On back, scan, think through last move on other side. Sit and transfer last movements to other side, starting with leaning on R hand, L hand on L temple. Leave head in middle, lift/lower L/R shoulders alternately. Lift L shoulder, lower R few times, add keeping head to L. Lift L shoulder, lower R shoulder take head L. L shoulder up, R down, head to R. Repeat, head to L shoulder. Return to alternately lifting/lowering shoulders with head in middle then add variations of head moves on other side. Lean on L hand, R hand on side of head, tilt head L, weight to R sit bone. Repeat but take weight to L sit bone. Lean on R hand, L hand on head, head to R, weight to L sit bone then to R sit bone. Hands on legs, tilt head L/R, shift weight to R/L sit bone. Repeat, shifting weight to same side head tilts. Hands on legs, lift R sit bone, weight on L sit bone, head tilts R, stay there and take head L/center. Repeat on other side. Shift weight alternately to R/L sit bone, head tilts to opposite side of weighted side, hip lifts on side head tilts. Repeat, quickly. Sit, arms straight out to sides, shoulder height, lift/lower L/R sit bone, arms stay parallel, head tilts towards lifting sit bone. Arms parallel to floor at shoulder height, take arms R/L, creating the head tilt and hip lift. Simply tilt head L/R, feel through whole self. Stand, walk, sensing spine relative to lesson.

FI Exploration #011~ Dennis Leri

Review what you remember from last time

Tape 1b 26-27 CD#3/T2

In pairs, practice what you remember from last time.

Talk #008 ~ Dennis Leri

What IS the work?, nervous system, brain and palmistry

Tape 1b 27-end, Tape 2a 0-19 CD#3/T3

ATM is more difficult to create than FI. Project: What is an ATM lesson? What is an ATM lesson like? How does an ATM lesson unfold (generate) itself. What is happening in the nervous system? Carl Pribrim *Language of the Brain*. Philosopher, Wittgenstein and story of war shock. Nervous system as an abstraction. Story about Braha, a student of Moshe's. Relationship of hand to organization of the brain and palmistry. Cognitive function hasn't been mapped out like brain function. Paul Eckman wrote intro to *Expression in Man and Animal* by Darwin. Directions for 5 groups.

ATM Lesson #030 ~ Dennis Leri

Rolling ball #1 - along back side, on belly

Tape 2a 19-end, Tape 2b 0-15 CD#3/T4 Alexander Yani #303 (modified from one side to diagonal)

On back, scan. On front, legs spread, arms up by head, extended comfortably, turn head to each side to find comfortable side. Imagine a metal ball on R foot rolling to knee along a line of pressure. On back, sense two legs after short exploration on front. On front, continue from knee to pelvis along line of pressure along back of R thigh. Pretending to feel the pressure of the ball along the back of the leg from heel to pelvis. Roll ball from back of L hand to elbow, eventually to shoulder. Imagine the pressure of ball on back of hand and how there would be a complimentary sensation of the front of hand and forearm against the floor. Roll to back to note changes from the ball rolling. Talk of self image during rests. Roll ball from L hand to R foot. Scan on back. Roll ball from L hand to R foot few times. On back, arms long/spread overhead, legs spread, sense diagonal, L hand to R foot. Return to front side, roll ball from L hand via lifting L hand then elbow to roll it back to hand. Organize lifting L hand/arm in order to roll ball along diagonal. Return ball from R foot to L hand by organizing/lifting foot/leg. On back, arms/legs spread in "X", sense line along same diagonal. On front, R leg/L arm away from floor, lower arm/raise leg alternately, rocking across front, imagine rolling ball along diagonal. On back, "X" position, sense along diagonal. Note other diagonal. Stand, arms overhead, sense diagonals, walk.

ATM Lesson #031 ~ Dennis Leri

Sliding foot in and out while on hands and knees, take into sitting

Tape 2b 15-end, Tape 3a 0-17 CD#3/T5 Amherst?

On hands and knees, slide L foot out to L, pivoting around L knee. Repeat, add head moving to L. Take L foot to L, as before, take head to R at same time. Return to head/foot to L. Repeat, think L shoulder/hip coming together. Slide L foot in and towards R knee, note head, try both directions of head. Slide L foot in/out, note head. Clarified use of torso. Repeat, noting ribs, spine, head, weight shift. Slide L foot towards R knee, stay and start taking pelvis towards floor to sit, note head. Repeat, explore looking at ceiling then between legs. Alternate sliding L foot in/out, when in, sit pelvis back towards floor. Stand, walk. Return to hands/knees, draw in belly, look down, lower belly look up. Repeat, add flex/extend ankles, note relation to flex/extend of torso and then do opposite of spontaneous choice. Repeat flex/extend of just ankles quickly. Return to combining flex/extend of torso w/feet. Stay w/toes planted, flex/extend torso. Continue, take head in opposition. Return to first part of lesson on other side, sliding R foot in/out. On hands/knees, turn head side/side, add shifting weight side/side, try opposite of spontaneous choice. Allow head to hang and turn side/side, add eyes moving opposite. Repeat head hanging/turning, add sliding R foot R as head turns R. Sit, tilt head R then turn to R to clarify coordinates. On hands/knees, slide R foot R, head tilts. Repeat but slide R foot in, add sitting pelvis back. Alternate sliding feet in. Slide R foot in and then the L foot in, sit back. Repeat, looking up as your return to all fours, uncross and re-cross legs starting w/L foot sliding in first.

Day 12 May 20, 2003

ATM Lesson #032 ~ Dennis Leri Flex, extend and circle foot, on belly

Tape 3a 17-end, Tape 3b 0-29 CD#3/T6 Alexander Yania #304

On belly, bend R knee, foot to ceiling, flex/extend ankle. Repeat with head turned away from bent R leg. Repeat with head turned R, note. Bring foot parallel, look over shoulder to see if it is. Foot parallel, imagine board on foot, slide front of foot on imaginary board so ball of foot moves L/R. Look over R shoulder to see if foot stays parallel. On back, stand feet, slide ball of foot L/R, pivoting around heel. Stop with foot in middle, lift/lower inner/outer boarder. Return to sliding ball L/R. On front, bend R knee, foot parallel to ceiling, watch foot, moving front of foot L/R. Bend R leg, foot parallel, take heel L/R, note breath, jaw, neck, chest. Repeat while watching foot. Return to flex/extend ankle. Repeat, think of imaginary line of pressure from heel to big toe. Repeat, line from heel to little toe. Repeat thinking of both lines, heel to big/little toe. Imagine the two lines, take foot L/R, keeping sole parallel to floor/ceiling. Repeat, watching foot. Leg bent, sense point on back of heel, imagine clock, circle heel around clock. Go: counter clockwise; lower half of clock/circle. Extend foot so heel is nearer floor to identify bottom mid point of circle, look at foot, move heel along lower half of circle. Start w/heel closest to floor, create quarter of circle thinking of toes. Make other lower quarter circle, think of big toe. Repeat quarter circles, evolving them into half circles. Make lower half of circle, thinking of lines from heel to big/little toes. Repeat, looking at foot. Simply flex/extend ankle, then keeping sole parallel, toes/heel L/R. Stand.

Discussion ~ Dennis Leri

Five groups discuss "What is an ATM?"

Tape 3b 29-end, Tape 4a 0-5 CD#3/T7

Five groups discussed "What is an ATM?" Groups reported.

Talk #009 ~ Dennis Leri

Questions and answers

Tape 4a 5-end, Tape 4b 0-7 CD#3/T8

Question about Alexander versus Feldenkrais. Story of Marg Barstow and Milton Erickson. Linguistics. Story of heart patient with Moshe. Jeffrey Schwartz book the Mind and the Brain (older book Brainlock) research on obsessive compulsive disorders. Question: Does the movement have meaning or is it just the focusing of attention? Question: In the foot ATM, is it necessary to

keep sole parallel. Umesh, quantum theory. Many-body problem.

ATM Lesson #033 ~ Dennis Leri Head tilt side to side, sitting

Tape 4b 7-end, Tape 5a 0-11 CD#3/T9 [Alexander Yanai #85]

Sit cross-legged, tilt head, R ear to R shoulder. Think L ear to L shoulder, then actually. Imagine pane of glass in front of face, tilt head R/L with idea of polishing glass with forehead. Hold flat hand against forehead, keep hand stationary and tilt head R/L, repeat w/other hand then do without hand against forehead, just imagining the pane of glass on forehead. Rest on back, sit, tilt head R/L, think of back of head sliding against wall behind. Flat hand on back of head, tilt head, repeat w/other hand, then without hand again. Rest on back. Sit, tilt head L/R, sensing chin against imaginary glass, then use flat hand on chin, repeat w/o hand, then use other hand. Rest on back. Sit, interlace hands on top of head, tilt head R/L keeping head in same plane. Repeat, thinking of moving very top of spine. Rest on back. Sit, hands interlaced overhead, tilt head relative to hands staying in same place in space. Tilt head w/o arms, think of plane in front and back of head. One flat hand on forehead, one on back of head, tilt head keeping hands stationary. Rest on back. Sit, tilt head, sensing jaw, sides of jaw, throat in front. Rest on back, think of a plane going through center of head at level of ear. Sit, think of the plane through middle of head, tilt head thinking of right ear then L ear, top of head, each temple. Shift attention between points on plane in middle of head while tilting head. Rest on back. Stand, tilt head, note nose and shape of arc made in space. Repeat, think of: surface at back of head; top of head. Hand at top of head, lightly touching, tilt head. Interlace hands on head tilt head. Repeat with hands floating just above head. Rest on back. Hands above head, tilt head thinking of all different points and planes. Repeat simple tilt of head w/o hands. Walk with sense of geography of head.

ATM Lesson #034 ~ Dennis Leri Nod head up and down, in sitting

Tape 5a 11-end, Tape 5b 0-18 CD#3/T10 [Alexander Yanai #86]

Sit cross-legged, lean on hands, take head forward/down. Add taking head up/back (looking up/down), think of chin, throat, note path/line of the chin. Repeat w/eyes focused on bridge of nose. Repeat w/attention on top of head. Repeat, thinking of R ear then float attention between different points on head: chin, top of head, one ear, back of head, one side of jaw then the other, throat. Repeat, sensing base of neck (C7), then in relation to back of head. Repeat, sensing chin/throat relationship, chin/sternum relationship, find the

spontaneous and then do the opposite. Repeat, note eyes while closed then open, looking up when head moves up, down when head moves down, then reverse eyes/head. Lean on R hand only, head in center, head up/down again, thinking of: back of head, forehead, nose, chin. Continue/repeat w/L arm up overhead. Repeat w/arms switched, attention floating, adding lower lip forward, imagining top of head going towards floor. Sit, leave head hanging forward, leave jaw down and lift head away from jaw. Head down, eyes closed, stick out tongue, take head up so it's like licking ice cream cone. Repeat tongue coming out and let attention float between all different points on head. Rest on back, slide tongue out against lower lip, then tongue out against upper lip. Sit, repeat, tongue slides out and across lower lip looking down then slide out and along upper lip when looking up w/head. Repeat and float attention to all parts of head previously mentioned. Stand, look up/down, think of a chain attached to top of head down front of body and one attached hanging down back to floor.

