

<b>DAY 26 NOVEMBER 3, 2003</b>	<b>5</b>	<b>ATM Lesson #079 ~ Yvan Joly</b>	<b>8</b>
		Sliding one arm up, one down, on front	8
		Tape 7a 8-end, 7b 0-1 CD#5/T12 [Amherst June 19, 1980 T#16]	8
<b>Introduction ~ Yvan Joly</b>	<b>5</b>	<b>ATM Lesson #080 ~ Yvan Joly</b>	<b>8</b>
Developmental process and this segment	5	Tilting bent legs to side, turning head, changing arms	8
Tape 1a 0-10 CD#5/T1	5	up/down, on front	8
		Tape 7b 1-end, Tape 8a 0-3 CD#5/T13 [Amherst June 19, 1980 T#17]	8
<b>ATM Lesson #073 ~ Yvan Joly</b>	<b>5</b>	<b>ATM Lesson #081 ~ Yvan Joly</b>	<b>8</b>
Hand to mouth, rolling side to side, arms and legs folded, on back	5	Circling eye and head, sitting and lying	8
Tape 1a 10-end, Tape 1b 0-9 CD#5/T2 [Ruthy Alon's Primal Moves]	5	Tape 8a 3-end CD#5/T14 [Amherst June 19, 1980 T#16]	8
		<b>ATM Lesson #082 ~ Moshe Feldenkrais</b>	<b>8</b>
<b>ATM Lesson #074 ~ Yvan Joly</b>	<b>5</b>	Connecting eye and leg movements, on front	8
Hands to feet, rolling side to side, on back	5	Tape 8b 0-25 CD#5/T15 [Amherst June 23, 1980 tape#19]	8
Tape 1b 9-end, Tape 2a 0-38 CD#5/T3 [Ruthy Alon's Primal Moves]	5		
		<b>DAY 29 NOVEMBER 6, 2003</b>	<b>9</b>
<b>FI Exploration #024~ Yvan Joly</b>	<b>5</b>	<b>ATM Lesson #083 ~ Diana Razumny</b>	<b>9</b>
Interviewing each other with a witness	5	Lifting head, arms and legs, on front	9
Tape 2a 38- 43 CD#5/T4	5	Tape 8b 25-end, Tape 9a 0-41 CD#5/T16 [Amherst inspired]	9
<b>ATM Lesson #075 ~ Diana Razumny</b>	<b>5</b>	<b>Video</b>	<b>9</b>
Minimal lifting and circling of head, on front	5	Amazing Babies	9
Tape 2a 43-end, Tape 2b, Tape 3a 0-8 CD#5/T5 [Amherst inspired]	5	[not recorded]	9
<b>ATM Lesson #076 ~ Yvan Joly</b>	<b>6</b>	<b>FI Exploration #027 ~ Diana Razumny</b>	<b>9</b>
Rolling side to side, arms and legs folded in front, back to belly	6	Bending knee while on front	9
Tape 3a 8-end CD#5/T6 [Ruthy Alon's Primal Moves]	6	Tape 9a 41-end, Tape 9b 0-19 CD#5/T17	9
<b>DAY 27 NOVEMBER 4, 2003</b>	<b>7</b>	<b>FI Exploration #028 ~ Diana Razumny &amp; Yvan Joly</b>	<b>9</b>
		Bending knee while on front, lifting leg	9
<b>FI Practice #025 ~ Yvan Joly</b>	<b>7</b>	Tape 9b 19-end, Tape 10a 0-14 CD#5/T18	9
Bringing hand to face	7		
Tape 3b 1-end, Tape 4a 0-14 CD#5/T7	7	<b>Video</b>	<b>9</b>
		See How They Move	9
<b>ATM Lesson #077 ~ Diana Razumny</b>	<b>7</b>	Tape 10a 14-17 CD#5/T19 [not recorded]	9
Lifting head and chest for elbow propping, on front	7		
Tape 4a 14-end, Tape 4b 0-23 CD#5/T8 [Amherst inspired July 21, 1980]	7	<b>ATM Lesson #084 ~ Yvan Joly</b>	<b>9</b>
		Rolling interlaced hands	9
<b>FI Demo ~ Yvan Joly and Diana Razumny</b>	<b>7</b>	Tape 10a 17-40 CD#5/T20 [Amherst inspired July 13, 1981]	9
Movements of ATM and FI of the day with skeleton	7		
Tape 4b 23-end, Tape 5a 0-18 CD#5/T9	7	<b>DAY 30 NOVEMBER 7, 2003</b>	<b>10</b>
		<b>ATM Lesson #085 ~ Yvan Joly</b>	<b>10</b>
<b>ATM Lesson #078 ~ Yvan Joly</b>	<b>7</b>	Hands to feet	10
Moving middle of back backwards, on side	7	Tape 10a 41-end, Tape 10b, Tape 11a 0-14 CD#5/T21 [Awareness Through Movement Book #8]	10
Tape 5a 18-end, Tape 5b, Tape 6a 0-1 CD#5/T10 [Amherst June 13 & 16, 1980]	7		
		<b>ATM Lesson #086 ~ Diana Razumny</b>	<b>10</b>
<b>DAY 28 NOVEMBER 5, 2003</b>	<b>8</b>	Sequential rolling, back to side to belly	10
<b>FI Exploration #026 ~ Yvan Joly</b>	<b>8</b>		
Rolling back from off-set middle	8		
Tape 6a 1-end, Tape 6b, Tape 7a 0-8 CD#5/T11	8		

Tape 11a 14-end, Tape 11b 0-17 CD#5/T22 [Ruthy Alon's Primal Moves]	10	Rolling across elbow from sitting to lying	14
		Tape 18a 16-end, Tape 18b 0-38 CD#5/T33 [Amherst July 7, 1980 am 1 T33 Intension/orientation]	14
<b>Community Meeting ~ Yvan Joly</b>	<b>10</b>	<b>Discussion ~ Yvan Joly</b>	<b>14</b>
Tape 11b 17-end, Tape 12a, Tape 12b 0-1 CD#5/T23	10	Moshe's video tape	14
		[Not recorded]	14
<b>ATM Lesson #087 ~ Diana Razumny</b>	<b>10</b>	<b>ATM Lesson #095 ~ Yvan Joly</b>	<b>14</b>
Continuous rolling, head and limbs lifted	10	Rolling across elbow from sitting to lying on back	14
Tape 12b 1-end, Tape 13a 0-6 CD#5/T24	10	Tape 18b 38-end, Tape 19a 0-29 CD#6/T1 [Amherst July 7, 1980]	14
<b>DAY 31 NOVEMBER 10, 2003</b>	<b>11</b>		
<b>ATM Lesson #088~ Yvan Joly</b>	<b>11</b>	<b>ATM Lesson #096 ~ Diana Razumny</b>	<b>14</b>
Interlacing toes and fingers	11	Scooping the chest	14
Tape 13a 6-end, Tape 13b 0-42 CD#5/T25 [Amherst inspired June 25, 1980]	11	[Not tape recorded] CD#6/T2	14
		<b>Demo ~ Diana Razumny and Yvan Joly</b>	<b>15</b>
<b>ATM Lesson #089~ Diana Razumny</b>	<b>11</b>	Skeleton doing ATM Movements	15
Crawling preparation #1-head under arm bridge, knee slides up, on front	11	Tape 19a 29-end, Tape 19b 0-8 CD#6/T3	15
Tape 13b 42-end, Tape 14a 0-41 CD#5/T26 [Amherst inspired]	11	<b>Baby Video</b>	<b>15</b>
		Amazing Babies continued	15
<b>FI Exploration #029 ~ Yvan Joly</b>	<b>11</b>	[Not recorded]	15
Tilting bent legs, on front	11	<b>FI Exploration #030 ~ Yvan Joly</b>	<b>15</b>
Tape 14a 41-end, Tape 14b, Tape 15a 0-22 CD#5/T27	11	Rolling person from the arms	15
		Tape 19b 8-25 CD#6/T4	15
<b>ATM Lesson #090~ Yvan Joly</b>	<b>11</b>		
Tilting bent knees, on front to side sitting	11	<b>DAY 34 NOVEMBER 13, 2003</b>	<b>16</b>
Tape 15a 22-end, Tape 15b 0-20 CD#5/T28 [Amherst inspired]	11		
		<b>ATM Lesson #097 ~ Diana Razumny</b>	<b>16</b>
<b>DAY 32 NOVEMBER 11, 2003</b>	<b>12</b>	Pushing up to elbows and knees, from front	16
		Tape 19b 25-end, Tape 20a 0-11 CD#6/T5 [Baby video inspired]	16
<b>ATM Lesson #091~ Diana Razumny</b>	<b>12</b>	<b>Discussion ~ Yvan Joly</b>	<b>16</b>
Crawling preparation #2-looking over shoulder as knee slides up, on front	12	Undoing a lesson, observation in FI, confused about directions	16
Tape 15b 20-end, Tape 16a 0-26 CD#5/T29 [Amherst inspired]	12	Tape 20a 11-end, Tape 20b 0-24 CD#6/T6	16
		<b>ATM Lesson #098 ~ Yvan Joly</b>	<b>16</b>
<b>ATM Lesson #092 ~ Yvan Joly</b>	<b>12</b>	Arching back forward and back, on hands and knees	16
Tilting bent legs, coming to sit then flopping knees to other side, on front to sit	12	Tape 20b 24-end, Tape 21a 0-16 CD#6/T7	16
Tape 16a 26-end, Tape 16b, Tape 17a 0-2 CD#5/T30	12	<b>FI Exploration #031 ~ Yvan Joly</b>	<b>16</b>
		Guiding movement of torso front and back, on hands and knees	16
<b>Talk and Writing Project ~ Yvan Joly</b>	<b>12</b>	Tape 21a 16-28 CD#6/T8	16
Concretely, what brought you to the work?	12	<b>ATM Lesson #099 ~ Yvan Joly</b>	<b>17</b>
Tape 17a 2-25 CD#5/T31	12	Swinging lower leg in/out, on hands and knees	17
		Tape 21a 28-end, Tape 21b 0-29 CD#6/T9 [Ruthy Alon's Primal Moves]	17
<b>ATM Lesson #093 ~ Yvan Joly</b>	<b>12</b>		
Crossed arms, on front	12	<b>Moshe Video</b>	<b>17</b>
Tape 17a 25-end, Tape 7b, Tape 18a 0-16 CD#5/T32 [Amherst July 16, 1980 T44 am 1&2]	12	Stability and instability	17
		[Video not recorded] Demo at end Tape 21b 29-end,	
<b>DAY 33 NOVEMBER 12, 2003</b>	<b>14</b>	Tape 22a 0-3 CD#6/T10 [Amherst June 26, 1980]	17
<b>ATM Lesson #094 ~ Moshe Video</b>	<b>14</b>		

