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## Day 41 February 23, 2004

### Introduction ~ Efrem Razumny

#### Welcoming guests and new students

Not recorded

### ATM Lesson #116 ~ Dennis Leri

#### Sawing arms series #1: sliding crossed arms in front, on back and sitting

CD#7/T1 [San Francisco Training year's 3 & 4]

On back, stand feet, arms bent in front, forearms crossed, R inside L, hold L still and slide R across L forearm. Same position, move along L arm with one point of R forearm sliding from elbow to wrist. Same position, arms crossed, move L arm across on point of the still R arm. Same position, slide middle of L forearm along R arm from R elbow to R wrist. And repeat the 4 variations with R arm inside. Sit cross-legged, arms crossed in front same way, R arm inside the L, move R arm across one point in middle of L forearm. Repeat 4 variations with the L arm inside. On back, feet stand, arms crossed, R inside, slide both arms so hands come towards ears and elbows start coming closer together. Sit, R arm inside, repeat sliding both arms so hands come towards the ears. Change crossing, repeat.

### Talk #029 ~ Dennis Leri

#### Check-in, where to place hands in FI, internalizing questions

CD#7/T2

Story of working in another training and being asked where to place hands in FI. Making sensory motoric distinctions relative to lessons. Exploring each time where you put your hands based on the person and the intention. Annoying questions. Process of internalizing questions that are present when doing Feldenkrais with a person. Questions of noticing without implied judgment.

### FI Exploration #038 ~ Dennis Leri

#### Finding the still point in spine when hip and shoulder move opposite, on side and in walking

CD#7/T3

Groups of three: One person lying on side with knees bent, slide top knee forward. Stop, take top shoulder forward/back. Take top leg and arm forward/back. From middle, take hip and shoulder in opposite directions. The two people observing find the place along spine around which the turning is happening as a result of the hip and shoulder moving in opposite directions. Feel with your hands. Once you find the spot, stay with your fingers there

and ask person to move the transition point above or below where they were before.

### ATM Lesson #117 ~ Dennis Leri

#### Circling arm on floor, on side

CD#7/T4 [Alexander Yanai # 495]

On right side, legs bent, right arm straight out in front, left hand on floor in comfortable place. Small movement of right arm extending forward. Take right straight arm up and down. Return to lengthening straight arm forward. Same with right palm down to floor. Alternate palm up and down while lengthening arm. Palm up, return to taking straight arm up and down. Repeat with palm down to floor. Then alternate palm up and down when taking straight arm up and down (head/foot). Rest on back, lie on left side and repeat previous moves. On right side, thighs straight down from pelvis, knees bent so feet are behind, flex/extend ankles. Same position, think of bending right elbow and move towards taking it under your right side but without going under. The left hand can stand some place out of the way and can be helpful. Feel how the head and pelvis press into floor a little, the ribcage changes shape on the two sides, the overall organization of the torso as the elbow approaches going under side. Repeat on other side. On right side, knees bent comfortably, right arm straight out in front, palm up, slide long arm up along floor, follow arm with eyes, arm goes under head, palm turns towards floor, head and eyes follow arm the whole time. Use left arm in helpful way. Repeat on other side. On right side, right elbow towards side to go under waist, gradually bring arm all the way back behind and straighten arm, reverse. Continue so the right arm continues circling from behind so goes overhead on floor, slips under head to come forward and repeat bringing elbow under side. Repeat on other side. Stand on right knee and left foot, right toes tucked, swing right arm around in a circle like while lying on side. Repeat circling right arm with legs switched. Stand on both knees, circle right arm. Switch over to circling left arm, starting with right foot standing, on left knee and left toes tucked. Switch legs, continue then stand on both knees. On right side, knees bent, thighs straight down from pelvis, right toes tucked, circle right arm on floor, this time take straight right arm up, around behind and then through to front again. (circling opposite the last time). The toes being tucked brings attention to foot and leg as if standing on that knee. Switch to tucking other toes with idea of standing on that knee and foot. Then think standing on both knees, both feet with toes tucked. Repeat on other side, mostly in thinking. Do one easy movement. Standing, walking feel for the relationship of shoulders and hips and the turning point like before the lesson.

## Talk #030 ~ Dennis Leri

### Breaking down the lesson of circling arm on floor

CD#7/T5

Pedagogical strategies of teaching Awareness Through Movement lessons. This segment we'll look at the content of the lesson as well as how it's presented. One way is starting with something difficult and showing how it can be easy. Another way is to start easy and make it more and more complex in an easy progression. Lessons in a training can sometimes be not a clear beginning, middle and end. Alexander Yanai are complete lessons as is. In Amherst there were little bits of one and another. The subject of talking during ATM other than the movement and awareness instructions.