Day 13 May 21, 2003

ATM Lesson #035 ~ Dennis Leri

Rolling ball #2 - along back side, on belly

Tape 5b 18-end, Tape 6a 0-24 CD#3/T11 [Alexander Yanai #305]

On back scan, on front R hand on L, forehead on back of R hand, imagine finger creating a line of pressure from R heel to knee, switch to imagining ball rolling to create the line of pressure. Continue to roll ball from knee to hip and back down to heel. Rest, sense heel to hip, compare to L leg. L arm long overhead, face L roll ball/line of pressure from hand up arm. Alternate line of pressure w/rolling a ball. Return to R heel, rolling along R leg, lift/lower foot to help roll the ball. L arm long overhead, imagine ball rolling along arm, down back, across pelvis to R leg. Roll ball between R hip/L shoulder, move hip/shoulder in a way to facilitate ball rolling. Start ball on back of L hand, sending it to R heel, lifting hand/arm, foot/leg, hip/shoulder in a way to help ball. On front, L arm overhead, face R, roll ball from hand to heel along diagonal, lift leg/arm and rock between two, lifting/lowering arm/leg to facilitate ball rolling. Rest on back, stand, walk, note effects. On front, R arm long overhead, face L, repeat on other side (shortened version), ball starting at L heel, gradually working up to hip, shoulder, hand. Stand walk, note balance. On front, arms to sides of head, chin on floor, imagine ball on back of neck, lift head to roll ball to between shoulders, continue ball to pelvis, return ball to neck by moving pelvis. Repeat, when ball gets to pelvis lift legs to direct ball back to neck. Return to rolling between pelvis/neck. Lift head/pelvis, leaving them up and rock to roll ball between pelvis/neck. Lift head/legs, leave them up, lift/lower alternately to roll ball. Repeat w/hands standing on floor near shoulders. Face R, arms long overhead, lift L arm/R leg rock to roll ball between heel/hand. Switch face and diagonals, repeat. Chin on floor, lift head/pelvis alternately to roll ball.

Talk #010 ~ Dennis Leri

Knowing what you are doing, knowing yourself and confusion

Tape 6a 24-end CD#3/T12

Phrase, "If you know what you are doing you can do what you want." Question: How do we know if we know what we are doing? Strategies in structure of lessons. Styles of teaching ATM. Socrates and knowing yourself and not doing to excess. States of confusion as fertile for new emergence.

ATM Lesson #036

Hands and knees

Tape 6b CD#3/T13 [Alexander Yanai #57]

On hands and knees, look up/down, arching/bowing back. Explore distance between hands/knees, find optimal distance for support. Look up/down, including whole torso and spine from top of head to tail. Repeat and use eyes to look along floor/wall. Close R eye and repeat. Switch eyes. Rest on back. On elbows, forearms and knees, repeat looking up/down. Repeat, explore with each eye closed. Rest on back. Repeat, explore distance between elbows/knees then find optimal distance. On elbows/knees, forehead on floor, hands on floor, lengthen arms, lift/lower R elbow. Leave elbow in the air, lift/lower quickly. Repeat w/L arm/elbow. Rest on back. Stand on knees, hands on hips, thumbs backwards, push belly forward. Forehead on floor, hands on hips, expand belly and go back to sit, add taking elbows backwards to initiate the movement. On back, interlace hands behind head, knees bent up over belly, lift head, imagine 5 times that you are going to throw the head to the knees at high acceleration. Repeat with non-habitual interlacing of hands, think of head to each knee separately and then together. On forehead, arms long, lift R arm off floor, taking it backwards, lift head. Repeat looking at lifting hand with one eye, the other then both. Repeat w/L arm. Alternate lifting arms, using opposite side eye to look at lifting arm/hand. Same position, lift both arms at same time, come to sit, use pushing belly forward to help. On back, hold head/knees up, imagine head bashing knees.

Discussion ~ Dennis Leri

Five groups discuss "What is an ATM like?"

Tape 7a 0-28 CD#3/T14

Five groups discussed "What is an ATM like?" Groups reported. Discussion followed. Question: How do you deal with person who is goal oriented?

Talk #011 ~ Dennis Leri

What happens in an ATM and how.

Tape 7a 28-end, Tape 7b 0-29 CD#3/T15

Description of process of atm and how things work. Is anxiety inherent in a lesson?

ATM Lesson #037 ~ Dennis Leri

All 4s to sit and cross-legged crawl

Tape 7b 29-end, Tape 8a 0-25 CD#3/T16 [London #14]

On hands and knees, take pelvis back to sit on heels and look down between legs, come forward and look up. Repeat, toes touching, heels apart so sit between heels.

Repeat with R ankle crossed over L. Repeat w/big toes together, heels wide. Repeat except reverse relation of head to movement. Look up when sitting back, down when coming forward. Return to original relationship of head to movement. Have knees and feet together and sit back to one side and other, keeping hands in same place. Repeat and slide R knee forward, L backwards and sit pelvis back to R, reverse. Repeat on other side. Alternate side/side. Return to original movement of sitting back looking down, coming forward looking up, reverse the looking up/down. Repeat with toes tucked. Cross R knee behind and to L of L leg, separate the feet and sit back between feet. Alternate w/the knees uncrossed and sitting back each time, crossing/uncrossing, sitting back each time. Repeat w/L knee crossed behind and R of R knee. Alternate which leg is behind and sit back each time. Switch leg crossing w/o sitting back and do it quickly. Bring R leg in front of L and slide it to the L, look down at knees when crossing. Switch to L in front of R. Start at end of mat and crawl forward by alternately crossing legs then reverse to crawl backwards. Slide one knee forward, other back and sit to side, alternate side/side. Note which hand you want to lift as you go side/side. R leg behind and L to L knee, separate feet and sit pelvis between feet, remove hands from floor then reverse and go to other side, alternate. At front of mat, cross one leg behind, sit back between feet, hold feet, roll back, throw feet overhead, come back up to sitting. Switch leg crossing and hands when rolled back and feet are overhead then come up to sitting. On all 4s, look down/up, sitting back/coming forward. Stand, walk.

Day 14 May 22, 2003

ATM Lesson #038 ~ Dennis Leri

Rolling the ball #3 - across arms, on back & belly

Tape 8a 26-end, Tape 8b 0-28 CD#3/T17 [Alexander Yanai #306]

On back, arms out to sides, palms up, think ball in R palm, roll from hand along inside of lower arm to elbow. Continue rolling ball towards R shoulder/chest. Move chest in way to roll ball back to hand then move hand to roll back along arm to chest. Stand, walk, sense. On back, repeat on L side. Roll ball into indentation on chest near shoulder on one side then roll it side to side, moving in way to help - note: sternum, chin. Then from hand to hand via arms/chest. Stand, walk, sense. On belly, arms out, palms down, face R, ball on back of R hand, roll along arm, increasing until on back of shoulder, then across to L shoulder, down L arm/hand. Use lifting hand/arm to help roll L/R. Roll ball L/R, add turning head towards lifting hand. Stand, walk. On back, arms out, join ankles/knees, imagine ball at ankles in groove between legs, roll ball to knees, reverse. Continue rolling up leg to pelvis, moving feet, knees, pelvis to help the rolling. Stand, sense, walk.

FI Exploration #012 ~ Dennis Leri

Feel along each side of spine

Tape 8b 28-31 [CD not recorded]

Person lying on side, feel along each side of spine (in the groove) from bottom to top with pillows of the fingers.

Discussion ~ Dennis Leri

How does a lesson "lesson"?

Tape 8b 31-end, Tape 9a 0-16 CD#3/T18

Five groups discussed "How does a lesson 'lesson'?" Groups reported. Discussion followed.

Different people have different experiences of a lesson.

ATM Lesson #039 ~ Dennis Leri

Gluing the lungs #1

Tape 9a 16-end CD#3/T19 [Alexander Yanai #201]

LOB, bend knees, feet flat, shallow/quick breath through nose. Attend to upper R lung quadrant under clavicle/shoulder blade. Trace breath through nostrils, upper pallet, wind pipe, lungs. Follow same path of breath into upper R lobe. Rpt w/R lower third of lung. Same breathing, sense connection of diaphragm at lower back, ribs, neck. Exhale, lung shortens, Rpt w/middle R lobe. All three R side. Rpt, emphasize squeezing out air on exhale.

ATM Lesson #040 ~ Diana

Razumny

Bending toes

Tape 9b, Tape 10a 0-6 CD#3/T [Alexander Yanai #378]

This is where Candy starts. On back, bend knees, feet flat. Lift R toes off floor, ball of foot stays down. Lift R leg off floor and repeat, bending toes up toward shin. Lift R leg again, bend toes down, then alternate, bending toes up and down. R leg in air again, bend toes up and down, attend to breath, jaw, face during toe movement. Throughout lesson attend to these aspects. Lift R leg again, bend R ankle moving top of foot, leaving toes quiet. R leg in air, bend at ankle moving R foot up and down, attend. Lift L leg into air, bend L toes only up. Bend L toes only down. Alternate bending toes up/down. Lift L leg, bend L ankle up/down, leaving toes quiet. L leg in air, combine toe and ankle movement, bending toes and ankle up, then toes and ankle down. Continue movement in background as you attend to breath, jaw, etc. Lift R leg into air, repeat toe/ankle coordinated bending. Move attention to breath, jaw, face mouth. Lie on front, arms on floor near head, legs slightly apart. Bend knees, soles of feet toward ceiling, touch inside edges of feet together, bend toes up/down, ankles quiet. Repeat, adding coordination of ankle bending to toe movement. On front, face L, hands in push up, knees bent, feet together as before, coordinate toe/ankle bending. Same position, but face R. Bend ankles without toes, add toes bending in coordination with ankles, speed up, then speed up again. On back, knees bent, feet standing. Lift R leg into air, bend and straighten R knee only. Repeat on L. Lift R leg in air, coordinate toe/ankle bending, slowly add bending/straightening of knee (knee bends, foot up, toes up/knee straightens, foot down, toes down). Repeat. Lift L leg, bend/straighten L knee, add coordinated ankle/toe bending. On front, face L, knees bent, inner edges of feet together, bend/straighten knees. Same position, straighten knees part way, stay there and bend/straighten toes. Same position, hands in push up, straighten knees part way, stay there and bend/straighten ankles, add toes bending/straightening in coordination. Repeat previous 3 steps facing R. Same position, with knees part way straight, coordinate bending/straightening ankles/toes. Same position, bend/straighten knees, then bending knees coordinating with bending/straightening of ankles and toes. On front, legs long and touching facing L. Hands in push up, coordinate bending/straightening knees, ankles, toes. Rest arms on floor close to head, face R, roll pelvis. R. Straighten R arm overhead on floor, roll pelvis R. L hand in push up, roll pelvis, speed it up. Repeat to other side. On front, both hands in push up, face L, legs long and together, toss pelvis R and L, turn head to R, toss pelvis L and R.