<b>DAY 35 NOVEMBER 14, 2003</b>	<b>18</b>	<b>DAY 37 NOVEMBER 18, 2003</b>	<b>21</b>
<b>ATM Lesson #100 ~ Yvan Joly</b>	<b>18</b>	<b>ATM Lesson #106 ~ Dennis Leri</b>	<b>21</b>
Flipping knees side to side, on hands and knees	18	Breathing, draw in abdomen exhaling, varied positions	21
Tape 22a 3-end, Tape 22b 0-11 CD#6/T11 [Amherst July 25, 1980 #56 & 57]	18	Tape 26b , Tape 27a 0-14 CD#6/T22 [Alexander Yanai #21]	21
<b>FI Exploration ~ Yvan Joly</b>	<b>18</b>	<b>Talk #025 ~ Dennis Leri</b>	<b>21</b>
Review of bending knees, rolling head and hands to face	18	Breathing lesson	21
Tape 22b 11-41 CD#6/12	18	Tape 27a 14-28 CD#6/T23	21
<b>ATM Lesson #101 ~ Yvan Joly</b>	<b>18</b>	<b>ATM Lesson #107 ~ Dennis Leri</b>	<b>21</b>
Bear walking, on hands and feet	18	Breathing, inhale drawing in belly, lengthening arms overhead	21
Tape 22b 41-end, Tape 23a 0-30 CD#6/T13 [Amherst 4 points series 1980]	18	Tape 27a 28-end, Tape 27b, Tape 28a 0-1 CD#6/T24 [Alexander Yania #454]	21
<b>Group Performances</b>	<b>18</b>	<b>FI Exploration #033 ~ Dennis Leri</b>	<b>21</b>
Review ATMs of two weeks	18	Pulling arm overhead to reach hips	21
Tape 23a 30-32 CD#6/T 14	18	Tape 28a 1-16 CD#6/T25	21
<b>Discussion ~ Yvan Joly</b>	<b>18</b>	<b>ATM Lesson #108 ~ Dennis Leri</b>	<b>22</b>
Last minute questions	18	Side bending, on side turns into rolling while hold foot	22
Tape 23a 32-end, Tape 23b 0-12 CD#6/T15	18	Tape 28a 16-end, Tape 28b 0-24 CD#6/T26 [Alexander Yanai #464]	22
<b>ATM Lesson #102 ~ Yvan Joly</b>	<b>18</b>	<b>DAY 38 NOVEMBER 19, 2003</b>	<b>23</b>
Voice	18	<b>ATM Lesson #109 ~ Dennis Leri</b>	<b>23</b>
Tape 23b 12-34 CD#6/T16 [Amherst July 27, 1980 T#57]	18	Breathing, exhaling through nose belly in/belly out, on back	23
<b>DAY 36 NOVEMBER 17, 2003</b>	<b>19</b>	Tape 28b 24-end, Tape 29a 0-22 CD#6/T27 [Alexander Yanai #435]	23
<b>ATM Lesson #103 ~ Dennis Leri</b>	<b>19</b>	<b>Discussion ~ Dennis Leri</b>	<b>23</b>
Breathing, exhale, hold, swallow, inhale	19	Groups talking about logic of breathing lessons	23
Tape 23b 34-end, Tape 24a, Tape 24b 0-9 CD#6/T17 [Alexander Yanai #17]	19	Tape 29a 22-39 CD#6/T28	23
<b>Discussion ~ Dennis Leri</b>	<b>19</b>	<b>Talk #026 ~ Dennis Leri</b>	<b>23</b>
Breathing lesson	19	About learning the method in Year 1	23
Tape 24b 9-23 CD#6/T18	19	Tape 29a 39-end, Tape 29b 0-28 CD#6/T29	23
<b>ATM Lesson #104 ~ Dennis Leri</b>	<b>19</b>	<b>FI Exploration #034 ~ Dennis Leri</b>	<b>23</b>
Circling lower arm on floor, on side	19	Push/pull through standing leg affecting lower back	23
Tape 24b 23-end, Tape 25a 0-36 CD#6/T19 [Alexander Yanai #495]	19	Tape 29b 28-end, Tape 30a 0-24 CD#6/T30	23
<b>Video ~ Gracovetsky</b>	<b>20</b>	<b>ATM Lesson #110 ~ Diana Razumny</b>	<b>23</b>
Movement of the spine	20	The Face	23
[not recorded]	20	Tape 30a 24-end, Tape 30b 0-22 CD#6/T31 [Alexander Yania #496]	23
<b>Talk #024 ~ Dennis Leri</b>	<b>20</b>	<b>DAY 39 NOVEMBER 20, 2003</b>	<b>25</b>
Spinal engine, genetics and nomadics	20	<b>ATM Lesson #111 ~ Dennis Leri</b>	<b>25</b>
Tape 25a 36-end, Tape 25b 0-38 CD#6/T20	20	Breathing with a twist, on side	25
<b>ATM Lesson #105 ~ Dennis Leri</b>	<b>20</b>	Tape 30b 22-end, Tape 31a 0-36 CD#6/T32 [Alexander Yanai #465]	25
Towards sitting on heels	20		
Tape 25b 38-end, Tape 26a CD#6/T21 [Alexander Yanai #452]	20		

<b>ATM Lesson #112 ~ Dennis Leri</b>	<b>25</b>
Head, shoulders and eyes in opposition, twisted on side	25
Tape 31a 36-end, Tape 31b 0-38 CD#6/T33 [Alexander Yanai #466]	25
<b>Discussion ~ Dennis Leri</b>	<b>25</b>
About ATM	25
Tape 31b 38-end, Tape 32a 0-1 CD#6/T34	25
<b>FI Exploration #035 ~ Dennis Leri</b>	<b>25</b>
Lengthening arm	25
Tape 32a 1-5 CD#6/T35	25
<b>Talk #027 ~ Dennis Leri</b>	<b>26</b>
FI Exploration	26
Tape 32a 5-14 CD#6/T36	26
<b>ATM Lesson #113 ~ Dennis Leri</b>	<b>26</b>
Head, shoulders and eyes in opposition #1, sitting one leg long, other standing	26
Tape 32a 14-end, Tape 32b 0-26 CD#6/37 [Alexander Yanai #462]	26
<b>DAY 40 NOVEMBER 21, 2003</b>	<b>27</b>
<b>ATM Lesson #114 ~ Dennis Leri</b>	<b>27</b>
Head, shoulders and eyes in opposition #2, sitting one leg long, other standing	27
Tape 32b 26-end, Tape 33a, Tape 33b 0-6 CD#6/38 [Alexander Yanai #472]	27
<b>Talk #028 ~ Dennis Leri</b>	<b>27</b>
Developing skills concurrently	27
Tape 33b 6-25 CD#6/39	27
<b>FI Exploration #036~ Dennis Leri</b>	<b>27</b>
Review pulling arm overhead, pull/push through bent knee	27
Tape 33b 25-26 CD#6/40	27
<b>FI Exploration #037~ Dennis Leri</b>	<b>27</b>
Pushing from foot to lengthen arm overhead, on back	27
Tape 33b 26-end, Tape 34a 0-6 CD#6/T41	27
<b>ATM Lesson #115 ~ Dennis Leri</b>	<b>28</b>
Twist and lift, on side	28
Tape 34a 6-end, Tape 34b 0-17 CD#6/T42 [Alexander Yanai #467]	28

## Day 26 November 3, 2003

### Introduction ~ Yvan Joly

#### Developmental process and this segment

Tape 1a 0-10 CD#5/T1

About this segment focusing on developmental movements. First months of babies experience without words as a significant part of our development. Human babies finish development outside of the womb. Outside the womb children have very varied experiences.

### ATM Lesson #073 ~ Yvan Joly

#### Hand to mouth, rolling side to side, arms and legs folded, on back

Tape 1a 10-end, Tape 1b 0-9 CD#5/T2 [Ruthy Alon's Primal Moves]

On back, hand to mouth in lazy way. Talk about baby's world. Rest and learning. Hand stays lightly fist and doesn't cross midline. Hand touches one side of face, corner of mouth. Head can roll towards hand as hand comes towards face. Repeat with other hand. Repeat, taking hand to other side of face and corner of mouth. Bring both hands to mouth, elbows bent, arms resting folded in front. Relating to self without words. On back, gradually bend knee to side, sliding foot up along floor, noting response of head and torso. Repeat with other leg. Alternately bend and slide legs up/down. Slide both legs up at same time, note response of pelvis. Baby's knees stay out to side, not held together and soles of feet don't come to floor like for standing. Combine hands coming to mouth easy/lazy way and sliding legs up with knees bent out to sides. Continue so legs keep bending at hips until feet come away from floor. Move without idea of lifting arms or legs against gravity. Stay with legs bent up over you, arms bent in front, hands near mouth

### ATM Lesson #074 ~ Yvan Joly

#### Hands to feet, rolling side to side, on back

Tape 1b 9-end, Tape 2a 0-38 CD#5/T3 [Ruthy Alon's Primal Moves]

On back, bend both knees to outside, slide feet along floor, legs bent up in front, slide right hand along inside of right leg towards foot. Lift head little to help, prop head if needed. Repeat on other side. Slide both hands down inside of legs to feet. Hold feet around outer edge of foot once from top of foot, once from bottom of foot. Rest with knees slightly bent out to sides, outer edge of feet on floor. Continue bending hips/knees to bring over front, hands to pelvis/bottom, slide hands along back of upper leg, towards knees, lift head, bring knees closer to head. Learning and repetitions. Knees/elbows folded in front, hands near face, lower legs/feet hanging down, look to one

side, allow head to roll, return to middle. Repeat, add looking to side then little overhead. Note response of torso to head. Continue, allow torso to follow head, looking overhead, add reaching that side arm overhead, reverse movement to lying folded on back. Curiosity and learning. Arms/legs folded in front, start looking/rolling to same side as before, arm reaching with curiosity overhead. Add lengthening leg on side rolling towards. Repeat rolling to one side, lengthening that side then shorten the side to return to back. Add taking something imaginary with reaching hand and bring to mouth as roll to back. Stopped to observe others. Arms/legs bent up in front, alternately roll side to side, lengthening on side rolled towards. Gradually expanding impulse to reach overhead to touch, see, smell, taste. Head carries teleceptors (eyes, ears, nose) which guides our interest. Slowly roll up to sit, stand.

### FI Exploration #024~ Yvan Joly

#### Interviewing each other with a witness

Tape 2a 38- 43 CD#5/T4

Groups of three come together, one person interview another while other is a witness. Write down what you find out about the other person. Rotate so each person is interviewed.

### ATM Lesson #075 ~ Diana Razumny

#### Minimal lifting and circling of head, on front

Tape 2a 43-end, Tape 2b, Tape 3a 0-8 CD#5/T5 [Amherst inspired]

On front, forehead down, arms framing head, lift head to look up, note ease/range. On front, head turned to side, arms bent with elbows close to sides, soft fist in front of face and at back side of head, reach with lips towards knuckle for sucking. Suck noting neck. Same position, start lifting eyebrows, eyes start looking up towards eyebrows. Look down towards hand/shoulder. Note neck, cheek against floor. Stop in middle then start looking down, allow cheek to slide little in arc along floor, look up, cheek slides in arc. Repeat above on other side. Same position, slide arms up a little, hands coming towards each other overhead, soft fists, look up/down, sliding head along floor looking at hand then look under shoulder. Note neck, chest, sternum. Pause, reach lips in direction of inside of elbow in front of face, increase to slide cheek on floor. Slide back to middle then past middle, alternate forward/back, lips towards elbow on face side, back of head towards inside of elbow on back of head side. Repeat on other side. Same position, face to one side, look at shoulder, down upper arm to crotch of elbow, along lower arm to hand and back again. Repeat, follow with head like near sighted or wanted to rub nose or lips along arm. Pause. Look under shoulder little, sliding/turning head to end up forehead on floor, chin towards chest then reverse, repeat several times, increase so pass through middle to other side. Go side to side few

times then stop with face to L and repeat above, looking around bent arm. Eventually look from one hand to other to cross to other side, reverse, circle back around until looking at shoulder started with. Repeat idea but go from looking at one hand to elbow, shoulder, under self to other shoulder along other arm to hand, reverse. Circling from one hand all the way around to other hand. Circle from forehead on floor, chin to chest, circling around one side, past hands to other side back so chin is to chest again and reverse.

## **ATM Lesson #076 ~ Yvan Joly**

### **Rolling side to side, arms and legs folded in front, back to belly**

Tape 3a 8-end CD#5/T6 [Ruthy Alon's Primal Moves]

On back, knees bent up in front, hold knees with hands from outside of legs below knees, circle two knees one direction then the other. Same position but circle each knee separately, coming towards each other then down then away and up. Reverse direction of circles. Note effect on head. Knees bent open, soles of feet together, explore trajectory of the hand to the mouth. Talk about research of baby's touching their own face compared to someone else touching the other side. Child can sense themselves. Elbows and knees bent in front, roll pelvis so knees go to side keeping space between knees the same, continue so leg comes to floor then reverse. Knees come together on side then separate to come to back again. Leave legs up and take hands/head/shoulders to one side until arm comes to floor. Combine legs/pelvis, arms/head all rolling to same side. Add looking overhead when on side, lengthening to come onto belly, reverse by shortening one side, followed by the other to return to back. Continuous rolling, shortening and lengthening sides, initiating from eyes and head.

## Day 27 November 4, 2003

### FI Practice #025 ~ Yvan Joly

#### Bringing hand to face

Tape 3b 1-end, Tape 4a 0-14 CD#5/T7

Shared about baby blues cartoon. Dream checkin. Partners, one sitting at head of other lying on back. Person lying, bring hand to face lazy way, hand coming to nose, forehead. Both hands at same side. People sitting, reach for hand that they chose to move first, hold from over the wrist.