## Day 42 February 24, 2004

### ATM Lesson #118 ~ Dennis Leri Sawing arms series #2: sliding crossed elbows, on back and sitting

CD#7/T6 [San Francisco Training year's 3 & 4]

Review what you remember from sawing arms yesterday. On back, knees bent, right arm crossed on inside of left, both elbows bent, have the crooks of the elbows together, slide right elbow to come towards left and then through. Think of the right hand moving towards the left ear. Repeat but move the left arm so that the right elbow starts to come past the left. Repeat idea but both arms are moving, right elbow goes past left, hands go towards ears. Sit, right arm bent inside left bent arm, as when lying, slide right arm inside of left so right elbow goes passing left elbow. Continue so you do the four variations done on back. On back, knees bent, left arm inside right, bring elbows near each other, slide the left towards and going past the right. Repeat variations of each arm moving then both, as above. On back, right arm inside of left, slide the arms so elbows cross and hands come towards shoulder blades, behind the neck, fingers towards each other. Repeat with left arm inside. Sit cross-legged, right arm inside left, reach hands behind neck, over back of head, shoulders. Switch crossing of legs and arms and repeat. Sit, right arm straight out in front, thumb down, cross left straight arm over left, thumb down, interlace fingers, bring hands to chest, slide right elbow through. Repeat with arms switched. On back, repeat arms crossed with interlaced fingers, sliding hands up, elbow coming through and past other. Do both variations of which arm is on top. Repeat, note the gap between the forearms, slip overhead so head comes through gap. Go back to just sliding elbows across each other, bringing hands towards back of neck.

### FI Exploration #039 ~ Dennis Leri Differentiated and undifferentiated movement of hip, on side

CD#7/T7

Groups of three: One person lying on side with legs bent, one person behind, feeling along spine, other person sitting in front of their legs to be able to lift the "top" leg in a way to take the hip backwards so it's an undifferentiated movement of the leg and hip, rolling pelvis back. Person sitting behind, feel the movement of the spine/back moving all together. Then person lifting leg, lift a little and move back into hip so other person can feel the movement of spine. Rotating roles. Short discussion and demo with skeleton.

### FI Exploration #040 ~ Dennis Leri Hand to head, hold hand on forehead to roll head, on side

CD#7/T8

Partners, one person lying on side with legs bent, other person sits at their head, bring their "top" arm so the hand comes to the forehead. Hold their hand to the forehead, other hand holds elbow and roll their head back towards their back. Then go to the front of their bent legs and lift their "top" leg to roll them in an undifferentiated way from the leg, feel through the spine to the head. Return to doing the same thing with the head and arm rolling. Change the direction of the hand and arm so the fingers are pointing overhead, the elbow is bent down in front, roll the head and arm together. Discussion about differentiation.

### ATM Lesson #119 ~ Dennis Leri Upper back clock, head and pelvis lifted, on back

CD#7/T9 [Alexander Yan ai #83]

On back, knees bent, feet stand, lift pelvis, rolling up spine. Leave pelvis down, interlace hands behind head, lift head with arms, elbows forward. Start with head on floor, lift pelvis very high, lift head with hands, rock a bit on rounded spine, head and pelvis stay in same relationship to each other as they alternately lift and lower. Head and pelvis lifted, keep fixed distance between head and pelvis, lower one while the other lifts and visa versa. With pelvis at highest point, have the pressure point of spine at 12 o'clock and go up/down between 12 and 6. Think of 3 at your left, 9 at your right, lift head and pelvis again, move between 12 and 1 in an arc. Continue one number at a time around clock towards 3 and back again. Repeat with idea of ink or paint on your back at each number and you are pressing the number against the floor. Then go between 2 and 4. Go around from 12 to 6, return. Go between 12 and 6 straight through middle. Start at 12, move to 3, lengthen left leg, continue down to 6 and back up to 12. Both feet standing again, move between 12 and 3, lengthen right leg and continue between 12, 3 down to 6 and back again. Both feet standing, go between 11 and 1 through 12, increase until arcing around top half of clock. (note taker spaced, likely moved around right side of clock) Move from 12 to 1 and continue making full circle of clock. Return but go other direction. Cross right leg over left, lift pelvis and head, circle around clock clockwise then counter. Repeat with left leg crossed over right. Do little more quickly in both directions. Short talk at the end: Clock lessons, clock as an address, helps organize yourself. Orientation, manipulation and timing. Need orientation for kinesthetic awareness.