Day 15 May 23, 2003

ATM Lesson #41 ~ Dennis Leri Rolling the ball #4 - along diagonal, on back

Tape 10a 6-end, Tape 10b 0-12 CD#3/T21 [Alexander Yanai #307]

On back, legs long/together, roll imaginary ball from above knees to pelvis, back to knees. Ball below knees, roll towards feet, back to knees, moving feet/knees/legs in way to help. Repeat, using knees pressing to floor. Continue rolling to pubic bone and back to feet, create kind of undulation from pelvis to feet to create the rolling. Arms straight out to sides, imagine ball at throat, roll to public bone and return, lifting head, tilting pelvis, moving as needed. Repeat w/one hand on throat, one on belly. Bend knees, stand feet, hands interlaced behind head, ball on navel, lift pelvis, roll ball to throat, lift head, roll to pelvis. Bend knees, lift feet, knees towards chest, lift head to roll ball to bell, lift knees more towards chest to roll ball back to throat. Legs long, arms straight out to sides, roll ball from ankles all the way to throat and back again. Arms out to sides, palms up, roll ball from R hand up arm to "little recess" of deltoid on chest and reverse. Arms/legs spread in "X", imagine the line of pressure from R hand to L foot then roll ball from R shoulder to L hip and return, use lifting of head/hip. Start ball at R shoulder, cross to L hip, down L ankle, return. Add rolling from shoulder up to R hand, back down to L foot, leg moves to help ball rolling. Lift R arm/L leg a little, lift/lower arm/leg in that shape to rock on the diagonal to roll the ball. Think through other diagonal, the do. Arms out to sides, legs together, roll ball from ankles to throat. Rest w/arms down, sense 5 lines, stand

ATM Lesson #042 ~ Dennis Leri Gluing the lungs #2

Tape 10b 12-end, Tape 11a 0-8 CD#3/T22 [Alexander Yanai #202]

On back, stand feet, breathing shallow/quick, attention to R upper lung, track air from nostrils down throat to R upper lung, expanding/contracting in all directions. Note ribs, liver, path of air moving. Attn to nostrils and air cool coming in, warm going out, track to middle lobe of R lung, expanding all directions. Air into all 3 lobes of R lung. Squeeze air out. Sit, legs crossed, lean on hands behind, head forward/down, quick breathing, track air into R upper lung, middle, then lower, then all three. Track the expansion of shoulder girdle, ribs, lower back. Sitting, repeat w/R/L lung lobes. Stand, walk, return to back. Sidesit, L leg in front, lean on L hand, R hand over

head, fingers on L temple, repeat quick breathing into L lung, thinking of lung lengthening. Think of squeezing air out of L lung on exhale. Reverse sidesit position, breath into R lung, think lengthening, think squeezing on exhale. Same position, think of both lungs lengthening/shortening, think squeezing on exhale. Reverse sidesitting position and repeat. Stand, eyes closed, tilt head side/side.

Talk #012 ~ Dennis Leri

Question & Answer

Tape 11a 8-37 CD#3/T23

Question about resistance in a lesson. Getting saturated. Maryska: Sensory/motor -sensory on the mat? Motor in action? Story of Heinz Von Forester visiting training.: Developing self regulation during segment and lessons will then be transferred in working with others. Betty: Reference to ball rolling lesson, you locate the depth of the ball for yourself to make it work for you. Kathleen How to survive the "real" world, reference to dropping glass, crossing road without looking. Melanie: After lesson, leaving the lesson on the floor or bringing it up to standing.

FI Exploration #013 ~ Dennis Leri Exaggerate lines of face

Tape 11a 37-end, Tape 11b 0-4 CD#3/T24

Partners sitting across from each other, examine face, compare sides, exaggerate the directions of lines. Then one person lies on the back. Explore fingers on inner arm, just skin to skin, reach attention through skin to musculature, continue attention into the bone. Think of the skin of your fingers touching soft tissue of arm and the soft tissue of the skin of the arm touching the bone of the fingers. This is the kind of conscious touch to use with the face. Take corner of the mouth, pull little when in direction it's already going. Exaggerate the lines to define the territory of this person's face, just one side and then have them get up and walk around.

ATM Lesson #043 ~ Dennis Leri Tilt to side, standing #1

Tape 11b 4-end, Tape 12a 0-19 CD#3/T25 [San Francisco 6/29/75]

Stand, lift L heel from floor w/o bending knee. Tilt head R, add lifting L heel. Walk rest. Add lowering R shoulder when tilting, add caressing down R leg w/R hand. Walk rest. Raise R shoulder to ear, drop. Return to head tilt to R. Tilt head, raise shoulder. Leave shoulder/head together and tilt body R. Return to caressing down leg. Walk rest. Tilt R, caress down leg, return to middle quickly. Repeat but much smaller. Walk. Return to tilting

R, caressing, lifting heel. Note movement around R hip joint. Repeat quickly, thinking of heel shaping into lace. Rest on back. Stand, think through steps on L side, test on R side first then do small amount on L. On back, tilt/slide head on floor to R. Stand, R ear towards R shoulder. Arms out to sides at shoulder height, ear to shoulder. Then R arm to R ear with head in middle, tilt head/R arm R, leaving L arm horizontal. Think through on L side, do on R side then do on L side. Caress down L leg, lifting R heel. Repeat on other side then alternate. Rest on back. Stand, arms straight out to sides, tilt head R and take pelvis R. Repeat to L then alternate. Walk. Arms out parallel to floor, take head/pelvis opposite sides so more like a stick. Caress down leg lifting opposite heel, alternate sides. Rest on back. Kneel on knees, arms out to sides, take head/pelvis same side then take to opposite sides. Stand, caress down legs alternately. Walk. Stand, arms out to sides, move arms up/down w/o head then add head. When R arm goes down head goes R, same to L then switch so head/arms go opposite. Kneel on R foot/L knee, arms out to sides, head/pelvis to L/R. Repeat but take head opposite pelvis. Switch to other side, L foot/R knee standing, repeat little on this side. Rest on back, sit cross legged, hands on knees, tilt head L/R. Hands support behind, tilt head R, shoulder girdle to the left so ear and shoulder come together a little. Now, head to R, shoulder to R. Stand, arms out, chin to chest, pelvis forward then tilt head back, take tailbone backwards. Then take opposite, head down/pelvis back, head up/pelvis forward. Caress down legs alternately, lifting opposite heel. Arms out to sides, tilt arms up/down, head in center. Add tilting head twice for every one arm tilt. Return to the caressing down legs alternately, note lungs. Return quickly so heel snaps to floor.

Day 16 May 26, 2003

ATM Lesson #044 ~ Dennis Leri

Gluing lungs #3

Tape 12a 19-end, Tape 12b 0-34 CD#3/T26 [Alexander Yanai #203]

On back, sense breath, bend knees, quick breathing, track air through nostrils, roof of mouth, throat, lungs. Sense effect of breath/diaphragm on lower back, neck, ribs. Focus on the lobes of the L lung lengthening/widening from. Breath remains quick throughout. Diaphragm descends, air rushes in, both lungs lengthen/widen. Sit, soles of feet together, interlace fingers behind head, chin towards chest, arms hang on head, repeat quick breath, attention to lungs on both sides, note any passive movement of head. Same position, think of R lung expanding at back, then add expanding in all directions. Repeat w/L lung. Sit, legs long, lean back on hands, head hangs a bit, think of the front of the R lung. Sit, soles together, hands hanging on head, take head down, folding front a little. Hands behind, legs long/spread, think R lung, lower lobe back/forward, shift to upper lobe, note R side of 4 cervical vertebra. Sit, lean back on hands, sense R lung, feel along side R side of spine, lumbar to cervical, diaphragm descending. Repeat, sense shaping of spine as lung slides while keeping all other awareness of movement of ribs, tracking air. Sit, soles together, hands behind head, again sense front part of spine, sliding R lung, diaphragm descends, creates vacuum. Lean on hands behind, push belly out, head hangs back, repeat breath and awareness of R lung along spine front and back. Switch and repeat w/L lung. Return to hanging hands, soles together, folding, feeling whole spine. Stand.

ATM Lesson #045 ~ Dennis Leri

Gluing lungs #3 continued

Tape 12b 34-end, Tape 13a 0-23 CD#3/T27 [Alexander Yanai #203]

Sit, arms behind, legs long, head forward, quick breath, think of whole R lung, lengthening, attn to spine, ribs. Repeat w/L lung. Repeat w/both sides. Soles together, hang hands on head, fold forward little, note ease. On knees/elbows, cup chin in hands, look up, continue quick breath and awareness to R lung. Repeat w/L lung. Both. Sit, soles together, hands on head, hang forward, folding. Stand, legs spread, head hangs, top of pelvis back a little, quick breath, attn to both lungs, etc. Fold/unfold, head up/down, pelvis tilting forward/back, slightly while attn to breath. Take head/pelvis back, unfolding, once with two breaths. Small quick fold/unfold with quick breath. Sit, soles together, hands hang on head, quick breath. Rest on back, stand.

FI Exploration #014 ~ Dennis Leri

Explore along sides of spine

Tape 13a 23-29 CD#3/T28

One person on belly, head turned to one side, feel along one side, other or both at same time.

Discussion ~ Dennis Leri

Question & Answer

Tape 13a 29-40 CD#3/T29

Question about touching the spine and losing the sensation of the bone. The breathing lesson and anxiety. The purpose of the quick breath. Question about rolling ball lesson last week.

ATM Lesson #046 ~ Dennis Leri

Tilt to side, standing #2

Tape 13a 40-end, Tape 13b 0-40 CD#3/T30 [San Francisco 6/30/75]

Stand, tilt head R, shoulders to R, lift L heel. Tilt only head so bend only in neck. Let place of movement of bending is farther down torso, lifting heel. Repeat to L. Arms out to sides, palms down, keep arms parallel tilt head side/side. Arms out, pelvis side/side. Then pelvis/head to same side. Then head/pelvis to opposite sides. Stand, arms out to sides. Move arms R and L. Add turning head away from reaching arm. Repeat, this time turning head toward reaching arm. Stand, same position, twist arms and torso L and center. Repeat, but change pace, turning slow to L and quick back to center. Stand, same position, arms out to side, then bring L ear to L arm (which is parallel to floor) and turn L and center. Add, quick return to center. Stand, same way, bring R ear to R arm (which is still parallel to floor) and turn L and center. Add quick return. Stand, both arms out to sides, turn L and center. Add quick return to center. Stand, caress down L leg with L hand. Stand, arms out to sides, turn as far left as comfortable, stay there and shift pelvis L and R. Repeat, this time shifting pelvis L and R in the plane of the face, then in the plane of the arms, then in the plane of the navel, then in the plane of the feet. Repeat, randomly choosing in which plane the pelvis will shift L and R. Standing, arms out to sides, eyes closed, turn L and center. Stand, arms out to sides, turn to L as far as head, shoulders, and pelvis are still in same plane, shift/tilt head and shoulders in same direction, pelvis opposite. Repeat, this time shifting head and pelvis in same direction, arms opposite. Stand, arms out to sides to L and center. Add quick return to center. Stand, arms out to sides, turn L and stay there, tilt head to look up and roll arms upward, look down and roll arms downward. Repeat, this time move eyes

opposite head and find out if arms roll to follow eyes or head. Try arms and eyes together, head opposite. Repeat, this time try arms and head together, eyes opposite. Repeat, this time arms, head, eyes all together. Stand, slide L hand down L leg, lifting R heel. Arms out to sides, turn L and stay there, roll arms to face palms upward, and add quick return to center and slow turn to L. Stand, without moving think through lesson on the other side. Try for a kinesthetic impression of the movements. After 2 minutes, try 2 or 3 variations only, in the smallest way. Stand, caress down R leg with R hand, lifting L heel.