Stopped for demo, showed use of self, kneeling on one knee and foot and the trajectory of hand to the face. Note about use of self is communicated to the person you touch and move. Side note about Becca's arm goes easily overhead to lie on floor. Question of right or wrong. Another demo with Brian. Everyone lying on the back, frog legging both legs at same time, eventually allow feet to come away from floor as knees bend more and more. Leave outer edges of feet resting on floor, knees bent hanging open to sides, slide hands towards mouth. Stay with hands at mouth, slide knees up rest of way, feet come away from floor, move little side/side.

### ATM Lesson #077 ~ Diana Razumny

#### Lifting head and chest for elbow propping, on front

Tape 4a 14-end, Tape 4b 0-23 CD#5/T8 [Amherst inspired July 21, 1980]

On front, arms folded close to body, hands fist under shoulders. Lift/turn head. Slide elbows/hands away gradually, lifting head to test for ease. Eventually elbows shoulder height out to sides, 90 degrees. Explore lifting tail, opening knees, slide up little frog style. Note change in pressure along front side. Baby's starts like that, making more challenge for head lift. Elbows/shoulders at 90, lift/turn head. Start w/small arc, increasing until eyes on horizon. Leave head up, scan horizon in arc. Increase looking around to side by lifting opposite elbow, hand anchored. Repeat, looking around to side, opposite arm straightens, turning back to other side, plant elbow in new place for weight bearing, feel into shoulder, look around to side of newly placed elbow, feel support of elbow now. Other side, end up on both elbows (wide), slide elbows open, head/chest returns to floor. Lift head/chest, allow elbows to slide in as a result, take weight then let elbows slide out, head/chest returns to floor. Elbows/shoulders 90, face R, sound from L, lift/turn head to look over L shoulder, allow R elbow to slide in, turn to look/listen over R shoulder, coming onto R elbow, L elbow slides in, turn to look over L shoulder, weight on L elbow. Slide out, head/chest returns to floor. Arms 90, lift head to look forward/up, feel when arms can be drug along so elbows come in for support. Slide elbows wide to lower head/chest.

### FI Demo ~ Yvan Joly and Diana Razumny

#### Movements of ATM and FI of the day with skeleton

Tape 4b 23-end, Tape 5a 0-18 CD#5/T9

Comparing morning FI and ATM lesson. Trajectory for bringing arm to mouth. Demo with skeleton, bringing hand to face, showing elbow balanced over shoulder. Shoulder blade relation to ribs component of arm movement towards hand to mouth. Both arms together, hands on face, moving hands overhead keeping forearms together. Diana demo with skeleton about lesson of bringing elbows under shoulders and use of extension on belly given hips might be still flexed as a baby. Bob shared feeling overwhelmed. Yvan talked about pacing. Showed sliding leg up to side while on back with skeleton.

### ATM Lesson #078 ~ Yvan Joly

#### Moving middle of back backwards, on side

Tape 5a 18-end, Tape 5b, Tape 6a 0-1 CD#5/T10 [Amherst June 13 & 16, 1980]

On side, top hand standing on floor, elbow in air over hand, take middle of trunk backwards and return. Repeat but with the top leg below bottom leg, inside of knee on floor and slide leg a little straighter as trunk moves back, rolling towards back. Repeat, add top arm sliding up overhead, knee/elbow come apart then come towards each other when rolling/return to side. Explore initiating from pelvis or shoulder with same idea of rolling back as arm/leg shortens and lengthens, foot/hand sliding on floor. Combine initiation of shoulder and pelvis to roll back. Feel the folding and unfolding in all the joints evenly. From resting on back, use the leg that will end up top leg to initiate the movement to roll back to same side. Break from ATM to observe each other doing the movement then discussion about the observing. Returned briefly to do the movement on the other side.

**Day 28 November 5, 2003**

**FI Exploration #026 ~ Yvan Joly**

**Rolling back from off-set middle**

Tape 6a 1-end, Tape 6b, Tape 7a 0-8 CD#5/T11

Demo with skeleton on table, lying on side, top leg bent behind other leg on floor. Pull back from arch of ribs on top side to roll backwards. Clarified passive response of hip/shoulder and arm/leg. Clarified what happens in chest and ribs. Talk about movement as a more non-specific input while it can effect all the specifics, depending on the person. Guided FI. Discussion and more practice, some guided. Discussion about non-specificity, ribs.

**ATM Lesson #079 ~ Yvan Joly**

**Sliding one arm up, one down, on front**

Tape 7a 8-end, 7b 0-1 CD#5/T12 [Amherst June 19, 1980 T#16]

On front, arms framing head loosely, head to side, lift head little. Take head towards arm facing then back with back of head towards arm behind. Turn head side/side. Hands fist under shoulders, slide elbows away from sides/return. Slide elbows one at a time. Repeat with forehead on floor. Leave elbows out to sides, roll head side/side. Leave face to side, slide face-side hand up and out from under shoulder, turn head, repeat with other hand. Fists under shoulders, slide one hand up, other down, keeping elbows on floor. Alternate arms up/down, note orientation of face congruent with arm movements. Stopped for demo with Betty to show alternating movement of hands/arms. Return to the lesson, do the movement of alternating arms and switch the spontaneous direction of head rolling.

**ATM Lesson #080 ~ Yvan Joly**

**Tilting bent legs to side, turning head, changing arms up/down, on front**

Tape 7b 1-end, Tape 8a 0-3 CD#5/T13 [Amherst June 19, 1980 T#17]

On front, slide one arm up, one down, straightening arms out to side in middle. Arms softly framing head, look up/forward without use of arms. Face to one side, roll pelvis side/side, note passive rolling of legs. Continue the pelvis rolling and change orientation of head/face. Right arm up, left down, facing right, knees bent, feet to ceiling, flex/extend ankles. Legs bent, tilting away from face side. Repeat, tilt legs slowly to side, return quickly. Tilt legs to right with face still to right, right arm up, left down. Tilt slow to side, return quickly. Both arms up, face to right, legs bent, tilt right and turn head left when feels like right timing. Repeat side/side. Keep legs in middle, note if changing of head side/side reverberates to pelvis/legs. Combine head turned to left with legs tilting left, then to

right side, alternate. Switch to looking to side away from side legs tilt to. Combine switching arms, head and leg tilts, legs tilting away from face side, arm that is up is on face side. Switch so that arms and face switch so you look towards side legs are tilted. Knees wide and bent, arms framing head softly, look up in middle, alternate turning head and lower. Change to looking over shoulder, legs tilting away from that side. Leave legs long, look up in front. On back, bend/lift legs, hold ankles, head lifted rock little side/side.

**ATM Lesson #081 ~ Yvan Joly**

**Circling eye and head, sitting and lying**

Tape 8a 3-end CD#5/T14 [Amherst June 19, 1980 T#18]

Sit, right leg crossed in front of left, lean on hands, eyes closed, circle right eye building up gradually. Rest on back. Sit, imagine right eye fixed on object in front, circle head a little around the still eye. On back, repeat last movement in sitting, note back of head makes a circling movement against the floor, reverse circle. Repeat above with left eye. Rest with palms covering eyes, open eyes seeing the black with each eye. On back, use both eyes to look far away, eyes coming closer together then allow eyes to move away from each other. Imagine right eye looking down, left looking up. Sit, soles together, knees open, lean on hands, repeat eyes coming together looking far away then eyes separating as though looking near. Look up/down in opposition with eyes. Palms over eyes, eyes open, slowly remove hands, note way of seeing, hearing, sensing. Talk about baby's non-judgmental way of looking, artists way of looking

**ATM Lesson #082 ~ Moshe Feldenkrais**

**Connecting eye and leg movements, on front**

Tape 8b 0-25 CD#5/T15 [Amherst June 23, 1980 tape#19]

On front, knees bent, flex/extend ankles. Knees apart, feet together/apart, note eyes. Stop movement of one leg, bring the other leg to quiet leg, note difference of how leg comes to opposite leg. Reverse legs. Legs long on floor, move heels in/out, add eyes moving up/down. Yvan stopped tape and completed lesson with last move but changed eyes to going in/out.



## Day 29 November 6, 2003

### ATM Lesson #083 ~ Diana Razumny

#### Lifting head, arms and legs, on front

Tape 8b 25-end, Tape 9a 0-41 CD#5/T16 [Amherst inspired]

On front, arms framing head, elbows above shoulder height, hands above head but separated. Forehead down, lift head to test ease/height. Try sliding up frog legs so folded near torso. Head turned to side, lift head. Head down, lift arm on face-side. Look along arm from elbow to hand, shortening back of neck, sliding head back few times. Lift head/arm same time, looking at hand. Slide hand along floor more overhead, watch with head/eyes as hand slides away. Let grow into lifting hand/arm, add head lifting/watching hand/arm lengthening/lifting. Lift diagonal leg w/arm, then lift arm w/o leg, note change of arm lift. Ref: lift bent arm then turn head, lift other bent arm, compare. OTHER SIDE Return to alt lift of bent arms w/forehead down, then lift both arms, lift arms/head. Both arms long overhead, forehead on floor, lift both arms, add lifting head. Lift just head/chest, allow hands to slide towards propping, note how high/ease. While head/chest are up, bend elbows, hands from floor, elbows to sides, hands near shoulders, note how high stay up. Arms long, lift head/chest, slide to straight-arm hand prop then elbows. Hang head, lift/lower spine between shoulder blades, shlder blades together/apart. Stand toes, push, lift knees when shoulder blades are apart, spine pushing back. Repeat w/head looking forward. Sphinx, toes standing, push toes, push up on hands lifting elbows. ROB Forehead on floor, arms long overhead, lift arms/head, note height. Hands overlapping, forehead on back of hands, lift head/arms. Bend knees, lift knees, add head/arms. Return to lifting head/arms. Ref: legs/arms long, face down, lift arms/head, add long legs lift. Ref: lift head/chest, hands slide to prop, place elbows for sphinx. (from this point, intro to new lesson) Lift/lengthen one arm, look w/head/eyes, arm goes up/back, knee slides up. OS Arms long overhead, knees bent/feet touching, lift arm/head, watch hand move back behind, legs tilt, foot slides along other leg, knee slides up. OS Arms/legs X position, lift head/arms/legs, balancing on belly. Repeat, stay with everything up, turn head to look up to ceiling on one side then other rolling across balancing point of belly.

### Video

#### Amazing Babies

[not recorded]

### FI Exploration #027 ~ Diana Razumny

#### Bending knee while on front

Tape 9a 41-end, Tape 9b 0-19 CD#5/T17

On front, hold ankle, bring lower leg to vertical over knee. At end continued ATM Lesson for 5 minutes.

### FI Exploration #028 ~ Diana Razumny & Yvan Joly

#### Bending knee while on front, lifting leg

Tape 9b 19-end, Tape 10a 0-14 CD#5/T18

On front, hold ankle, bring lower leg to vertical over knee, lift leg with other hand on knee.

### Video

#### See How They Move

Tape 10a 14-17 CD#5/T19 [not recorded]

Video produced by RIE, Resources for Infant Educators, organization of Magda Gerber based on work of Emmi Pickler

### ATM Lesson #084 ~ Yvan Joly

#### Rolling interlaced hands

Tape 10a 17-40 CD#5/T20 [Amherst inspired July 13, 1981]

On back, feet standing, interlace fingers, continuous rolling of hands, move hands around in front of chest, keeping right elbow on floor. Continue with legs long then with soles of feet together.

## Day 30 November 7, 2003

### ATM Lesson #085 ~ Yvan Joly

#### Hands to feet

Tape 10a 41-end, Tape 10b, Tape 11a 0-14 CD#5/T21 [*Awareness Through Movement* Book #8]

On back, reach for feet with hands. Hold one foot with same side hand, knee outside of arm, think of bringing foot to mouth. Both hands to one foot. Sit, soles of feet together, hold one foot with both hands, lift foot towards head few times then circle foot (forwards/back). Then circle side to side. On back, holding one foot with both hands, circle foot in air side to side, evolving so knee/thigh comes to floor onto side and then foot comes floor on other side. Sit, bring foot towards head. (Baby watching during rest). Sit, hold foot, lift foot, roll back as foot comes up. Take foot forward on floor and think of rolling back. On back, one hand on foot, other under head, bring foot/head towards ceiling. Stay with foot/head lifted, roll side/side. On back, hold each foot with hands, roll side/side, lengthening leg to side, foot to floor on same side. Then switch to bring foot across to floor on other side. On back, legs bent/lifted, fists under pelvis, lift legs, head/knees towards each other. Sit, both hands on one foot, bring foot to mouth, mouth to foot. (baby watching, talk about complexity during learning) Sit, hold each foot with hands, alternately lift feet towards mouth. On back, hold feet, repeat.

### ATM Lesson #086 ~ Diana Razumny

#### Sequential rolling, back to side to belly

Tape 11a 14-end, Tape 11b 0-17 CD#5/T22 [*Ruthy Alon's Primal Moves*]

On back, arms overhead on floor, slide R knee/elbow together on side, bring together in front of torso, open out to side, slide long. OS Then BOTH. Arms overhead, slide elbows/knees together, keep touching, roll side/side, folded arms/legs, open on back, touching on sides. Folded on side, slide bottom arm/leg long, shorten again, roll to other side, lengthen/shorten bottom arm/leg on this side, folded, roll across back. Repeat, stay on one side, lengthen top arm/leg also to bring onto belly, reverse, roll to other side, repeat. Stay on belly w/arms long overhead, bring elbow/knee together on one side then other. Stay w/one side together, bring other side together under it so folded on side again. Lengthen to bring on belly, shorten to come onto other side. Continue from side, across back, onto belly, across belly to side, rolling across floor, reverse direction.

### Community Meeting ~ Yvan Joly

Tape 11b 17-end, Tape 12a, Tape 12b 0-1 CD#5/T23

### ATM Lesson #087 ~ Diana Razumny

#### Continuous rolling, head and limbs lifted

Tape 12b 1-end, Tape 13a 0-6 CD#5/T24

This is not a full or accurate account of the lesson. L arm/leg long, R foot standing on floor, R hand towards R heel, push R foot, look up at L hand, stick out belly, hold ankle, roll to belly pushing belly forward, lengthen front of hip, knee away from floor, head/tail coming together in back. Roll back and forth - belly to back - back to belly. OS. Stand/push foot, interlace hands behind head, slide elbow towards lifting hip, other leg bent, slide foot through space between foot/pelvis as head/arms slide down to side, stick belly out to roll to belly. Repeat, take hand on lifting hip side to foot that slides through gap, hold ankle and roll to belly, keep head up. Interlace hands behind head, knees bent up over belly, lift head, elbows/knees together, separate on one side, looking overhead at elbow moving away, side/side like that. Stick belly out to one side, roll towards belly w/hands behind head, return elbow/knee together QUICKLY. Continue onto belly, head in the air, hands behind head, roll across, shortening one side to come onto back. Continuous rolling across middle of self, keeping head/arms/legs lifted from floor, thinking of eyes on horizon as you roll. Emphasis on flex/extend in pumping action.

## Day 31 November 10, 2003

### ATM Lesson #088~ Yvan Joly

#### Interlacing toes and fingers

Tape 13a 6-end, Tape 13b 0-42 CD#5/T25 [Amherst inspired June 25, 1980]

On back, interlace fingers in front of belly, roll hands up/down on belly, chest, taking arms overhead. Sit, interlace fingers of left hand with toes of right foot, starting with index finger between big/second toe, lean on other hand, lift/circle foot in space. Pause, change interlacing so thumb is between big/second toe, take foot side/side, watch big toe. Increase amount of side/side movement, foot going past left knee to side, hold right knee in air with help of right hand. Resting on back, note spaces between fingers/toes. Sit, repeat with other foot. When taking foot side/side, increasing movement, switch from head going with foot to head/eyes going opposite foot. Stay with foot in middle, bring foot/mouth together/apart. Resting on back, sense spaces between toes, move toes individually. Sit, soles of feet together, use hands to help interlace toes. Interlace fingers quickly to notice which thumb is on top and is it the same as the big toe that you interlaced on top. Leave toes interlaced, lean back on hands, lift/lower feet, rolling back on pelvis, think that you want mouth and feet to come together. On back, soles together, interlace toes with help of hands, hold knees with hands from outside, roll side/side. Stop feet in middle, bring feet/mouth towards each other, help by holding feet from heels. Sit, interlace toes, lean on hands behind, take feet side/side, let it grow into pendulum, weight shifting on sit bones. Sit, interlace fingers with toes from over top of foot, lift both feet, roll back and then up to sitting again. Sit, soles together, interlace toes, lean back on hands, slowly roll back and then up to sitting again.

### ATM Lesson #089~ Diana Razumny

#### Crawling preparation #1-head under arm bridge, knee slides up, on front

Tape 13b 42-end, Tape 14a 0-41 CD#5/T26 [Amherst inspired]

On front, hands overlapped, forehead on hands, roll pelvis side/side, note head. Stand R hand, look R, L arm down along side, slide head under arm, slide knee up to side, note ease. Leave R knee up to R, arms framing head, take mouth towards inside of elbow in front of face. Slip R hand under L cheek, slide head/arm down to R, elbow towards knee. Stand hand, take head towards knee emphasizing forehead or chin or mouth. Return to original move, sliding head/knee towards each other with R hand standing. Slide R knee up, leave it, turn head L, take face towards inside of L arm, add L hand under R cheek, slide head/arm down to L. Stand L hand, look under L arm. Return to sliding head/knee together under bridge of R arm. Forehead on back of

overlapping hands, slide R knee up, note effect on head. Switch, repeat above on other side. End with alternately looking under arm bridges while sliding knees up alternately then switch to look opposite to side of knee sliding up.

### FI Exploration #029 ~ Yvan Joly

#### Tilting bent legs, on front

Tape 14a 41-end, Tape 14b, Tape 15a 0-22 CD#5/T27

Demo with Cheryl on front, looking at ankles and rolling legs in/out. Bend both knees, tilt legs side/side. Noting comfort of head and changing direction of head. Practice in pairs. Demo with skeleton then with Frank whose heels were turned in. Questions and answers: goals and functions. "Goal" of FI is always to help create even distribution of work throughout. Question about balance.

### ATM Lesson #090~ Yvan Joly

#### Tilting bent knees, on front to side sitting

Tape 15a 22-end, Tape 15b 0-20 CD#5/T28 [Amherst inspired]

On front, bend knees, face to comfortable side, tilt legs to side away from face. Repeat, keeping legs tied together. Add standing arm in front of face, other arm long overhead, tilt legs, rolling across side and look to ceiling. Return arm on back side of head down along side. Tilting legs, start taking top knee away from other. Overlap hands, one on top is the on side of direction of face, tilt tied bent legs away from face, lift arm/head together. Return to first arrangement of arms, tilting tied legs. Head on overlapping hands, tilt tied bent legs, note elbow sliding down. Stand hand on face side, tilt tied bent legs, push up with hand to look over shoulder as legs tilt away from face and standing hand. Continue, add sliding top leg along other so knee ends up near foot of other leg, coming into side sitting then reverse. Repeat, using eyes to initiate movement. Turn head to other side, recreate what you can remember on this side. Stand both hands, tilt legs to one side to come to sit, reverse to belly and come up on other side to side sitting. Go side to side.

## Day 32 November 11, 2003

### ATM Lesson #091 ~ Diana Razumny

#### Crawling preparation #2-looking over shoulder as knee slides up, on front

Tape 15b 20-end, Tape 16a 0-26 CD#5/T29 [Amherst inspired]

On front, arms frame head, face R, take nose to inside of elbow, note pelvis. Stand toes of R foot, push, lift knee, note head. Take head R w/toes pushing, feel connection. Try w/L toes standing. Face R, head on back of R hand, slide head/arm down to R add R toes pushing. Sphinx (elbow prop), hang head, push toes, note R ear to R shoulder. Change to looking around R shoulder w/R toes pushing. Sphinx, hang head, slide R knee up, note head, R ear to R shoulder. Add looking around R shoulder as R knee slides up. Repeat all above on L side. End in Sphinx, w/alternating knees and looking over/around shoulders. Take into crawling, toes for pushing. Pause. Sphinx, alternate shoulders forward/back, looking over shoulder coming forward. Repeat w/keeping head forward in middle, add sliding knees up alternately, take into crawling, pushing w/toes, head/eyes looking straight ahead. Stand hands, alternate looking under arms at alternating knees sliding. Change to looking up/over shoulder at knee sliding up. Arms alternate straightening. Take into crawling, pushing w/toes of bent knee. Up on straight arms, R knee stays up, L leg straight, start scanning horizon slowly to L at same time lifting pelvis back over bent leg to sit on floor, L leg straight out to side, rolls so knee/toes point to ceiling. Pelvis rolls over lower R leg/foot until you sit, R leg/foot bent in front of crotch, L is straight out to side.

### ATM Lesson #092 ~ Yvan Joly

#### Tilting bent legs, coming to sit then flopping knees to other side, on front to sit

Tape 16a 26-end, Tape 16b, Tape 17a 0-2 CD#5/T30

On front, stand hands, bend knees, feet to ceiling, tie ankles/knees together, tilt lower legs/feet to side, face on side away from direction feet tilt. Take head side/side as legs tilt side/side. Then switch direction of head so you look to the side the feet/legs are tilting. Look away from direction of leg tilt again, stay w/legs tilted to side, start sliding the top leg along the inside of the other leg, add hands standing, elbows in air, looking under bridge of arm on side of top leg that slides away. Switch to looking over the shoulder at foot that's sliding away, take it into sitting. Stay in side sitting, feet to R, lean on hands behind, lift R knee to pivot over R foot. Add looking around self with eyes closed as you lift the R knee. Add L arm/hand in front of face, looking around R, lifting knees to come to side sit on other side, reverse. On front, bent legs tied together, look R, tilt legs L, hands standing, look over R shoulder, allow

legs to separate so you come to side sitting then reverse. Then grow it into flipping knees to other side in side sitting and reverse. Long talk and then return to last move of lesson. Go side/side across belly, using tilting legs to come to side sit and then flopping knees around as if to see/reach for something around you. Reverse, flopping knees then onto belly again. Demo with Brian, holding striped socks in front of his face, guiding hip around as he watches and reaches for the socks. Pairs play with guiding each other with an object, staying within the constraints of the developmental movements thus far in this segment, not crawling on hands and knees but can come up to hands/knees. Return to belly and the same movement of coming up to side sitting, flopping knees to other side and continue down on belly going in a circle.

### Talk and Writing Project ~ Yvan Joly

#### Concretely, what brought you to the work?

Tape 17a 2-25 CD#5/T31

Think about what brought you to the work and write about it to be handed in or not. Discussion about being concrete. Concrete (specificity): event in time/sequence; sensations, feelings, emotions, opinions, judgments; action; first person (I) account; what, where, when, who, how, why (what consequences); clear picture evoked

### ATM Lesson #093 ~ Yvan Joly

#### Crossed arms, on front

Tape 17a 25-end, Tape 7b, Tape 18a 0-16 CD#5/T32 [Amherst July 16, 1980 T44 am 1&2]

On back, arms overhead on floor, slide R hand over to L hand, continue down to bring R hand to L armpit. On front, upper arms out at shoulder height, R forearm pointing overhead, L forearm pointing down, lift elbows from floor at same time leaving hands down. (Egyptian arms) Same position, leave elbows on floor, lift R wrist from floor, hand hangs. Then try lifting hand fingers lifting first. Lift just R elbow, alternate with hand lifting from fingers. Repeat with L hand/arm. Hands on floor, lift both elbows. Lift both wrists. Head to L, L arm bent up, R bent down, repeat movements on this side. Stay looking L, slide arms in direction of fingers, straightening one arm overhead, other down along side and then return to having elbows at 90 degrees. On back, stand feet, arms across chest(self hug), R arm below, L on top, roll R and reach L hand out to R, roll to L, R hand reaching L. Roll side/side, pulling with one hand, releasing other. Switch which arm is on top, repeat rolling side/side. Add looking over shoulder coming forward, noting you can use the rolling of the shoulders and movement of head so that you can walk your shoulders towards your pelvis, pelvis coming towards heels. Use rolling

to walk shoulders/pelvis away from heels. Demo with Allyson on "the right way". Return to floor and repeat. On front, Egyptian arms, face R, L arm on back side of head, slide hand out to side at shoulder height and then up near head, lift head and keep going with L arm to R in front of face, reverse arm. Add standing R hand to help sliding L arm in front. Switch to repeat on other side. Stay w/R arm to L, take L arm over and crossed to R, ending up lying across crossed arms, slide R arm out/in. Have crossed arms lower down in front of chest so head can come to floor while lying on arms. Return to arms crossed under chest, roll side/side, reaching alternately with hands, palm towards ceiling.