ATM Lesson #047

Holding chin from behind the head #1, sitting to lying

Tape 13B 40-end, Tape 14a 0-38 CD#3/T31 [San Francisco June 30, 1975]

On belly, L hand on R, forehead on back of L hand, take R heel L/R rolling whole leg. Forehead on back of hands, roll head L/R. Roll R leg, inside of R heel goes towards floor. Forehead on floor, R hand on back of neck, hold R index finger w/L hand, head stays, slide R hand to L across back of head/neck. R hand palm down, hold R wrist w/L hand, place hands on back of head, slide arms R/L, R elbow is off floor. Face L, repeat sliding arms across back of head. Race R, repeat. Repeat w/forehead down. On back, R hand behind head, hold wrist w/L hand, slide R hand to L. Repeat, add bringing L elbow towards ceiling as L elbow comes behind head and L hand comes towards chin. R arm behind head, from behind head hold R elbow w/L hand, bring L hand to chin from L side. On front, hold R wrist w/L hand, slide R arm across back of head. Repeat, R ear down to floor, slide hand towards chin. Forehead down on back of hands, roll R heel L/R, sense if easier, fell all the way up to shoulders. Stand, sense sides. Sit cross legged, hold R wrist w/L hand behind head, slide arms bringing R hand to hold chin. Hold R elbow w/L hand to help bring R hand to wrap around L side of chin. Grasp chin or close to it, stay w/help of L hand on R elbow, fold forward/back, side/side. Hold chin again, helping w/both arms, roll to lie on back while holding then come back up, rolling across R side, head stays close to floor, chest comes close to knee. From back, simply roll up to sitting across L side to side sitting, hold chin again and roll across L side. Come up/down on L side then switch to up/down R side. Then when up, flip knees to other side and go down on other side, circling in one direction. On front, forehead on back of hands, roll R leg/heel in/out, then both legs R then L, feel through pelvis, spine, shoulders. Stand, hold chin w/R arm from behind.

Day 17 May 27, 2003

FI Exploration #015 ~ Dennis Leri

Emphasizing both sides of face

Tape 14a 38-end, Tape 14b 0-19 CD#3/T32

Exaggerate what you see in the face, both sides at the same time. Follow their pattern. You hold the exaggeration a few seconds. Discussion - Compared this time (both sides) to last face experience of one side. Question about why create contrast.

ATM Lesson #048 ~ Dennis Leri

Four points #1

Tape 14b 19-end, Tape 15a, Tape 15b 0-7 CD#3/T33
[Alexander Yanai #109]

Stand, legs spread, hands to floor, pelvis high, gradually lower pelvis to squat, leaving heels flat, head hanging. Place hands in front of R foot, start lowering pelvis. Repeat w/hands in front of L foot. Then hands back to initial place in front, hands stay in place as pelvis lowers towards floor. Hands framing R foot, lower pelvis. Return to hands in middle to compare. Hands frame L foot, lower pelvis. Return to hands in middle. Hands and knees, toenails on floor, pelvis towards heels. Hands/knees, slide R knee little forward, take pelvis back. Repeat w/L knee sliding forward. Hands/knees, slide R knee forward, L back, pelvis towards floor. Switch to L forward/R back. Alternate L/R. Hands/knees, simply take pelvis towards heels. Hands/knees, knees/feet together, pelvis to heels, add sliding L knee forward/R back, pelvis back towards side-sitting. Repeat, switch to R knee forward/L back. Then alternate, sitting side to side, head swings opposite direction of pelvis. Stand on knees, wide, L hand on floor to L, swing feet, L foot to R knee and sit. Repeat on R side. Repeat, alternating side/side. Stay w/feet to L, hands out in front, swing around to lie on back, reverse to come up onto knees. Go up and down like this on each side then do it without using arms, then alternate side to side. Stand, hands on floor, pelvis towards squatting. Stand w/legs/feet together, hands to floor in front, lower pelvis, sit to one side then other. Stand, feet wide, hands on floor, lower pelvis to squat, take pelvis to floor on one side to sit. Side sit, L leg behind, use R hand to come to squat. Go between lying and standing through squat and side sit. Stand, hands to floor, begin squatting. Repeat, wobbling the knees.

ATM Lesson #049 ~ Dennis Leri

Hold chin from behind the head #2

Tape 15b 7-end, Tape 16a 0-19 CD#3/T34 [London #15]

On front, hands near head, face to one side, reach back/shoulder with one hand then the other. Switch side

facing then with forehead down. Hands on floor above head, face L, hold R wrist w/L hand, bring hands/arms behind head and bring R hand to L side of face towards chin. Use little finger and thumb to hold the wrist. Repeat on other side. Sit cross legged, hold R wrist w/L hand behind head, bring R hand to L side of face. Switch sides. Sit, R hand behind head, hold R elbow w/L hand, help take hand to R side of face/chin. Switch sides, repeat. Alternate between sides. Explore each side again, sometimes holding wrist, sometimes elbow. Side sit, L leg back, L hand to R side of chin, R hand on floor in front, slide it away and bring L elbow towards floor, hanging forward, move L/R along floor. Switch sides, repeat. On back, L hand behind head, hold wrist w/R hand, slide hand towards chin, R elbow goes forward/down, stay w/hand on chin, roll to R up to side sit. Switch sides, repeat. On back, hold chin w/R hand from behind, roll to R side, knees bent/together, L hand on floor in front, slide head/R arm along floor in arc forward/back, knees come closer to face when sliding forward. Repeat on other side. On R side again, hold R wrist w/L hand, head is in front of arm on floor, lift R elbow a little off floor, leaving head on floor, small move. Repeat on other side. On back, R arm behind, holding L side of chin, stand feet, lift pelvis, translate L/R, slide head/arms same side pelvis then opposite. Repeat on other side. Hold chin with favorite hand, roll up to sit, squat, stand, return to back through other side.

ATM Lesson #050 ~ Diana

Razumny

Edges of feet

Tape 16a 19-end, Tape 16b 0-14 CD#3/T35 [Alexander Yanai #433]

Stand, note space between outer edges of feet, also between greater trochanters and compare. Note space between two legs along their length. Sit half lotus, note ease and comfort. On back, note space between legs. Bend knees, stand feet, lift/lower inner edges of both feet, keeping knees vertical. Lift/lower outer edges of both feet, keeping knees vertical. Alternate lifting inner/outer edges of feet. Continue but more quickly. On back, stand R foot, L leg bent with L knee out to side, L foot between R foot and pelvis. Lift/lower inner edge of R foot. Repeat other side. Lift/lower outer edge of L foot. Alternate. Change legs again, R foot standing, L foot between R foot and pelvis, alternate lifting inner/outer edges of R foot. Bring R foot to stand on inside of L foot, lift/lower inside edge of R foot. Lift/lower outside edge of R foot. Alternate. Same position, add L palm on forehead, roll head L/R while lifting/lowering inside edge of R foot. Note rhythm and coordination. Same position, L palm on forehead, roll

head R as inside edge of R foot lifts/return both to neutral. Same position, R palm on forehead, roll head L/center while inside edge of R foot lifts/lowers. Same position, R palm on forehead, roll head R/L while lifting/lowering inside edge of R foot. Same position, hands along sides, lift/lower outer edge of R foot. Add R palm on forehead, roll head L/center while lifting/lowering outside edge of R foot. Same position, R palm on forehead, roll head R as outside edge of R foot lifts. Combine rolling head R/L while lifting/lowering outside edge of R foot. Same position alternate lift inside/outside edges of R foot. Add R palm on forehead, roll head in coordination with R foot. Intentionally roll head L/lift inside edge of foot then switch and roll head R/lift inside edge of foot. On back L foot standing on inside of R foot. Lift/lower inside edge of L foot. Add R hand on forehead, roll head L as inside edge of L foot lifts. Roll head R as inside edge of L foot lifts. Roll head R/L and lift inside edge of L foot. Same position L foot standing on R, L hand on forehead, roll head R as outside edge of L foot lifts. Roll head as L outside edge of L foot lifts. Roll head L/R as outside edge of L foot lifts. Same position, R palm on forehead, lift inside/outside edges of L foot, roll head L/R. Play with coordination. On back, R foot standing, L knee bent out to side, stand R foot on L lower leg, alternate lifting inside/outside edges of R foot. Let R knee open to side, outside edge of R foot on L lower leg, continue movement of lifting inside/outside edges of R foot. Add same movement in L foot. Sit half lotus, lean on hands behind and lift pelvis, bringing knees toward floor. On back, soles of feet facing and touching. Alternate moving inside/outside edges of feet together/apart. Move soles of feet apart but still facing, and continue movement of feet. Standing, note leg/feet spacing as in beginning.

Day 18 May 28, 2003

FI Exploration #016 ~ Dennis Leri

Pushing through sit bone, on side

Tape 16b 14-end, 17a 0-36 CD#3/T36

Groups of four, pairs within the group. One person lies on side, knees bent, find own sit bone so practitioner can see where it is. Practitioner sit below pelvis, place fist on sit bone, find comfortable position. Feel contact, push slowly just to feel the spine, hold a bit, release slowly. Try other sitting positions, other hand, etc. Switch with partner. Demonstration on skeleton. Switch partners within group of four. Switch partners again. Go back to original partner. Switch places with that partner. Discussion: What did you think we were doing? Learning to work without hurting ourselves, learning to push through the spine, learning to feel. Question about what to do with weird paths through. Answer: it depends. Description of/encouragement to cultivate the "felt sense" to rely on it more. Question about use of props. Answer: it depends on the student, the practitioner, the lesson. Stories about Gaby Yaron. Clarification about our system of learning, which is not necessarily self consistent, and other systems such as Roling which are self consistent.

ATM Lesson #051 ~ Dennis Leri

Four points #2

Tape 17a 36-end, 17b, Tape 18a 0-18 CD#3/T37 [Alexander Yanai #14]

On back, scan. Stand, hands on floor in front of feet, knees soft, lift/lower R hand/L foot, note head, neck. Repeat w/ L hand/R foot. Note timing, simultaneous. Walking rest. Lift/lower R hand/R foot. Repeat w/L hand/foot. Lift/lower both hands, lift feet at the same time. Lift all 4 at the same time. On back, feet/hands up towards ceiling as if standing on floor, imagine you are lifting one hand from the floor, the other then each foot. Stand, hands to floor, feel comfort of just being in position. Lift/lower R hand/foot. Repeat w/L side. Flat hand/foot comes down all at once. Lift diagonals again. Alternate diagonals. Alternate hands/feet at same time. Lift all 4s at same time, check for simultaneity. Long rest on back. Stand on 4 points again, lift R leg, take knee to L between L hand/foot, side of pelvis to floor, R foot ends up behind L heel in swiveling action, pivoting on L foot, hands remain in same position. Stay down and feel the impulse of coming back up to stand. From standing, imagine going down to the other side. Alternate, side/side, up/down. Repeat but stay down, add hop in middle, then quickly, pelvis high/head low. On 4 points, think through 20 times going to L, attending to different

things, then do just one actually. Repeat on other side. Long rest on back. Four points, same movement as when taking R leg to floor, this time straighten R leg and send it through to L, stay in sitting, leaning on R hand, L hand on top of head, tilt head L/R, front/back then circle, circle other direction. Return hands to floor, slide straight leg along floor, pelvis in the air, come to stand. Do several moves of sliding straight R leg through to L. Switch to other side, sliding L straight leg to R, stop in sitting, circle head w/R hand on top of head. Come back up then go up/down w/straight L leg a few times. Alternate side/side. Return to taking knee through, alternate side/side, passing through 4 points in middle. Coordinate with the whole class. Stand, explore the original combinations of lifting hands/feet.

Discussion ~ Dennis Leri

Questions and sometimes an answer

Tape 18a 18-end, Tape 18b 0-28 CD#3/T38

Practicing with family. Using imagination when up against your own constraint. What do practitioners look for when a client walks into a room. Fractals. "Never trust first impressions," Moshe. Working with people who operate at a higher performance level than yourself. Story of Moshe observing basket ball players. Yvan Joly. Correcting is incorrect. When does here become there? Heinz Von Forrester and thinking outside the box. Importance of paying attention during FI? G.A. Miller article "Magical number of 7, plus or minus 2." Different types of attentiveness. Tribal hunting, the imaginary and real animal.

ATM Lesson #052 ~ Dennis Leri

Gluing the lungs #4

Tape 18b 28-end, Tape 19a 0-33 CD#3/T39 [Alexander Yanai #203]

On back, quickened breath, track air to R lung lengthening. Same w/L lung. Remembering past guided awareness in gluing lung lessons. R hand on top of head, slide arm/head to R, stay and repeat quick breath into L lung, then R lung. Then alternate awareness R/L. Head in middle, stand feet, slide pelvis along floor R/middle, timed w/breath, imagining R lung expanding, then L lung. Expand lung when pelvis goes R. Knees bent, L arm long overhead on floor, slide head/arm to R. Stand, caress down R leg, lifting L heel, compare to L side. On back. Repeat on L side, starting w/hand on top of head, sliding to side. Knees bent, slide head R/L, add quick breathing. Then go just to R. Switch to L. Alternate L/R. Take pelvis R/center, quicken breath, 5 inhalations, 5 exhalations to take pelvis R and back to middle. Repeat on L. Stand, caress down sides of legs alternately. On front side, knees/ankles together/bent, interlace hands

on head, face L, tilt feet R, L knee lifts, stay in comfortable place to R, do quicken breath, as always, attention to lung one lung for 20 counts then 20 on other side, then 20 counts for both lungs. Repeat w/face to R, legs to L. Alternate feet tilting R/L, repeat w/face to other side.

Talk #014 ~ Dennis Leri

Introduction to Moshe Video

Tape 19a 33-end, Tape 19b CD#3/T40

Dennis shared about Nancy, the woman on videos.
Discussion after each video. Questions about Moshe.
Question about energy. Talking about lessons as you give them for the sake of students. Causality is the greatest superstition.

Day 19 May 29, 2003

ATM Lesson #053 ~ Dennis Leri

Turning head between two hands

Tape 20a 0-end, Tape 20b 0-21 CD#4/T1 San Francisco July 1, 1975

On back, arms up near head, elbows bent, finger tips at back of head where head/floor meet, roll head small amount w/fingertips. Arms down along sides, roll head very small amount. On front, R hand on L, forehead on back of R hand, heels L/R, pelvis tilts side/side, spine rotates. Same position, put L ear where forehead is then forehead again. Repeat, add placing L ear to R of center. Note shoulder blades, pelvis. Repeat without changing anything, keep speed. Then repeat with small changes each time. Now, place L ear to L then return forehead to middle. Alternate placing L ear to R/L of center. Return to alternating forehead and L ear on hands. Leave L ear down, look up/down. Imagine pencil through ears so head pivots around that point, looking up/down with head/eyes. Repeat and switch direction of eyes/head so they go opposite. Return to first movement, turning head from forehead to L ear, note differences. Rest on back, wedge fingertips where head meets floor on each side, small rolling. Roll head w/o hands, noting effects through spine. On front, L hand on R, forehead on back of L hand, remember/think of moves on other side on this side. Only actually do the last move of head/eyes up/down. Return to back, fingertips at head, roll gently. L flat hand behind head, R flat hand on forehead, R hand rolls head to L, add rolling R. Switch hands, repeat. L hand behind, R on forehead, R hand to L, L hand to R, rolling head between hands. Switch hands, repeat. On front, forehead on hands, turn head L, R ear on hands, look down/under to switch sides. Then look out/up to switch sides, look in arc from elbow to elbow out/up or down/under. Track arc of chin, nose, forehead while taking face side/side. On back, roll head w/fingertips at head and then arms along sides. Tilt head side/side, face stays forward, not rolling now, compare arc of chin and forehead. Head in middle, translate head side/side, nose and chin moves equal amount, sliding back of head small amount on floor. On front, hands overlapped again, forehead on back of hands, tilt head side/side, top of head makes arc in space, then translate head directly side/side. On back, translate head side/side. Imagine large clock under, head in middle, 12 o'clock 3 feet above head, 6 o'clock is 3 feet down from middle, 9 o'clock is to R, 3 to L, circle nose counter clockwise/clockwise. Imagine circle on ceiling, make smaller circle with nose. Imagine piece of paper in front of your nose, magic marker at tip of nose, draw pie or cake on paper. Add sliding cake, serve each piece to side w/your nose. Write

the name of the cake and then sign your name w/your nose. Fingertips at head again, small rolling, sensing spine, continue the idea of rolling to bring yourself up to standing.

FI Exploration #017~ Dennis Leri
Feeling spine and pushing through sit bone

Tape 20b 21-end, Tape 21 0-1 CD#4/T2

Person on side, practitioner feel along spine then push through sit bone. Discussion - Our connection with the skeleton is an avenue to clarify the self image.

FI Exploration #018~ Dennis Leri
Side bending with pushing on sit bone

Tape 21a 1-end, Tape 21b 0-11 CD#4/T3

Person on side, hold over top of head with arm/hand. Practitioner, notice how they do it. Then sit at their sit bone and your hand to push at an angle upward to tilt the pelvis sideways, creating side bending. Student repeats lifting head sideways with help of hand and practitioner follows with pushing at sit bone. Then student repeats lifting head, imaging the practitioner is pushing on sit bone. Practitioner hold and stop the pelvis from moving when student lifts head sideways. Then student goes back to lifting head side ways without practitioner hold. Lift top foot to feel movement in hip then combine it with head lift. Return to lifting head alone. Discussion - Question about symmetry. Experiment, on back, lift head. It's a movement of the head where in the spine? Knees bent, tilt pelvis and lift head thinking of fold. Feel difference. Add flattening lower ribs and taking sternum diagonally down to floor and feel lifting head ease. Try lifting lower back and lifting head. Story about Ericksonian work and regressing people.

ATM Lesson #054 ~ Dennis Leri

Four points #3

Tape 21b 11-end, Tape 22a 0-3 CD#4/T4

Stand, take hands to floor, explore lifting one hand, other, each foot, diagonal foot/hand, same side foot/hand. Rest on back. Stand, hands on floor, hanging head, lift R foot, R knee between L hand/foot, come to sit facing L, hands stay on floor, return to 4 points. Rest, switch sides. Alternate side/side. Repeat, add hop when coming through middle. Repeat but with straight leg sliding through to opposite side rather than bent knee. Stand facing side wall, 4 points, slide straight L leg through and go onto back. On back, reverse by standing R foot, slide R arm around overhead to side and return to 4 points, reverse, repeat. On back, arms, legs and head in the air, swing up and come into 4 points again. From back, repeat coming up on other side. Alternate side/side.

Return to bending knee to opposite side, coming to sit, return to 4 points, alternate side/side. Stand facing wall to L, bend R knee through to L, roll to lie on back, swing up to sitting then 4 points and repeat. From back, come up on other side, facing wall to original R. Alternate side/side as well as alternate bending knee or having leg straight. Return to original explorations of being on 4 points and lifting different combinations of hands/feet. Walk stepping R hand/foot, then R hand/L foot.

Day 20 May 30, 2003

FI Exploration #019 ~ Dennis Leri

Side bending, sitting on chair and lying

Tape 22a 3-35 CD#4/T5

Sit on floor cross-legged, feel which sit bone is clearer on floor. On person observes, other sits on chair at front edge, move one knee in/out, repeat with other, easy one is the one which sit bone is lighter. Sit with one buttock off chair, have hand on opposite side over top of head, side bend lowering elbow of hand on head. The buttock that stays on chair is the one that had more weight on sit bone. Same cheek off, repeat with other hand on head. Lie on side on floor, hand over head, lift head, roll pelvis up. Switch roles. Discussion - This exploration is another way, in the gravitation field, to create effect of pushing through sit bone to create sidebending. Discussion of experiences: quality vs. quantity of differences, reference points.

ATM Lesson #055 ~ Dennis Leri

Lifting fingers and arm with five lines

Tape 22a 35-end, Tape 22b, Tape 23a 0- CD#4/T6 [Gaby Yaron "Flying"]

On back, R arm along side, palm down. Lightly press/lift R thumb to floor. Imagine line from thumb up arm, through shoulder and down to lower back. Repeat with index finger, middle finger, ring finger and little finger. Repeat, sequentially, starting with thumb. Think of all five lines and lift/press all 5 fingers, peel fingers off floor first and then palm. On front, face R, R arm straight out to side, R knee bent up, L arm down by side, repeat peeling fingers/hand off floor, thinking the lines. Continue and have fingers then hand lifting initiates arm lifting, fingers are bent backwards. Same position, lift R knee from floor by rolling pelvis back. Return to fingers and five lines, lifting arm back towards ceiling. Repeat w/R leg straight, L leg bent out to L side, still facing R. R arm out to R, face to L, L knee bent up to L, lift arm again with 5 lines. Repeat in same position except change legs, R knee bent up to R. Return to original position of facing R, R knee bent up, lifting R arm from fingers, sensing the 5 lines. Rest on back, sensing the 5 lines from fingers to lower back and come to stand, walk. On back, repeat on L side, press/lift fingers, create the 5 lines. Then turn to front side, face L and recreate all from the R side to the L side. Return to front side, R knee bent up to R, face R, both arms straight out to sides, imagine both sets of the 5 lines, lifting arms back, starting with the fingers. Repeat w/L knee out to side. Repeat w/face to L. Repeat w/face L, R knee bent up. While the arms are lifting change head to other side,

alternate head side to side, lifting arms. Same thing with L knee out to side. Same position, leave arms lifted, turn head L/R. Alternate lifting one arm higher as the other lowers, looking towards hand that lifts. Repeat w/R knee up to side. Stand, walk sensing the connection into lower back from fingers.