## Day 33 November 12, 2003

### ATM Lesson #094 ~ Moshe Video

#### Rolling across elbow from sitting to lying

Tape 18a 16-end, Tape 18b 0-38 CD#5/T33 [Amherst July 7, 1980 am 1 T33 Intension/orientation]

Sitting, R hand to side on floor, bending elbow, coming down towards elbow. Yvan stops tape and talks w/o recording about the Amherst training and Moshe's feeling about taking notes. Tape on again, Moshe talks about people are learning w/o him teaching. Return to ATM oriented to front, sitting, going down on elbow to roll to back, reverse to come up noting that you come to the front again with original orientation. Talking while everyone is doing the same movement over and over. Talked about exercise versus learning from the movement. Go slowly so you don't bang the elbow, shoulder or head. Learning a process of organization so all movements improve, not just this movement. Do on other side. Demonstrated movement of hand to talk about quality of movement and the beginning of a movement. The beginning of a movement can be done well with most people. The initiation of the movement should have the quality you want for the whole. Movements in ATM are unusual so you don't use your habitual ways. Don't need to eliminate old ways. Eliminating the old can remove the identity. Don't think of achieving the movement, pay attention to the quality. Let the quality permeate the whole movement. The movement of the head and pelvis are continuous with the movement. Demo of coming from sitting to stand. Shows difference between a smooth continuous movement that incorporates the whole body and when you engage in your history of fear and lack of confidence. Entire self is used in good quality movement, including the intension. Going slow enough and paying attention from the beginning you have a chance to notice what you do and can do something different. Organizing attention around knee hurting instead of doing what you want changes the quality of the movement. Movement is interrupted by lack of confidence, feeling of being a failure, fear, etc. Reminded about talk of invariance, example of moving head side to side and the world stays still. Life is changing all the time, we make the invariance. Can be organized so that when you meet trouble you can come out feeling well about yourself. The lack of confidence is so strong it stops us from being able to do things, can make us fall. Definition of neurotic-does something and produces something different than what he intended. Return to moving with attending to quality. Don't be serious.

### Discussion ~ Yvan Joly

#### Moshe's video tape

[Not recorded]

Groups of five discuss the Moshe video.

### ATM Lesson #095 ~ Yvan Joly

#### Rolling across elbow from sitting to lying on back

Tape 18b 38-end, Tape 19a 0-29 CD#6/T1 [Amherst July 7, 1980]

Sitting cross legged, hand on floor to side, bend elbow, bring to floor, roll back to go towards lying on back. Change crossing of legs and repeat. Change sides, add idea of orientation so your feet end up in the direction you were facing while you were sitting.

### ATM Lesson #096 ~ Diana Razumny

#### Scooping the chest

[Not tape recorded] CD#6/T2

Elbows bent at 90, upper arms straight out at shoulder height, slide one elbow in under shoulder then bring in other elbow. Alternate bringing in one elbow then other, slipping elbow out one at a time. Slide both elbows up under shoulders, slip out coming back down on chest. Sphinx, slide one knee up, stays, slide up other knee, slide 1<sup>st</sup> one down then 2<sup>nd</sup> one down. Few cycles then switch to other leg sliding up/down first. Sphinx, scoop both knees up same time to sides, knees stay up, slide elbows open, chest goes to floor, scoop up elbows again, repeat few times then when down, let knees open, pelvis goes to floor. Sphinx, slide up knees to sides wide, stay, rock head/tail. When rocked towards head, put chest down, stand hands, push, slide chest back, pelvis towards heels, then slide head ward, pelvis away from heels. Sphinx, slide up knees to sides wide, stay, bring elbows together, lift so lower arms are vertical, create cup for chin with hands, walk elbows away/towards pelvis. Chin in cup, slide both knees up, wide, slide one elbow along floor away/return, slide other, alternate. Slide both away so chest ends up on floor. Hands and knees wide, pelvis towards heels, forehead to floor, slide forward along floor as pelvis comes away from heels, lowering chest to floor, looking forward as chest slides forward, scooping chest along floor, come up, take pelvis back towards heels again, repeat.

## **Demo ~ Diana Razumny and Yvan Joly**

### **Skeleton doing ATM Movements**

Tape 19a 29-end, Tape 19b 0-8 CD#6/T3

Showing skeleton in the shape of the ATM, on wide knees, propped in elbows, chest towards floor. Yvan showing movement of the spine.

## **Baby Video**

### **Amazing Babies continued**

[Not recorded]

Video showing the movements of babies in the first year of life with Beverly Stokes

## **FI Exploration #030 ~ Yvan Joly**

### **Rolling person from the arms**

Tape 19b 8-25 CD#6/T4

Partners, one person lies on back on floor, other stands to side, takes arm across body to pull and roll person to side then belly, then take arms from over head to keep them moving to other side and back again. Can do the same from legs, taking straight legs, one crossing the other (have arms long overhead), once on belly take other leg, pull across to roll to back again.

## Day 34 November 13, 2003

### ATM Lesson #097 ~ Diana Razumny

#### Pushing up to elbows and knees, from front

Tape 19b 25-end, Tape 20a 0-11 CD#6/T5 [Baby video inspired]

On front, lift belly button, push belly button into floor, alternate. Repeat elbow propped (sphinx), track tailbone, change attention to lifting/tucking tail, (same move). Note head move up/down, note lower back. What's the connection through the whole of yourself (like Moshe video) Eyes, pelvic floor/sphincters? Let grow so head looks under belly, reverse, look up at ceiling. Keep lifting belly until pelvis comes off of floor, pushing w/elbows so come onto knees, head is looking down under. Return to belly. Repeat coming to knees, stay on knees/elbows, look down between legs, then look up to ceiling, feel shape of spine/torso rounding backwards, sinking forwards. Note tailbone, belly button, low back, head/eyes. Add flex/ext ankles/toes, note connection to sphincters. Slide elbows forward to lie on belly. On elbows/knees, think of either sliding upper body forward to come down to floor or sliding knees/legs down to bring pelvis to floor first. Slide arms away, reverse, slide legs down, reverse, slide both down, bring back. Alternate to locomote homologous style. Legs straight, propped on straight arms/hands, lift pelvis, rock back onto knees, note where/how initiate. Add looking down with head. Sphincters? On elbows, lift pelvis, keep legs straight, lift legs so balance on fronts of feet and elbows. Prop on straight arms, legs straight, lift pelvis/legs, head down, balancing on fronts of feet and hands. Return to belly, lift/push belly button, note movement through whole self.

### Discussion ~ Yvan Joly

#### Undoing a lesson, observation in FI, confused about directions

Tape 20a 11-end, Tape 20b 0-24 CD#6/T6

Kaleidoscope as a metaphor of what happens in ATM. Shaking the kaleidoscope after an hour of refined movement is analogous to stretching or doing familiar movements from other systems. Barbara's questions, one about observing for FI and one about her FI with Yvan and having her leg resting on her arm. Yvan explains about intuition as thinking with your whole self to give FI. Brian's question about knowing difference between getting side tracked in a lesson such that it is new learning rather than doing something familiar, reinforcing an old pattern. Answer went with metaphor of ATM is like a train on a track. Question about pushing up against a wall or edge. Idea of resistance and NLP approach and looking for potential and resources. Allyson comments on movement and awareness. What do you do when you aren't aware of what the teacher is asking about.

### ATM Lesson #098 ~ Yvan Joly

#### Arching back forward and back, on hands and knees

Tape 20b 24-end, Tape 21a 0-16 CD#6/T7

On hands and knees, rounding back backwards then sinking down so belly comes towards floor. Head looks up down with movement, then reverse the natural combination of head with shape of spine. Stop for demo with few people to show hands under shoulders and angle at the wrist. Try being on fists instead of hands and knees, or use tripods of thumbs with fore and middle finger knuckles. Hands and knees, spine rounded back then forward, rock headward and tailward, then shift side/side then circle around the support of hands/knees, up/side/down/side/up. On back, lift bent knees, straighten arms out in front to assimilate shape of hands/knees. Come to hands/knees again, take pelvis down/back towards heels small amount, pelvis stays in the air. Note ankles/feet, flex ankles and toes, alternate with extending feet as you rock head/tailward. Alternate which heel you take the pelvis towards. Repeat on elbows and knees. On elbows/knees, toes tucked, take pelvis towards heels alternately. Repeat on hands/knees. Stay on hands/knees, toes tucked, lift one knee and put it down close to other knee then lift and take outside a little, find place where knee is under hip joint for support. Repeat with other knee. On hands/knees, ankles long, lift feet, separate feet and put down, lift feet, bring them closer together and put them down, find middle/comfort. Take pelvis down/back towards heels, stay and shift pelvis from heel to heel. Kneel, stand.

### FI Exploration #031 ~ Yvan Joly

#### Guiding movement of torso front and back, on hands and knees

Tape 21a 16-28 CD#6/T8

Have partner on hands and knees, place fingers on each side of one vertebra and have person move against fingers. Bring hand under, to front of person and have them move away from your hand. Move to different areas of torso. Go to the person's highest point of back and have them move towards/away from your hand/fingers. Demonstration with Betty, had her hands on roller instead of flat on table, comment on use of chest connection to wrists.



## **ATM Lesson #099 ~ Yvan Joly**

### **Swinging lower leg in/out, on hands and knees**

Tape 21a 28-end, Tape 21b 0-29 CD#6/T9 [Ruthy Alon's Primal Moves]

On back, roll one arm in/out, repeat with other arm, do both at same time. Roll both in/out, towards/away from each other. On hands/knees, rotate arm in/out, hand slipping around in circle then keep hand planted and turn arm in/out along it's axis. Repeat with other arm. Both arms at same time (in/out), note ribs, spine, head. What's connection between rounding back backwards and the direction of turning the arms. Hands/knees, knees a little wide, slide R foot in/out along floor. Add looking around at foot as it slides out, then between legs as foot come towards other leg. Switch to look opposite where the foot goes. Repeat on other side. Slide foot in/out, looking direction of foot, as foot comes towards other knee, take pelvis back towards floor. Change so pelvis goes back when foot is out to side. Repeat on other side. Swing foot in towards other knee, take pelvis back towards sitting on floor. Continue, note which hand would come away from floor more easily. Alternate leg swinging, attend to watching legs as they swing side to side and then look to horizon, continue movement of legs. Bring feet together and sit back towards feet.

## **Moshe Video**

### **Stability and instability**

[Video not recorded] Demo at end Tape 21b 29-end, Tape 22a 0-3 CD#6/T10 [Amherst June 26, 1980]

Idea of making abstract ideas concrete. Abstract idea of instability and stability. High center of gravity makes less stable. Polygon of sustentation. Stopped video to demonstrate falling over like a table. And then soften to roll down from all fours to being on the back. Introduce stopping in middle of movement as imported from Gurdjieff. Hands and knees, lift each limb from floor individually then in pairs. Plant toes, lift knees

## Day 35 November 14, 2003

### ATM Lesson #100 ~ Yvan Joly

#### Flipping knees side to side, on hands and knees

Tape 22a 3-end, Tape 22b 0-11 CD#6/T11 [Amherst July 25, 1980 #56 & 57]

On elbows and knees, lift one knee, bring it in and put it down and then lift, bring it out and put it down. Voted by group easier to bring it in. Repeat with other leg. Repeat similar idea with lifting elbows one at a time. Elbows/knees, take pelvis towards floor on R. Demo w/ rows of people. Everyone repeat, add noting which knee (R) would slide a little forward. Hands/knees, repeat movement, add going to other side and then going quickly. Add keeping head in middle as legs go side/side as pelvis goes to floor on opposite side. Hands/knees, tuck toes, lift knees from floor. Repeat on elbows/knees.

### FI Exploration ~ Yvan Joly

#### Review of bending knees, rolling head and hands to face

Tape 22b 11-41 CD#6/12

Demo with Cheryl. On her back, brought her knees up, feet standing on table. At head, support behind head, roll head, hands to face and rolling head, slide legs down one at a time. Roll head with legs straight. Reminder of sliding legs up one at a time. Ended with Cheryl sitting on edge of table, holding head against chest, moving her from her head. Crossed arms, hands on shoulder and rotated her up to sitting. Demo with skeleton: Bending knee, bringing foot to stand on table. Both feet standing, bring hands to head while sitting at head. The elbow is such that the weight falls into the shoulder for balance. Hands/palms over eyes, rolling head. Returning arms, sliding down along chest.