FI Exploration #020 ~ Diana Razumny

Push through trochanter

Tape 23a 5- 15 CD#4/T7

Demonstration on the skeleton, hips and knees bent at right angles, push through with one hand behind trochanter, one on back of ilium to connect to spine. To properly locate trochanter, begin by placing hand over trochanter and lifting top foot to feel trochanteric movement. Groups of four, with new partners, begin by pushing through trochanter, imagine your way through the spine. Think down into the floor and then headward. Second, feel along both sides of spine, then push through trochanter again. "Student" comes to sit to note changes. Switch partners. Switch partners again in groups of four. Switch with that partner.

ATM Lesson #056 ~ Diana Razumny

Toes and Stepping

Tape 23a 15-end, Tape 23b 0-25 CD#4/T8 [Alexander Yanai #421]

On back, Knees bent, R leg lifted into air, bend and straighten R big toe (eyes closed). Repeat other side, open eyes to check toe action. Switch to lift R leg, combine R big toe and R ankle/foot bending/straightening. Note preferred combination. Try eyes closed then eyes open. Same position, bend/straighten just R big toe. Repeat previous two steps on other side. Hands and knees, flex/extend ankles and toes, note pelvis and low back response. Go faster, note head. Hands and knees, flex/extend R ankle/toes, repeat 10 times quickly, pause, then 5 times fast, pause, 5 times fast again. Repeat with L ankle/toes. Hands and knees, pads of toes on floor, lift R foot and knee off floor/down. Same position, lift R foot and knee to bring R foot to stand. On back, slightly move R big toe. Repeat with L big toe. Hands and knees, pads of toes on floor, lift L foot and knee off floor/down. Add, moving L foot to stand. On back, think and then bend/straighten both big toes. Imagine moving both big toes fast. Flex/extend both big toes and ankles. Alternate bending both big toes in opposite directions. While pushing both heels into floor flex/extend both big toes in same direction. Add ankles to the movement,

sending force through skeleton to head. Hands and knees, tops of feet on floor, bring R foot to stand close to R hand. Add, moving R hand away from floor. Repeat on L. Alternate sides. Hands and knees with pads of toes on floor, knees spread, insides of big toes touching, lift/lower R knee. Lift/lower L knee. On back knees bent, lift R leg into air, bend/straighten R big toe - eyes closed then check with eyes open. Repeat on L. Switch to R leg again, combine flex/extend R big toe and ankle. Stop ankle and repeat with just big toe. Repeat on L side. Hands and knees, pads of toes on floor, big toes touching, knees spread, alternate lift/lower L and R knees. Retain all fours position, place toe nails on floor, lift/lower R knee. Lift/lower L knee. Alternate lift/lower R and L knees. Same position, toe nails on floor, lower pelvis toward heels and return. Add, thinking of lifting knees from floor as pelvis approaches heels. Same position, bring R foot to stand as R hand lifts, repeat with L foot and hand, alternate. Hands and knees, flex/extend both ankles/toes. On back, press heels into floor, flex/extend both toes and ankles, note transmission of force through skeleton to head. Hands and knees, knees spread, pads of toes on floor, big toes together, move pelvis toward heels and heels toward floor while knees lift off floor to squat. Same position, move to squat, then lift R hand up and place R foot to step onto R hand's vacated place. Repeat other side. Alternate. On back, press heels into floor and flex/extend both toes/ankles to transmit force through skeleton. Move R big toe up/down. Repeat with L big toe. Hands and knees, flex/extend both ankles/toes. Bring one foot to stand, step and walk.

Day 21 June 2, 2003

Introduction ~ Efrem Razumny & Yvan Joly

Yvan Joly & Yvan shares about coming here and the method

Tape 23b 25-39 CD#4/T9

Yvan requests people to write something about themselves they think would be interesting for him to know. What is interesting about the Feldenkrais Method for you? What are some questions or concerns you have about your training?

ATM Lesson #057 ~ Yvan Joly

Sucking

Tape 23b 39-end, Tape 24a, Tape 24b 0-2 CD#4/T10 [Amherst June 9, 1980 T#2]

On back. Talk of developmental movement and trainings. Bring lips forward and make movement of sucking. Suck on finger. Note facial expression when stop sucking. Intentionally smile a few times: once imagining someone you don't like; someone you like; someone you are simply know. Note differences generally and in chest. Suck few times, note expression in face. Roll self from head, note easy side, continue to roll to easy side. On side, suck. Note corners of mouth and smile when stop sucking. While sucking, note: breathing, fingers, toes, tongue. On back, suck, roll head, note if sucking is easier when head is rolled to one side. Roll head R, suck on R finger, roll head L while sucking. Repeat with L finger, then with two fingers, rolling head side/side. Come to stand, feel expression in face, look at someone without changing expression, if possible.

ATM Lesson #058 ~ Yvan Joly

Eyes

Tape 24b 2-end, Tape 25a 0-11 CD#4/T11 [Amherst June 9, 1980 T#2]

Article "Nature and Nurture" about genetics in Time Magazine. Remove contact lenses. On back, eyes close and open them and notice what you see. Look as if you've never seen before. Roll head, looking at what you see without recognizing what you see. Stop head in middle, look up/down. Feel eyes in sockets, the weight, the size. Eyes close, roll eyes to side towards one ear a comfortable distance. Stay with the side you choose. As you look to side, notice eye on side you are looking towards. Note: breathing, mouth, smoothness. Notice the other eye that is looking towards the root of the nose. Bend knees, stand feet, take eyes around lower quarter of a clock on side you have been taking eyes. Note

inhale/exhale during quarter arc of eyes. Draw upper quarter of circle on same side. Then full half circle. Have attention on outside eye then inside eye. Rest eyes then roll head, note if easier to one side or other. Come to sit with eyes closed. Look side/side while sitting. Open eyes, look as if have never seen. Sense quality, colors, shapes. Close eyes, go onto back, open eyes as if have never seen. Stand, eyes closed, open eyes, see as if haven't seen before. Note if easier to see on one side.

Talk #015 ~ Yvan Joly

Sucking, eye and psychology

Tape 25a 11-44 CD#4/T12

Ruth had a question about sucking lesson and swallowing. Glenna shared about feeling three months old and nursing. Maryska, activity and rest analogous with suck and smile. Barbara about finger in mouth helped. Yvan shared about eyes and referred to *Frogs into Princes*, NLP and EMDR. Example of how method uses differentiation and connection to identity.

Talk #016 ~ Moshe Video

Pain, FI & ATM and more

Tape 25a 44-end, Tape 25b 0-43 CD#4/T13 [Amherst June 9, 1980]

ATM Lesson #059 ~ Moshe Video

Flexion #1

Tape 25b 43-end, Tape 26a, Tape 26b 0-1 CD#4/T14 [Amherst June 9, 1980 T#2]

On back, bend knees, interlace hands behind head, lift head. Attn to exhale when head lifts, note belly, ribs, sternum, lower back. Keep lower back lifted and lift head. Let back come to floor and lift head. Inhale when you lift head. Interlace fingers non-habitual way, hands behind head, knees bent, lift head. Change back to habitual interlacing, lift head then non-habitual way. Lift head w/closed eyes, think of looking between legs. Hands on lower ribs, press hands on ribs, lift head. Find different ways to help lift head. Repeat your variations in same order. (discourse about having choice) On back, knees bent, lift head without hands, then with just L hand behind head, do without hands, with R hand, then again with both hands, looking between legs. Repeat without hands. Lift with both hands, add lifting legs. Head/hands down, lift bent legs. Add head lift. Repeat w/hands behind head. Stay w/head/legs in air, open knees, bring knees/elbows little closer. Lift just head, note change. Legs lifted, lift head w/hands, imagine R elbow touches R knee, sense weight shifted to R. Add, L foot on floor, roll little R as R knee/elbow come

together. Repeat on R side. Roll side/side. Rest on back, notice contact. Stand, note where eyes look, walk.

Talk #017 ~ Yvan Joly

About Moshe's teaching

Tape 26b 1-17 CD#4/T15

Dan shares experience of listening to tapes from the past. Ray shares about the amount of talking and being able to sort through the movements instruction with the "ramble" style.

Day 22 June 3, 2003

Talk #018 ~ Yvan Joly

Moshe Video: Seeing and creating invariance

Tape 26b 17-35 CD#4/T16 [Reference to Amherst June 10, 1980 T#3 Video]

Moshe on audio video talking about eyes then Yvan demonstrated what he was talking about. Sitting, finger up in front of face, turn head side/side, increase speed of head and see that the finger looks like it's moving. Brain creates stability. Focus on a point, move head, what's in visual field looks like it's moving and we learn to stabilize the image by developing as a child, touching. Story about cat studies with blind fold and not interacting with environment. Story of not being able to see a boat because of lack of experience. Learning is proportional to your ability to withstand not knowing. Tolerance to ambiguity. We create stability and then have to let go of it to learn something new. Return to video: More on invariance and tilting head, looking at finger in front of face and shake head. Feelings and emotionality. Logical thinking.

ATM Lesson #060 ~ Yvan Joly Flexion #2

Tape 26b 35-end, Tape 27a 0-44 CD#4/T17 [Amherst June 10, 1980 T#3]

Moshe starts ATM, Yvan finishes. On back, bend knees, stand feet, hands behind head, lift head and R foot, R elbow towards R knee. (rants about people's intolerance to cigarette smoke and onions) Return to R elbow/knee together/apart. (Yvan reiterates Moshe's talk of invariance) Continue the movement and note eyes, ribs, breath. Repeat w/L elbow to L knee. Vary what part of you aims towards L knee. Aim L elbow towards outside of L knee. Change interlacing of fingers, alternate R/L elbow towards L knee. Keep R elbow and L knee near, keep distance constant, rock up/down keeping the shape. Interlace fingers habitually, R elbow/L knee near each other, keep constant, oscillate up/down. R elbow/R knee together/apart. Then alternate that with R elbow/L knee. L elbow towards R knee, return to floor slowly. Feet standing, expand low belly, move expansion up to chest. Let out sound during seesaw movement. Lift both elbows/knees together, roll side/side.