### ATM Lesson #101 ~ Yvan Joly

#### Bear walking, on hands and feet

Tape 22b 41-end, Tape 23a 0-30 CD#6/T13 [Amherst 4 points series 1980]

On hands and knees, flex/extend toes/ankles. Flex/extend right foot, plant toes, lift knee. Lift other. Lift both. Note use of head, spine flexing/extending. Repeat, lifting both knees, looking down under and then looking up with head. Alternate use of head, lifting knees looking up then lifting knees looking down. On belly, propped on elbows, look down towards feet under belly, lift pelvis going onto knees. On belly, elbow propped, plant toes, lift pelvis. Hand/knees, toes planted, lift knees, pelvis higher than head, stay, look up and lift one hand/arm forward, feel which leg needs to come forward. All fours, lift each hand and foot one at a

time. Alternately lift feet then hands. Lift R hand/foot then L hand/foot. Talk about homo-lateral, contra-lateral and homologous walking

### Group Performances

#### Review ATMs of two weeks

Tape 23a 30-32 CD#6/T 14

Groups of 6 talk about the ATMs of the 2 weeks and compose a choreographed piece to show the rest of the groups.

### Discussion ~ Yvan Joly

#### Last minute questions

Tape 23a 32-end, Tape 23b 0-12 CD#6/T15

Nancy's question about a knee problem. The inquiry would actually require a personal lesson. Betsy had a question about witnessing or observing. Betty's question about making an abstract concept concrete, i.e. mercy. Saying good byes.

### ATM Lesson #102 ~ Yvan Joly

#### Voice

Tape 23b 12-34 CD#6/T16 [Amherst July 27, 1980 T#57]

Sit, mouth closed, make a sound. Again and open mouth while sound is still coming out. Add closing mouth while making sound. Mouth closed, make sound, block one nostril while continuing with sound. Repeat with other nostril, feel for which is dominant. Alternately block nostrils while making sound with mouth closed. Make sound with mouth open and start closing mouth. Make sound on inhale. Randomly make sound on inhale and exhale. Return to sound with mouth closed and slowly open mouth noting change in resonance. High sound on inhale, low sound on exhale. Low sound on exhale with mouth open, high with mouth closed. High, mouth closed, inhaling. Low sound, exhale, mouth open. High pitch, bring it down with mouth open. Go up and down. Open and make simple sound.

## Day 36 November 17, 2003

### ATM Lesson #103 ~ Dennis Leri

#### Breathing, exhale, hold, swallow, inhale

Tape 23b 34-end, Tape 24a, Tape 24b 0-9 CD#6/T17 [Alexander Yanai #17]

On back. Attention to breath. Knees bent, feet standing, one hand on chest, other on belly, note movement of breath. Three segments to notice, lower abdomen, middle and upper chest. Hands on lower belly down where legs meet torso, note movement of breath there. Switch attention to only exhalation. Break exhale into three parts. Hold between 1<sup>st</sup> and 2<sup>nd</sup> exhale for 10 seconds and then between 2<sup>nd</sup> and 3<sup>rd</sup>, hold 3 seconds, exhale all the way out, way until the inhale comes. Rest with legs long. Feet standing, hands on lower belly again. Repeat, ending with a cough on third exhalation. Exhale with mouth open all at once, belly out, hold belly/air out, collect saliva, when need to inhale swallow saliva down to lower belly, open mouth, inhale, repeat cycle 30 times. On last few, note chest, belly, legs while holding breath and sense the saliva going down to lower belly, rest with legs long. Feet standing, hands on lower belly, exhale with mouth open (quiet), when need to inhale, swallow saliva, sending to lower belly and inhale through nose. Repeat but exhale through nose, inhale through open mouth. Think of the exhale expanding whole lower 3<sup>rd</sup> of torso, belly, sides, back. Inhale through open mouth, exhale through nose, expanding belly. Repeat, closing off left nostril, exhaling only through R, hold exhale out, swallow then allow air to come in. Repeat 5 times then switch to left nostril for 5 times. Legs long, exhaling, distribute attention, note when feel impulse to inhale and move attention out to whole of self, note what's happening. Feet standing, hands on lower belly. Repeat but alternate breathing out through mouth and nose on one exhale, hold exhale out. Repeat noting difference when exhaling through mouth and nose. Roll to front side, hands overlapping, forehead on back of hands, repeat last cycle of breathing. Attention to lower torso expanding on exhale. Do 5 cycles then lie on right side, repeat, same on left side then rest on back. On back, knees bent, exhale slowly through nostrils 10 times. One hand on chest, other on lower belly, feel movement of breath. Stand with eyes closed, note breath.

### Discussion ~ Dennis Leri

#### Breathing lesson

Tape 24b 9-23 CD#6/T18

Question about swallowing. Answer about divers without tanks use swallowing. Story of yoga teacher's anxiety around breathing. Studying breath by attending to the exhale to the point that the breath comes in spontaneously. Breath gets messed up by intentionally trying to breathe. Singers exhale very long, inhale is very short (30-1)

### ATM Lesson #104 ~ Dennis Leri

#### Circling lower arm on floor, on side

Tape 24b 23-end, Tape 25a 0-36 CD#6/T19 [Alexander Yanai #495]

On right side, right arm straight out in front, knees bent, hips straight so thighs extend down away from pelvis. R palm facing ceiling, slide whole arm a little up along floor then back down. Repeat with palm down to floor. Compare difference when palm is up or down. Reach/retract right arm. Try with palm up/down. Return to sliding whole arm up/down along floor. Palm up, think of taking right elbow towards chest as if to bring elbow under torso. Same position, add having left arm lying along left side, hand on left hip, repeat idea of bringing elbow towards torso. Left hand on floor in front, explore first movements of right arm sliding on floor up/down. On left side, same position as was on right, repeat movements of straight left arm, palm direction variations, all other variations on this side. On right side again, right arm long on floor in front of you, palm up, lengthen arm, think of standing on left knee. Kneel on knees, right arm overhead, lengthen arm while on left knee then on right knee. Come back to lying on right side, right arm long overhead, lengthen arm, think of kneeling on left knee. Think through skeleton from left knee to right arm overhead. Repeat with attention on right knee to right arm. Repeat while lying on left side. Add taking straight left arm behind head, think through to right knee, follow left hand with head/eyes. Repeat last variation on right side, note when palm wants to turn towards floor as straight right arm goes behind head. Same position on right side again, flex/extend ankles. Stand on both knees, flex/extend ankles, toenails/pillows to floor. Leave feet flexed, take impression, return to right side, stay with feet flexed, take right straight arm behind head, add thinking of standing on each knee. Same position, including flexed feet, slide arm farther behind so that left ear comes towards floor, note changing of palm's orientation, add thinking of standing on right knee. Straight right arm ends up sliding in half circle from front to back through "overhead", sliding under head along floor. Think through movement and repeat on other side. Return to right side, slide bent elbow towards torso, let slide under torso then straighten forward, overhead, behind and down towards torso, reverse, bend elbow to come towards/under torso. Continue arm behind, slip fingers under waist, lengthen arm forward and circle all the way around. Reverse circle, think standing on right knee. Repeat all on left side with left arm circling and thinking standing on left knee. Reverse circling. On back, arms crossing chest, one above the other, reach left with right hand, right with left hand, alternate, fingers long sliding on floor, think of lengthening through fingernails as arm reaches. Switch which arm is on top, repeat. On right side, return to circling right arm with

attention to fingers lengthening through fingernails. Repeat on left side. Sit, stand, sense all directions with eyes closed. Sense width, depth, height. Open eyes, walk, stay with sense of self even though may look at someone.

## Video ~ Gracovetsky

### Movement of the spine

[not recorded]

## Talk #024 ~ Dennis Leri

### Spinal engine, genetics and nomadics

Tape 25a 36-end, Tape 25b 0-38 CD#6/T20

Dennis shared about Gracovetsky and the spine as an engine. Head stays focused in front as everything else moves below. Tribes and nomadic people move differently than the whites of America.. Study of DNA to follow genetic splits that created the different races. Talk about nomadics that chase the raindeer. Question about the changes people go through as a result of the training. Sharing with each other is a good way to process. Developmental movements are symbolic to us as adults. Breathing is very primal here and now and then. We have overlays on our breathing movement from our living. We recapture our competencies or capacities through doing the lessons. Story about Sonoma State College being a process oriented college. Working in groups keeps competencies alive around the work. Important to share experiences with each other. Second year will have more analytical about the structure of ATMs. Third year you can start teaching ATM which helps understand the FI more for the fourth year. The hands-on work is same ambiance dynamically. Requests make it different for each person each time. FI can be daunting to some people but you just get a sense of movement from your experiences and you have some way to approach what to do with a person. Going with what someone is already doing isn't really possible because introducing the practitioner. Talked about lesson of circling arms under body creating an overall picture. Bob shared about difficulty of lesson.

## ATM Lesson #105 ~ Dennis Leri

### Towards sitting on heels

Tape 25b 38-end, Tape 26a CD#6/T21 [Alexander Yanai #452]

On hands and knees, flex/extend toes/ankles. Lift one foot from floor, flex/extend. Same with other foot. Flex/extend ankles/toes allowing toes to slide along on floor. Hands/knees, feet extended, toenails on floor, pelvis towards heels several times. Repeat, as sitting back, open mouth wide looking up, coming back towards hands let mouth close and head hang. Repeat making smaller and quicker. Hands/knees, knees wide, feet touching, toes tucked, ankle flexed, take pelvis back towards heels so that

you can lift right knee away from floor. Repeat, add looking up and opening jaw. Repeat last two steps but with lifting the left knee. Alternate lifting knees. Hands/knees, knees wide, feet together, lift head, open mouth and eyes, stick out tongue (without sitting back). Hands/knees, knees wide, toes tucked, pelvis to heels, stay there lift one knee, other, return 1<sup>st</sup> knee then 2<sup>nd</sup> to the floor. Switch so other knee lifts and returns to floor first. Hands/knees, knees wide, feet touching, toenails on floor, sit back, lift/lower right knee. Add lifting right hand with right knee, look right. Add sticking out tongue, jaw open wide, eyes wide. Repeat, stay with right knee/hand lifted, looking right, eyes/mouth wide, stick tongue in/out 10 times quickly. Repeat everything on left side. Repeat, last variation on right side, sticking tongue out many times quickly then switch to left side, repeat. Hands/knees, feet extended, sit back on heels, alternate lifting knees then keep one in air and lift other. Hands/knees, knees apart, feet together, sit back towards heels, hands stay on floor, stay sitting back, lift both knees, stay, open mouth, look up, tongue in/out quickly. Hands/knees, knees wide, feet touching, toes standing, pelvis goes back with looking up, mouth open, tongue out, change feet to flex/extend alternately with each sitting back to heels. Repeat, when feet are long, look under/down, when toes stand, sit back looking up with tongue out. Do quickly. Hands/knees, feet stay long, alternate looking up/down each time pelvis sits back. Same position but toes for running, each time sitting back, look up, mouth open, tongue out. Repeat, alternate looking side to side, when passing through middle let head look down. Hands/knees, feet long, sit back on heels, take hands from floor and put on knees, come up to stand on knees, look up, mouth open, tongue out, as you sit on heels, close mouth. Hands/knees, knees/feet parallel, flex/extend feet and feel movement through whole. Rest on back, revisit the day in your mind. Stand with eyes closed, rock forward/back from ankles.

## Day 37 November 18, 2003

### ATM Lesson #106 ~ Dennis Leri

Breathing, draw in abdomen exhaling, varied positions

Tape 26b , Tape 27a 0-14 CD#6/T22 [Alexander Yanai #21]

On back, knees bent, feet standing, note movement of breath. Exhale, draw in abdomen, wait for inhale. Same lying on front side with forehead on back of hands. Stay on front, lift left side of pelvis from floor and repeat breathing, pulling in belly on exhale. Repeat with right hip lifted. On back, knees bent, repeat breathing while hold head up with interlaced fingers. Hands/knees, top of head on floor, repeat breathing. On back, knees bent, when exhale, drawing abdomen in, lift chest, exhale all the way and allow inhale to happen without doing anything. Arms overhead on floor, same breathing, note asymmetry in use of belly and arms. Same position, roll up spine starting with tailbone, arms lengthen more when pelvis is high. After a few times, stay with pelvis high and do the breathing. Arms overhead, stand one foot, lift that side of pelvis, repeat breathing. Same on other side. Hands/knees, stand right foot, right forearm on the floor, left arm stays long, repeat breathing. Repeat on other side. On back, knees bent, same breathing, emphasize lifting/expanding chest. Bend knees, one hand on abdomen, one on chest, reverse movement of breath so exhale with belly out and chest collapsed, reverse. On hands/knees, feet flexed, toes tucked, top of head on the floor, hands lined up with head to sides, lift knees from floor, still bent, take weight on toes and hands. Repeat, leave knees lifted, draw in abdomen on exhale, image of back of neck going towards floor. Notice the length of the exhale is shorter in this position and inhale a little longer. Standing, legs a bit wide, bend forward, hands on knees, lower pelvis little with arms straight, draw in abdomen on exhale, contract belly powerfully and then allow inhale.

### Talk #025 ~ Dennis Leri

Breathing lesson

Tape 27a 14-28 CD#6/T23

What if you can't do it? What about warnings? Story about skiing in Israel. Story of Gaby Yaron starting out with Moshe. About altering lessons for the group.

### ATM Lesson #107 ~ Dennis Leri

Breathing, inhale drawing in belly, lengthening arms overhead

Tape 27a 28-end, Tape 27b, Tape 28a 0-1 CD#6/T24 [Alexander Yania #454]

On back, knees bent, right arm overhead on floor, reach with left arm across body to right, left hip lifts. Repeat on

other side. Arms across chest, reach right hand towards left foot, switch to other arm. Same position, repeat reaching towards foot with opposite hand, lift head, switch to other side. Cross arms with other one higher on chest, reach left arm to right foot, lifting head, switch to right arm to left foot. Same position, reach towards both feet and lift head. Knees bent, right arm long overhead, left arm down along side, reach both arms away from each other, lift left hip with the reaching of arms, look once at right arm overhead on reach, once down to left. Same position, look up at right hand, left hip lifted, stay, inhale while drawing in abdomen several times quickly. Same position but looking down at left hand, stay, inhale with belly in quickly. Switch to left arm up, right down, lengthening both, lifting right side of pelvis, rolling head to look once left, once right. Stay with looking up at left hand, right hip stays lifted, draw in belly with inhale, ribs/chest lift towards arm, inhaling quickly. Repeat while looking down at right hand. Knees bent, left arm long overhead, right arm across chest, reaching left, right side of pelvis lifts, knees to ceiling, make smaller/quicker. Stay with right arm extended left, right side of pelvis lifted, draw in belly on inhale, chest expands. Repeat on other side. Both arms overhead on floor, knees bent, pull in belly, expand chest, inhaling, lengthening arms. Interlace fingers, turn palms away, arms lengthened overhead, knees bent, lengthen right arm, lifting left hip. Repeat, add inhaling and drawing belly in. Repeat, stay to right, inhale drawing in belly quickly. Repeat to left side. Right arm overhead, left arm down along side, knees bent, tilt left knee to right, put right ankle on outside of left knee, legs tilted, alternate lengthening arms, note knees. Switch arms, left longer overhead, leaving legs to right, alternate lengthening arms, note knees. Legs as before, left arm overhead, right arm across chest, look at left hand, stay, do breathing, combine with reaching each arm. Switch leg cross to other side, repeat moves of arms on this side. Knees bent, arms cross chest, feet separated little, left knee dropped towards middle, reach L/R with arms. Hands interlaced, palms away overhead, left knee tilted in, lengthen right elbow then left, inhale drawing in abdomen. Stay to the right, do the breathing. Stay with left arm lengthened and do the breathing. Knees bent, arms crossed, right knee dropped towards center and repeat variations with arms and breathing. Knees bent/vertical, arms cross chest, reaching alternately with arms, lifting hip, rolling side to side, head rolls passively. Stand, eyes closed, open eyes, attention in/out.

### FI Exploration #033 ~ Dennis Leri

Pulling arm overhead to reach hips

Tape 28a 1-16 CD#6/T25

Person on back, bring arm overhead, hold wrist, access through lower arm to elbow through upper arm to shoulder,

pull to feel shoulder blade sliding, thinking down to hip on same side. To pull to diagonal hip, scoop your "outside" hand on inside of their upper arm near elbow, your other hand holds their wrist/hand, pull through to hip.

## **ATM Lesson #108 ~ Dennis Leri**

### **Side bending, on side turns into rolling while hold foot**

Tape 28a 16-end, Tape 28b 0-24 CD#6/T26 [Alexander Yanai #464]

On right side, right arm straight out in front, hold front of lower left leg with left hand, lift/lower leg. Leave leg lifted, lift head and lower the leg, lower the head, lift the leg like a seesaw. Switch to lifting head and leg at the same time. Leave head/leg high, make quick/small movement. Return to the seesaw movement, then leave head down and lift only leg small/quick movements while it's lifted. Lift/lower head/leg. Leave lifted, make small/quick movements. Repeat on left side. On right side, holding left leg, take foot/knee backwards, head/shoulder forward, reverse. Repeat but smaller/quicker movement. Take knee/face towards each other in front then away from each other so foot/head come towards each other behind. Add the belly sticking forward when head/foot come together, then pulling in belly when knee/head come together. Repeat small/quick. Repeat last moves on other side. On back, right arm overhead, knees bent, reach left hand to front of left ankle, lengthen right leg, lift left hip to roll right, push belly forward, reverse so knee/head come together in front of you to roll onto your back, repeat to roll towards belly, foot behind, if on belly, keep knee lifted, head lifted. Rolling back and forth, back to belly. Same position, foot standing at first, lift hip, roll towards belly so foot comes back towards back of head. Do quick and small. On back, lift bent knees towards chest, hands near face, elbows bent towards knees, roll to side then belly, keeping elbows and knees lifted, return to back. Legs long, feet together, dig in heels, flex/extend ankles to push through whole body. Flex feet, lower back to floor on inhale, exhale as ankles straighten and belly comes forward. Stand, sway forward and back from ankles.

## Day 38 November 19, 2003

### ATM Lesson #109 ~ Dennis Leri Breathing, exhaling through nose belly in/belly out, on back

Tape 28b 24-end, Tape 29a 0-22 CD#6/T27 [Alexander Yanai #435]

On back, bend knees, pull in abdomen on exhale through nose powerfully 15 times, do quickly enough that inhale happens on it's own. Repeat slowly. Hands on lower belly near crease of leg. Through nose, exhale pushing belly out quickly 30 times. Repeat slowly. Alternate pushing out/pulling in belly on exhale, just allow inhalation. Do 30 of each. Alternate again. On right side, repeat exhaling out nose, pulling belly in. Repeat, pushing belly out. Do 15 quick of each way. Repeat lying on left side. On back, make sound on exhale out nose with belly out as long as possible. Then repeat but with belly going in. Just lying with legs long, noting breathing without intention. Stand with eyes closed.

### Discussion ~ Dennis Leri Groups talking about logic of breathing lessons

Tape 29a 22-39 CD#6/T28

Reporting in from groups.

### Talk #026 ~ Dennis Leri About learning the method in Year 1

Tape 29a 39-end, Tape 29b 0-28 CD#6/T29

Dennis talked about use of attention, analogous to not seeing light. Disciplines fixate on different types of breathing. Two tracks: Sequences or line a lesson follows within certain time frame. There is the function, pattern or theme, awareness of self. Revisited idea of complicated suffering. Illuminating the "I", who you are that is experiencing, that which bring presents or "presencing". We are conscious of the content, the awareness is pervasive. We aren't fixing things in lessons. Betsy's question about infant and learning. Dan's question about anxiety.

### FI Exploration #034 ~ Dennis Leri Push/pull through standing leg affecting lower back

Tape 29b 28-end, Tape 30a 0-24 CD#6/T30

Have person on back, feel under lower back, stand one leg, sit next to person to reach for lower back with one hand and the other hand on the knee to pull, sensing the lower back respond. Push through the knee into hip with idea of lowering lower back, (maybe). Either direction, push or pull,

look for effect through to head. Question about working on floor versus a table.

### ATM Lesson #110 ~ Diana Razumny The Face

Tape 30a 24-end, Tape 30b 0-22 CD#6/T31 [Alexander Yania #496]

Sit, close eyes, think of NOSE, where? Touch w/R/L hand. W/O touching, sense length, where ends in space, nostrils. Where is transition to rest of face/mouth/skull/air. Define all around. Same w/R EAR Go from ear to NOSE, EYE. Space around HEAD/FACE. Imagine clay MOLD. Line between EAR/ R EYE corner. R JAW to EAR, throat, wisdom tooth. Clay MOLD? Touch this corner. Stop, sense this corner of jaw to nose, corner of eye, ear, inside mouth. From INSIDE MOUTH to each of these parts and where they meet space and stop being. Sense area of face between all these parts going from ear to corner of eye to edge of nose/nostril to corner of jaw. Reverse direction, go from parts to inside of mouth.

From inside of mouth to R side of NECK in back, below head/ear. Where is it in space in relation to sit bones, shoulders, spine. Touch NECK, sense spatial relation to chest/spine. Think from NECK, EAR, JAW to SHOULDER BLADE then into space from shoulder blade. BABY on shoulder, belly to side of head, one leg in front/back. TOUCH R shoulder w/R hand. Touch R shoulder/neck with both hands. Think from center out to shoulder/neck to end in space. Valley at top of sternum, between clavicles, place index finger there. Sense from there to shoulder. Side sit, feet to R, lean on L hand, note tilt of head/face. Imagine SUN high, tilt R side of face to sun. Think ear, neck, shoulder, face to sun. Imagine the heat in all the places on R side of face, neck, shoulder. Which place is closest to/farthest away from "you"? Slowly turn back to R so sun hits nose/face/between eyebrows. Note from CHIN to valley between clavicles. Touch valley, along throat to chin. Stop, just sense chin to space. JAW to chin, chin to LOWER LIP. MOUTH, lips, upper lip to R nostril. "I" ends, space begins? Think of SUN warming R side face, shoulder, head, turning slowly. What does head turn around? Where does head end in space at top, face, shoulder. Sun hitting face, where does face end at hairline, ear, what's the shape? Think of highest point of head, turn head more L, take back along, whole self down to R big toe, R leg, knee, hip joint, pelvis, back, elbow, arm, shoulder. Small turning L/R to sun, warming whole side. Where does R side meet space and end. Attention to form of R leg, connection w/face? Foot. Lower leg. Knee. Length of thigh. Length of arm, upper arm. Where in relation to face? Face: chin, space up to lips, corner of mouth, R nostril, border of nose. Find the mid line of face, lengthen size. Think of a mold of face, where face ends in space. Hair at top of head, behind head, neck, to shoulder, shoulder blade. Behind ear, where

does face end at hair? TOUCH whole R side with L hand: R side of face, head, neck, shoulder, ear, arm, chest, hip, leg, foot. Sense border, side ends in space. Use R hand to touch all can reach. Sit symmetrically, eyes closed sense whole R side. Place the sun directly to your R so cast shadow of profile on wall. Go over the profile, silhouette of whole. Face, jaw, chest, belly. Imagine outline with pen on wall. TOUCH along front of R side w/R hand, not crossing mid line, feel the shape, contours as the hand goes over R side. Draw on floor in front of you. Return to imagining profile on wall. Imagine touching along back side from top of head, neck, relation to front of face, base of neck, continue down back to floor, shape of spine, pelvis. TOUCH w/R hand. Does what you feel match what you imagined? Touch spine. Run along profile of R side of front, starting at sex organs, move up belly, chest, throat, chin, lips, nose, eye, whole FACE, neck, shoulder. All that is you on that side feel it and feel where it ends in space. Take time to fill in the whole of the R side from sensing and/or touching. Whatever you want to do with just the R side, feeling inside/out. Lean on L hand, think of SUN on R side, feel the warmth in detail of whole R side. Turn to L, stand R foot, get up, walk. Note differences R/L.