ATM Lesson #061 ~ Yvan Joly Flexion #3

Tape 27b 0-11 CD#4/T18 [Amherst June 10, 1980 T#3]

Sit, stand feet, lower head in front, cross arms, L hand behind R knee, R hand behind L knee, lift leg being held by arm on top then lift other. Alternate lifting legs, lean/roll back when lifting feet. Change which arm crosses on front. Lift both feet at same time.

FI Exploration #021 ~ Yvan Joly Observing sitting ATM

Tape 27b 10-31 CD#4/T19

Groups of four, two people watch the other two do the lesson. Observers notice in non-judgmental way. Movers sit, cross arms to hold behind opposite legs, round/lean back as far as can without lifting feet. Observers, look for details that stick out. Appreciate characteristics. Movers continue leaning back until feet lift. Movers, lift only one foot. Observers note which foot they chose. Start noticing all the "problems" they have. Movers, notice if you feel a difference. Observers shift to noticing just characteristics and feel interested in the mover. Switch roles, repeat.

ATM Lesson #062 ~ Yvan Joly Flexion #4

Tape 27b 31-end, Tape 28a 0-31 CD#4/T20 [Amherst June 10, 1980 T#3]

On back, hold around front of knees w/hands, open/close knees. Sit, hands around front of knees, roll back slowly. On back, holding knees, slowly begin to roll to sit. Hands behind head, elbows/knees towards each other. On back, knees up, floating in front of top of knees, imagine pressing air against the knees so the knees move down, feet towards floor to come to sit. Sit, hands in front of knees as on back, start rolling back keeping the hands same distance between hands/knees. On back, knees bent, feet from floor, think of extending legs to promote sitting up and then roll back, bending knees. On back, knees bent, feet lifted, hold ankles from inside of knees, extend legs to ceiling, take heels to butt to come to sit. (Talk about methods for back trouble) Sit, hold ankles, roll back/up. Repeat holding feet. Sit, hold ankles, repeat rolling back/up, keeping knees bent whole time. On back, hands behind head, lift knees, alternate elbows to knees then both elbows to knees. Sit, stand feet, lower head to knees, hands behind, lift knees to head, think of head going between knees.

ATM Lesson #063 ~ Yvan Joly

Flexion #5

Tape 28a 31-end, Tape 28b 0-22 CD#4/T21 [Amherst June 10, 1980 T#3]

On back, note space behind low back. Sit, hands behind head, feet stand, elbows to knees. R elbow inside R knee, slide elbow towards R foot. Repeat on L. Both elbows to R leg on inside/outside. On back, hands behind head, knees up, both elbows to each knee, one at a time. Sit, stand feet, hands behind head, lift R knee to R elbow. Repeat on L. Alternate. Both elbows to each knee. Hold one knee with the two elbows. Sit, hands behind head, stand feet, elbows to knees, keep together and roll to back and up again. Repeat w/air space between elbows and knees. On back, hands behind head, elbows to knees. Roll up to standing.

ATM Lesson #064 ~ Yvan Joly

Flexion #6

Tape 28b 22-end, Tape 29a 0-11 CD#4/T22 [Amherst June 10, 1980 T#3]

Sit, lean on L hand, wrap R forearm behind knees, lift feet from floor, roll back onto elbow. Repeat but roll straight back. Switch sides. Repeat with both arms under knees. Sit, stand feet, R hand to floor between legs, slide hand on floor to outside of R leg (under leg), bring elbow/forearm closer to floor from inside and behind leg. Reach for back pocket from this direction. Repeat w/L arm. Same with both hands at same time. Sit, feet stand, R arm under R leg from inside, lift leg, cradled in crook of elbow. Repeat on L side. Then both at same time, gradually roll back, roll back up. Sit, hold R foot w/L hand, loop R elbow behind, bring foot towards head, knee to come (eventually) behind the shoulder, foot behind head.

Day 23 June 4, 2003

ATM Lesson #065 ~ Diana

Razumny

Tilting bent knees and movements of head, on belly

Tape 29a 11-end, Tape 29b 0-17 CD#4/T 23 [Amherst June 11, 1980 AM Video#5]

On back, bend knees, stand feet, note change in shape of spine. Lift feet off floor, bring hands to dangle over face, move eyes to begin rolling L/R. On back, feet standing, move eyes L/R to roll head. Same position, bring soft hands to mouth, explore sucking movements on hands. Lift feet, move knees toward elbows, move eyes to one side and roll fully to that side. On side, lengthen elbows and knees away from each other to roll to front. On front, hands near head, explore sucking movements of one hand. Same position, lift head to weigh it. Turn head to face L, move chin toward L shoulder and back. Alter movement to move forehead toward L shoulder. Switch to move chin toward L shoulder. Move nose toward L shoulder. On front, knees bent, bend/straighten ankles to move toes toward/away from floor. Same position, curl/straighten toes only. Same position, combine toe/ankle movements. Note preferred combination. On back, knees bent and feet off floor, hands dangle over face, lead with eyes and roll to side and front as before. On front, knees bent, bend/straighten R ankle only. Add curl/straighten R toes. Continue movement, try head turned to each side to note changes. On front, legs long, turn head to each side, leave face to L. Bend knees, tilt bent R leg to R, add head turned R to note changes. On front, face L, R knee bent, L leg long, tilt R leg to R. Place long R arm along side, continue movement. Same position, but place R arm long overhead, tilt R leg to R. Continue, but place L hand in push up position and use it to assist in movement. On back, hands to mouth, knees to elbows, roll to front as before. Explore sucking with one hand. On front both knees bent, face L, tilt both legs R, allowing legs to be separate. Leave L leg vertical and tilt R leg to R. On front both knees bent, slowly tilt R leg R, return quickly to vertical. Same position, tilt R leg R. Move knees and feet together, tilt glued legs both to R. Same position, legs glued together, tilt both legs R, leave them there and move L lower leg to vertical/R. Same position, both legs tilted to R, move L lower leg slowly to vertical, return to R quickly. On back, hands to mouth, knees toward elbows, roll side to side, then to front as before. Both knees bent and apart, tilt R leg to R/vertical. Tilt L leg to L/vertical. Note differences. On front, R leg only bent, tilt R leg to R/vertical. Repeat with L leg. Place

both hands in push up, both knees bent, tilt both legs R/vertical. Add: look over L shoulder as knees tilt R. Same position, face R, look over R shoulder as both legs tilt R. Same position, tilt both legs L/vertical. Add: look over R shoulder as legs tilt L. Same position, face L, look over L shoulder as both legs tilt L. Same position, tilt legs L/look over R shoulder, then tilt legs R/look over L shoulder. Change, to tilt legs R/look over R shoulder, tilt legs L/look over L shoulder. Go back to first combination. On back, legs long, roll eyes L/R to roll head. Hands to mouth, knees to elbows, eyes lead rolling completely side to side, roll to sit, then stand. Stand, eyes closed, move eyes up/down to find preferred head position, repeat with L/R movement. Walk.

ATM Lesson #066 ~ Diana

Razumny

Lifting head and knees #1, on belly

Tape 29b 17-end, Tape 30a 0-15 CD#4/T 24 [Amherst June 11, 1980 PM Video#5]

On back move eyes L/R, to roll head. On front, hand close to head, chin on floor, lift/lower head to look forward. Face L, slide face toward/away from L hand/shoulder. Lead with chin, then nose, mouth, forehead, R ear, back of head. Same position, chin down, lift to look forward. On front, face R, repeat variations, sliding face R. Leave head, reach lips only forward. Chin down, check looking forward and up. Place forehead down, move eyes only down/back. Continue, think of R eye only. Think of L eye only. Back to both eyes. Check looking forward/up. Lift and hold head up, move eyes only down/forward. Same position, face down, bend both knees as head lifts. On front, both knees bent, face R, slide face R then back of head L. Same position, face R, slide face to bring L cheek on R hand. Bend both knees, continue. Lead with lips. On front, face L, knees bent, slide R cheek onto R hand/back to middle. On back, eyes roll head. On front, L hand in push up, R hand close to head, face R, slide L cheek to R hand. Turn head, slide R cheek to R hand. Check prone head lift again. On front, both arms long overhead, R knee bent, lift and lower R knee to tap floor. Same position, alternate pressing R knee into floor/lifting R knee. Go back to tapping. Repeat other side. Same position, bend both knees, alternate tapping knees. Chin down, check prone head lift. On back, hands behind head, fold elbows knees toward each other, roll L/R. On front, both knees bent, both hands in push up, check prone head lift. Face R, lift/lower both knees. Lift knees and head, turning to look R. Repeat to look L. Alternate. On front, legs long, hands close to head, check prone head lift. On back, hands behind head, elbows/knees toward each other, roll L/R. Arms and legs long, roll eyes/head L/R. Think how,

then roll to sit, stand. Use eyes L/R, then up/down to find preferred position of head. Walk, receive world with eyes.

ATM Lesson #067 ~ Diana

Razumny

Lifting head and knees #2, on belly

Tape 30a 15-end, Tape 30b 0- 28 CD#4/T 25 [Amherst June 11, 1980 PM]

On back, roll head. Hands to mouth, knees toward elbows, roll to side, then to front. On front, hands close to head, recheck prone head lift. Hands in push up, check prone head lift. On front, both knees bent, hands close to head, alternate lifting/dropping knees. Same position, alternate lifting/lower knee and head together, turn head with each lift. On back, eyes lead head to roll L/R. On front, face R, both knees bent, lift/lower both knees. Add: head and knees lift together. Add: turn head with each lift. Same position, both knees bent, place hands in push up, lift head to look forward/up. FI exploration: groups of four, two people on front, two observing. "Students" lie on front, hands in push up, lift both knees. Add: head lifts as knees lift. Observers have internal state of appreciation. Switch roles. Everyone on back again, hands to mouth, elbows to knees, roll through side to front. On front, hands on floor close to face, face to one side, slide face forward, then back of head backward. Turn head and repeat. Chin on floor, check prone head lift. Same position, forehead on floor, move eyes down/back. Move R eye only. Move L eye only. Imagine both eyes moving. Do the movement. Track eyes individually. Same position, recheck prone head lift. On back, hands to mouth, elbows toward knees, roll through side onto front. On front, hands in push up, legs long, turn head and lift to look around/over one shoulder. Repeat to other side. Alternate. On front, hands on floor close to face, turn head L/R by looking under chest. Turn head L/R by looking forward. Hands in push up, alternate looking around and over each shoulder. On front, hands in push up, face L. Stand on pads of toes. Push with toes to look over L shoulder. Continue, Push with L toes only, change to push through R toes only. Repeat to other side. Same position, alternate looking around and over shoulder, push with both toes. Note best toes for looking to each side. On front, both knees bent, hands in push up, recheck prone head lift. Keep head up, alternate lifting one knee, then the other. Same position, lift head, lift both knees. On front, both hands to knees, roll L/R. On front, hands in push up, both knees bent, alternate looking over each shoulder. Same position, recheck prone head lift. On back, hands behind head, soles of feet together, lift head, add lifting feet with head. Hands to mouth, knees to elbows, roll to side, to sit, to stand. Use eyes to find preferred head position.