## Day 39 November 20, 2003

### ATM Lesson #111 ~ Dennis Leri

#### Breathing with a twist, on side

Tape 30b 22-end, Tape 31a 0-36 CD#6/T32 [Alexander Yanai #465]

On back, sense base of neck out arms to fingertips. Five lines. On right side, take left shoulder back, allow head to roll back with shoulder. Take shoulder back, take face towards floor. Return to both rolling back together. Lie on left side, repeat moves. Add right hand on forehead, roll head right and left with right arm. Repeat on other side. On right side, left arm on floor behind, right hand on forehead, roll head left, exhaling, return to right with head on inhale. On right side, hands overlapped on forehead, roll head left, exhaling, return right. Turn head from center to left quickly 10 times with exhales. Repeat last few moves on other side. On right side, interlace hands behind head, elbows wide, looking towards ceiling, lift head on exhale, look towards left hip. Repeat, leave head in air, do quick short moves of lifting head more on exhales. Repeat on other side. On right side, left arm behind, palm down, face to ceiling, take right shoulder forward, then quickly. Repeat slowly, add head roll towards right shoulder as it lifts then return face to ceiling when shoulder comes to floor. Right hand on forehead, roll head left, note ease/change. Same position, lift both shoulders from floor, lift head with shoulder on exhale. Same position, lift head without shoulders, on exhale. Leave head down, take both shoulders forward then alternate shoulders lifting. On left side, twisted right with right arm on floor behind, lift left shoulder quickly. Same position, lift right shoulder, add rolling head right. Left hand rolling head right. On left side, hands interlaced behind head, lift head. Leave head up, 10 quick moves with exhalation. On left side, twisted to right, alternately lift shoulders, then both shoulder same time, then with head lifting, chin to throat. On right side, twisted left, palms down, alternately reach down with arms along floor, allowing head to roll. Then switch to sliding head/shoulders along floor with arm reaching, face stays towards ceiling. Same position, slide both hands down and lift head, exhaling. Leave head on floor, alternately slide arms down, taking shoulder girdle and head with. On left side, repeat last moves. On right side, roll head with right hand, then left hand, leave left hand on head, switch legs to other side, roll head, switch to right hand rolling head. On back, sense 5 lines.

### ATM Lesson #112 ~ Dennis Leri

#### Head, shoulders and eyes in opposition, twisted on side

Tape 31a 36-end, Tape 31b 0-38 CD#6/T33 [Alexander Yanai #466]

On right side, right arm straight out in front, left leg on floor in front of right leg, left shoulder forward. Stop shoulder, roll head left, then add head rolling opposite shoulder movement, eyes open. Repeat small/quick. Same position, roll head towards ceiling. Leave head, take left shoulder forward. Then head/shoulder together, forward and back. Move take head/shoulders opposite, then do quick and small. Return to head/shoulder rolling together, slowly, speed up a little. Repeat on other side. On right side, left arm behind on floor, left leg in front on floor, form right hand like a bell, fingertips on the floor, lift right elbow from floor. Then lift right shoulder from floor, then alternate between shoulder/elbow. On right side, left arm behind, face to ceiling, bell shape with both hands, fingertips on floor, lift both shoulders, then alternate left/right shoulder. Repeat moves on other side. On left side, twisted position, right hand on forehead, roll head. On left, twisted, face to ceiling, lift left arm to ceiling, arm to right, look with eyes opposite arm. Left hand on forehead, roll head right, eyes look left. On left, twisted position, bell hands, fingertips sliding on floor up/down so shoulder go up/down, eyes/head in opposition to shoulders then eyes opposite head. Same position, alternate sliding arms down, allow head to roll. On right side, twisted position, roll head with left hand, then eyes in opposition. Right arm to ceiling, arm right/left, head rolls with arm, eyes go opposite. Slide both arms down along floor with bell hands, head moving up/down. Both hands on forehead, roll head, eyes opposite. Switch legs to other side, continue. On back, roll head side/side, feel sensation of back of head on floor, make movement smaller and smaller until physically stopped but continue the movement mentally. Let that stop, stand with eyes closed, turn side/side. Walk, eyes open.

### Discussion ~ Dennis Leri

#### About ATM

Tape 31b 38-end, Tape 32a 0-1 CD#6/T34

Few details about eyes opposite the head, breathing and sensing.

### FI Exploration #035 ~ Dennis Leri

#### Lengthening arm

Tape 32a 1-5 CD#6/T35

Lengthen arm towards each hip. Use that as a reference. Then go to the pelvis and hip, pulling through the knee or pushing into hip. And then return to lengthening the arm.

## **Talk #027 ~ Dennis Leri**

### **FI Exploration**

Tape 32a 5-14 CD#6/T36

About talking and giving feedback during practicing hands-on.

## **ATM Lesson #113 ~ Dennis Leri**

### **Head, shoulders and eyes in opposition #1, sitting one leg long, other standing**

Tape 32a 14-end, Tape 32b 0-26 CD#6/37 [Alexander Yanai #462]

Sit, right leg long, left foot standing, lean left arm on left knee, lean back on right arm/hand, lift/lower left hip. Same position, take left shoulder forward/back. Combine hip/shoulder moves. Same position, hand more on knee, take knee a little forward, hip gets pulled a little, allow face to turn right. Same position, start with just turning head to right then add taking shoulder to the right with the head, let hip/knee slide forward. Continue but keep eyes fixed on something in front. Same position, make small movement of left hip backwards. Add taking left shoulder back with hip, then head going with hip/shoulder. Same position, take left hip/shoulder back, turn head left, then leave eyes forward and continue the movement. Return to movement, make small/quick. Now combine turning left/right with hip/shoulders and head. Then do just pelvis forward/back. Same position, turn right and push down into belly while exhaling through nose. Repeat but turn head to left while shoulder/hip go right, belly down/out. Do 10 small/quick moves. Take head/shoulder back while hip comes forward. Take hip forward/back, add head/shoulders go right/left with hip. Repeat, initiating with eyes looking around on horizon to the right only. Add belly pushing down/out, exhaling through nose. Repeat, go slowly then speed it up. Go slowly again, take eyes left as head turns right. Repeat but take head/eyes to left as pelvis/shoulders go right. Then take shoulder/head left, hip forward. Take just head/shoulders opposite without movement of hip, then head/shoulders together. Take everything together left/right with belly out/down on exhale. Have left arm straight out in front of shoulder, turn taking straight arm around left/right. Take arm opposite everything else. Again, left hand on left knee, belly out/down with exhaling to turn left/right with everything.

## Day 40 November 21, 2003

### ATM Lesson #114 ~ Dennis Leri

#### Head, shoulders and eyes in opposition #2, sitting one leg long, other standing

Tape 32b 26-end, Tape 33a, Tape 33b 0-6 CD#6/38 [Alexander Yanai #472]

Sit, right foot standing, left leg long, right hand/arm on right knee, push right knee/hip forward with belly pushing down. Repeat, small/quick. Same position, take hip back, then add forward, then small/quick. Switch R/L and repeat previous moves. Return to left foot standing, right leg long, stay with left hip forward, turned to right, push insides of belly down into the pelvic floor. Repeat with hip taken back. Alternate forward/back of hip, pushing belly down in each position with exhale, then quickly. On back, think through what you just did on one side and transfer it in your imagination and then actually sit and do the movements on the left side. Sit, leaning on both hands, push belly forward exhaling, pelvis rolls forward from top of pelvis, inhale with pelvis in middle, roll pelvis back, pushing belly down exhaling. Tilt pelvis forward/back, exhaling (20?) times. Sit with left foot standing, right leg long, turn around to right with head, shoulders pelvis, push knee forward, belly down. Then quickly. Stay with everything turned to right, push belly down and take just the left shoulder backwards. Repeat but left shoulder blade goes up/down, then quickly. Return to turning everything together around to the right. On back, imagine other side then actually do it. Lean on both hands, stand both feet, tilt top of pelvis forward, stay there, push belly down/out, bring shoulder blades together behind, exhaling. Then quickly. Repeat with top of pelvis tilted back and separate shoulder blades while pressing belly down, exhaling, then quickly. Sit, both feet standing, leaning on hands, pelvis tilted back, push belly down, note which shoulder blade widens more easily and move that one. Do other shoulder blade then both at same time. Sitting, leaning on both hand, feet standing, face to horizon, lengthen up so head gets taller then sink down so head goes down towards shoulders. Return to sitting position with left knee bent, right long, turn around to right. Continue but turn head to left, then quicker, simpler. Reverse so head looks right, torso left, left hip backwards. Repeat last moves on other side. Sit, right knee bent, left long, right arm straight out, turn so arm goes with head/torso then do opposite. Same position, arm stays forward, lengthen arm forward when turning left, then shorten when turning right, push belly down each direction. Then repeat, doing opposite with arm, arm comes back turn left, arm forward when turning right. Repeat last few ideas on other side. Sit, right knee bent, left long, return to simple turning L/R, pushing belly down. Switch sides.

### Talk #028 ~ Dennis Leri

#### Developing skills concurrently

Tape 33b 6-25 CD#6/39

Neutral as a moving target. Doing lessons at home, turn off lesson and rehearse what is coming as a practice. ATMs are building the skills for giving FI. A new trajectory emerges as a result of a lesson. Anticipation plays a part in guiding a lesson as a practitioner and that is a skill used in ATM. Do I see something because it's there or is it there because I see it. After a year of training you can start watching people and noticing things based on your own observations of yourself. Skills for FI and ATM are developing concurrently. Anticipating end of next year, will be certified to teach ATM You won't feel ready but you will learn by actually teaching lessons. If you have reasons for why you think you're not getting it, like you need to know something specific. Go seek that out and remove the excuse. You don't need all those things, just show up and be in the room.

### FI Exploration #036~ Dennis Leri

#### Review pulling arm overhead, pull/push through bent knee

Tape 33b 25-26 CD#6/40

Review pulling arm overhead. Go to bent knee, pull from knee to effect lower back.

### FI Exploration #037~ Dennis Leri

#### Pushing from foot to lengthen arm overhead, on back

Tape 33b 26-end, Tape 34a 0-6 CD#6/T41

Everyone on back, stand one foot, lengthen diagonal arm overhead, push standing foot, roll pelvis, lengthen arm. Do other diagonal. Both arms overhead, both feet standing, push, roll pelvis, lower back flattens, lengthen arms. Same position, lift pelvis high in air, arms reaching overhead, leave arms where they are and lower back and pelvis. Alternate feet pushing, rolling pelvis, effecting arms overhead.

Partners: Person lying, choose arm that goes more easily, have feet standing or one foot, easy arm overhead, other person sits at the head, person lying lengthens arm and practitioner follows the arm out. As they stop pushing with the foot, practitioner keep hold of arm while they let go. Repeat few times. Person lying, explore what you do with the head. Then person lying lengthens the arm and practitioner stops the lengthening so they have something to push against. Person lying, interlace fingers, turn palms away overhead, lengthen arms, push hands away. Practitioner notice what they do with their lower back, lift

or lower. Have them do both ways. Take note and then imitate them doing it.

## **ATM Lesson #115 ~ Dennis Leri**

### **Twist and lift, on side**

Tape 34a 6-end, Tape 34b 0-17 CD#6/T42 [Alexander Yanai #467]

On back, feel parts connecting to floor, sinking down, feel floor pressing up. On right side, left leg on floor in front of the right, arms straight out at shoulder height, palms together, lift left arm/hand towards ceiling, watching hand. Go only as far as you can keeping left knee on floor. Repeat, take left arm behind on floor, face to ceiling, bring right arm to ceiling and to left, following with head/eyes. Repeat everything on left side. On left side, right arm behind, slide left bent knee/leg backwards. Stay with left leg back, expand chest, pull belly in, then reverse, push belly out, chest collapses. Repeat on right side. On back, arms along sides, palms down, lift both legs by tilting pelvis to floor, flattening lower back. Repeat, add lifting head with legs. Repeat but eyes look up while face still looks towards feet. Return to looking down at feet when head/legs lift. On right side, left leg forward, slide right bent knee back, twist to face ceiling, arms straight out to sides, palms up, lift head and arms, looking down at left hip. Lift head/arms again but look up with eyes. Add lifting left foot. Repeat on left side. On left side, twisted as before, roll head with left hand on forehead, add right arm forward towards ceiling, index finger pointed to ceiling, eyes look at finger while rolling head with left arm. Same position, roll head to right only as far as can still see finger, then to left, right arm goes left/right. Repeat leaving right arm fixed. On right side, repeat. On left side, twisted, slide left leg back a few times, leave it there, push belly down/out. On right side, repeat. On left side, twisted, slide legs open close, leave open, head and both feet/legs. Same position, lift feet, arms and head looking down at hip. Repeat on other side. On left side, repeat lifting everything but have eyes go opposite, looking towards eyebrows. Then take head and eyes to look up when everything lifts. Same on other side. On right side, left leg in front, lift arms and legs and head, while everything is in the air and switch legs to other side while in the air. Rest on back, arms down along side, palms down, feeling contact and support of floor, rolling head left/right feeling rotation down whole spine, making head roll smaller and smaller until can't see movement from outside.