Talk #19 ~ Yvan Joly

Emotions and Feldenkrais Method of Somatic Education

Tape 30b 28-end, Tape 31a, Tape 31b 0-7 CD#4/T 26

Reference to Thomas Hanna. Somatics, defined, categorized. Somatic education as a subset of Somatics. Somatic education is an emerging disciplinary field which has to do with learning, awareness of the living body, and moving in space/interacting with environment. "Soma" - the body as experienced as within, a word that means the living experience of the person. Learning defined. Experiment: sit, eyes closed, note location of head in space.. Slowly move two hands to bring them to each side of head. Once they touch, go even more slowly. Move R hand away an inch. Imagine moving head into the hand that you've just moved. When you feel it in imagination, say, "Click" out loud. Move hand even further away, follow with head. Keep going, and note that eventually you have two heads. Start moving imaginary hand and move imaginary head into the other head. Say, "click" when you are reunited. Discussion of separate mind and body, out of body experiences. Training for highly skilled tasks in the imagination trains the whole self. Emotions as an experience of the whole self as well. Story about Yvan's family shoulders.

ATM Lesson #068 ~ Yvan Joly

Baby Frog Legs

Tape 31b 7-24 CD#4/T 27

On back, R leg standing, extend/bend L leg. Both knees bent, tilt L leg left, find how weight of leg makes it longer. Bend it again by same trajectory. Go back to extending L leg straight. Return to tilting L leg left to extend it. On back, knees bent, extend R leg in imagination, tilting it R. Just once, extend R leg in space, compare to imagination. On back, R leg long, imagine bending/extending it again. On back, both legs bent, straighten/bend both legs simultaneously, using same trajectory. On back, legs long, roll to sit, stand, walk.

Day 24 June 5, 2003

ATM Lesson #069 ~ Yvan Joly

Baby Frog Legs (cont'd)

Tape 31b 24-end Tape 32a, Tape 32b 0-5 CD#4/T28

On back, scan, switch orientation of feet/head, scan. Knees bent, L foot standing, R knee toward chest, imagine how R foot would return to floor. Do it slowly. Same position, R knee toward chest, bring R knee to R to bring R foot to floor and back. Expand movement to lengthen R leg long/return knee to chest. Place finger in R hip joint and continue. On back, both knees bent, open L leg to L to hang on ligaments/return. Add: finger on L hip joint. Leave L knee to side, move it from there to chest/back to side. Add: lengthening L leg/return knee to chest. Legs long, bring R knee toward chest, bring L knee toward chest, lower R, leave L up. Bring R up, lower L. Alternate. Leave R up, L long, as L knee comes to chest, extend the R. Alternate. On back, both legs bent and open. Simultaneously, lengthen one leg as the other comes to chest. Alternate. Same position, simultaneously bring both knees to chest/lengthen. Discussion of how to describe imprint of self on the mat. On back, legs long, bring R hand to mouth, find baby trajectory. Continue with both hands simultaneously. Put arm and leg movements together, bringing hands to mouth, elbows toward knees. Stay in baby flexed position, rock L/R. On back, return to baby flexed position, roll to sit, stand.

FI Exploration #022

Rolling leg to flex hip and knee

Tape 32b 5-end, Tape 33a 0-15 CD #4/T29

Discussion of the midline/two halves of ourselves. Demonstration on skeleton, midline of face, extending more toward one foot. Midline of sternum extending in a different direction. Deciding which leg to lift first. Demonstration of baby flexion movement of the leg. Two handed method: one hand under, then beside knee, other hand driving movement from bottom of foot. One handed method: turning the foot and pushing through to turn the knee out and flex. Skeleton demonstration of bringing hand to mouth. Demonstration with Moira, choosing which leg to start, rolling leg from the foot, using two hand method to bring knee toward chest, then finding neutral to place foot to stand/return leg to rest long. Going back to one hand method: rolling leg from foot to flex hip and knee/bring foot to stand. Bring hand to mouth. Simultaneously, verbally guide leg movement, hand movement with hands. Roll head. Roll to sit.

Guided FI Exploration #022

continued ~ Yvan Joly

Rolling leg to flex hip and knee

Tape 33a 15-end, Tape 33b 0-24 CD #4/T30

Partners. One person on back, legs long. "Practitioner" sitting at student's head. Student lift head a few times, then rest. Practitioner observe organization of student: the head, the midline trajectory, general organization, zoom in on some details. Practitioner place one hand on student's forehead, lift little finger, note breath. Place all fingers on forehead. Student roll head, practitioner follow the movement. Practitioner change hands, repeat. Practitioner superimpose both hands on student's forehead, roll student's head. Observation of different practitioner movement strategies. Alternate student/practitioner leading movement. Change hands now and then. Partners discuss. Change roles. Practitioners move to sit at student's feet. Observe student. Place one hand on inside of foot, close to big toe, note which leg turns more softly. If ankle is too free, roll leg from malleoli. Discuss observations with partner. Practitioner sit with pelvis centered near chosen leg. With one hand turn foot to evoke knee bending. Yvan demonstrated rolling leg to bend/straighten hip and knee, asking student to lead, then following, alternating student/practitioner leading.

ATM #070 ~ Yvan Joly

Sitting to standing in spiral

Tape 33b 24-end, Tape 34a 0-20 CD #4/T31

On back, bring both knees over chest, find where they balance there. Place fists under pelvis. Make circles with R knee. Repeat with L knee. Repeat with both knees, make circles so knees come together and apart. Sitting, feet standing, hands holding knees, roll backward, leaving feet on floor. Expand movement to a full roll back, then to sitting. Sitting, hands hovering over knees, roll back/return to sit. Add: cross ankles as you roll to sitting. Place hands anywhere and continue. Roll to sitting with L leg crossed on the inside. Sit, legs crossed, L leg on inside, L hand on floor beside pelvis, look back to L/return. Lean on both hands behind, lengthen legs, slowly recross them, L leg inside. Sit, both palms down to L side of pelvis, turn to look L and behind. Play with possibilities of next movement. Play with ways to come from sit to four points (feet and hands) and back to sit. On four points, turn to the other side, come to sit with L leg in front. Continue, turning a full circle. Use less weight on hands, one hand, finally without hands. Try it without feet. On back knees bent over chest, in one

movement roll forward to sit, four points and stand in one movement/back to supine. Explore less use of hands. Add: orientation of eyes to environment. On back, both knees over chest, roll to stand in one movement. Walk, when teacher says "STOP" sit down. Shake hands with someone, "STOP" and sit, still holding on, facing each other.

Day 25 June 6, 2003

ATM Lesson #071 ~ Yvan Joly

Baby Rolling

Tape 34a 20-end, Tape 34b 20-30 CD #4/T32

On back, roll R leg to R to find bending of R knee and hip, slide R heel toward pelvis/return. Expand movement to bring foot to standing/return. On back, R foot standing, L leg long, imagine same movement of L leg. Imagine that the L knee comes over the chest, then L leg returns to floor, long. Imagine path of L knee cap. Do the beginning of the movement. Do the entire movement. On back, legs long, roll both legs to bring knees over chest. Bring both hands close to mouth. Roll slightly L/R, stop on the L side, both elbows close to both knees. Eyes closed, move eyes R/center, head follows. R hand close to mouth, continue movement, expanding to feel R knee begin to follow. Continue rolling, lifting R knee to stay in relationship to elbow. Same position, on L side, knees and elbows close, resume rolling, R knee comes closer to chest. Expand movement, find moment that L leg lifts. Expand movement to roll to back/L side. Expand movement to roll to R side/L side. Guide movement with eyes, then top leg, then top elbow. On back, roll legs to bring knees toward chest, hands to mouth, baby roll to L side. Baby roll R/L, entire row of students together. Pause on R side. Repeat rolling wave. On back, baby flexed, repeat rolling wave. On back, baby flexed, entire room rolls R together.

Guided FI Exploration #023 ~ Yvan Joly

Rolling leg to flex hip and knee continued

Tape 34b 30-end, Tape 35a 0-37 CD #4/T33

Partners. Practitioner sit at head, observe own comfort, adjust. Expand attention to student, stay aware of self. Zoom attention onto midline of face. With one finger on hairline, draw midline on face, to chin/return. Roll head with two hands. Find neutral. Change hands, repeat. Look at feet, guess which is more ready to bend. Sit at feet. Note student's breathing. Zoom attention onto feet. Hold one foot, start turning leg out. Compare to other leg. Hold ankle bones, check rolling of each leg again. Sit with pelvis centered on most nimble leg. Turn leg from foot, find the hint that knee will bend. Practitioner, half kneel, to the side of leg (on the left knee if you are moving student's L knee), hold under foot and knee, explore rolling to bend knee. In stages, bring the foot to stand, find neutral. Demonstration with Barbara, with/without a roller. Recheck turning the foot, to check response of leg. Go back to the head, roll, note changes. Change roles.

Feedback Form ~ Yvan Joly

Considering experience

Tape 35a 37-41 CD #4/T34

Plan to write answers these questions: What is your name? How do you know the difference between your two sides? What are the highlights of your experience in this whole segment? What are your requests for the next segment?

Talk #020 ~ Yvan Joly

Practice and more questions

Tape 35a 41-end, Tape 35b 0-45 CD #4/T35

What to do between segments. Practice, ATM class, FI, study groups. Question about who is doing the movement-students helping practitioner. For now, tell students once that they are helping and they don't need to. Keeping vs. using/nurturing the results of each lesson. Concerns about "getting it". Applications of this work in current work. Talk about dreaming and the internal kaleidoscope. Question about the static vs. evolving nature of the method. Talk about the psyche and therapy.

ATM lesson #072 ~ Yvan Joly

Sidelying, moving the back back to roll

Tape 36a, 36b 0-8 CD #4/T36

Sidelying, top palm standing on floor near chest, begin movement backward from middle of trunk. Add: initiation also from closer to top side of trunk. Move backward from top middle of trunk/return from top shoulder and hip. Same position, move top shoulder forward/back. Move top hip forward/back. Same position, move top middle of trunk back/return. Move back from top middle/return from shoulder and hip. Note torso lengthening and shortening. Continue, as you move back slide top palm overhead/return. Add: slide top leg long as you move back from top middle of trunk. Same position, repeat previous movement, add: top knee and elbow move close together on return. Continue to move middle backward to roll all the way to back, bottom leg stays bent on floor. Repeat other side, all movements in imagination. Imagine getting longer as you go back, and on the return. Imagine what happens on the bottom side. Do 1/10 of the movement. Do 2/10 in imagination. Do 3/10 in movement. Continue in this way until you are lying on your back. On back, both arms long overhead, imagine, then roll to sides from extremities (including shoulder and hip), roll to back from middle of trunk. Roll to side, sit, stand, walk with the similar quality.