## Day 43 February 25, 2004

### ATM Lesson #120 ~ Diana Razumny Sliding sternum and softening ribs #1: head and shoulders twisted to back from side

CD#7/T10 [Alexander Yanai #217]

On R side, knees bent, R arm straight forward, L hand standing near chest, lift head, turn head/eyes to look to R shoulder. Repeat, Other Side. On R side, L knee on floor in front/above R, L hand on floor near chest, turn to look along floor to R. Repeat, OS. On R side, knees bent one on other, take L arm to L, eyes/head look L, without lifting knee. Stay looking L, R hand wrapped over top of head to L temple, take R ear towards R shoulder. R hand helps head lift and look L. On R side, turn shoulders L, stay, fingers on sternum, push sternum L. Trace sternum, feel pairs of ribs connecting to sternum, fingertips press each set of ribs to slide sternum L. Repeat, OS. On R side, L hand on floor, look along floor to R and behind, note change. Roll shoulders L, return to looking around to R. Stay looking to floor, L palm holding forehead, roll head with L hand to look more to R. Repeat, OS. On R side, turn shoulders L, fingers on sets of ribs at sternum, press down, flattening chest from all 9 sets of ribs, exhaling, softening chest. Change legs to other side, continue. Then while lying on back. On R side, L hand on floor, R arm straight out in front, look along floor to R/behind. Put L palm on forehead when looking down to floor, take head to look more to R and lift head, belly out. Repeat, OS

### Discussion Groups ~ Dennis Leri Reconstructing the lesson

CD#7/T11

Groups of 5 reconstruct the lesson. Then two groups of 5 come together and compare notes. The three large groups reported to the whole. Questions about lessons. Is the timing and groups of movements important?

### Talk #031 ~ Dennis Leri Correcting, self criticism, first impulses and evaluations

CD#7/T12

Question about "correcting" person if they aren't doing what's being asked. Stories of Moshe teaching in Israel, taping and developing the Alexander Yanai lessons. Self-critic and self-generosity. Moshe wrote a few chapters for Coue's *Autosuggestion* book. Coue talks about original impulse and not the evaluation. Thinking the lesson clearly. Theoretically you don't need to do the movements.

### FI Practice #041 ~ Dennis Leri Feel spine while bent legs are tilting, on front

CD#7/T13

Groups of 3, one person on front side, face to one side, face-side arm bent up, arm at back of head down, legs bent, feet to ceiling, tilt bent legs away from side facing, feel along spine and ribs. Leave face to same side, change the arms, repeat. Have both arms up and tilt legs. Both arms up and tilt legs towards face side. Discussion afterwards. Demo with Dennis at the head of Barbara, hands on base of neck. Watching movement of head, shoulder blade area. Pushing down through C7 when legs tilt. Interlacing hands on head to see where movement stops. Pushing into side of ribs on back of head side. Observed her while she was on her back, sliding legs up to sides and then to standing, noticing how her torso responded.

### ATM Lesson #121 ~ Dennis Leri Sawing arms series #3: crossed arms with interlaced fingers; arm behind head holds chin, on back and sitting

CD#7/T14 [San Francisco Training year's 3 & 4]

Review what you remember of "sawing arms" lesson. Sit, arms straight out in front, right over left, interlace fingers, bring hands to belly continue, bringing up in front of chest/throat/face, slide the right elbow through and past the left. Repeat arm position, start with the right elbow through a little then slide the left elbow around the right elbow. Then move both elbows to create the slipping of the elbows past each other. Repeat starting the finger interlacing by crossing the left arm over right. On back, repeat variations with each arm crossing. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head. Leave the right elbow through and slide interlaced hands around from one side of head over the top to the other side. Sit, do the same variations starting the finger interlacing with the left arm crossed over left, slide elbows through, take interlaced fingers to each side of head and around the top from one side to the other. Lie on back again, repeat, starting the finger interlacing by crossing the left arm over right. Sitting, left arm forward, right over top, interlace fingers, bring hands through near body then continue so the hands go out in front, arms straighten and lift right shoulder to right ear. Change arm crossing, repeat bringing hands through straight out in front, lift left shoulder towards left ear. Sit, cross right arm over left, interlace fingers, bring hands through and out in front and then down a little in front. Repeat, each time coming through bring hands out and down in front to one side, the



other, the middle, varying each time where hands come through. On back, knees bent, feet standing, right arm behind head, hold right wrist with left hand. Can start by holding right wrist with left hand while hands are on chest and then take right arm behind head, pull wrist to bring left elbow down towards the pelvis as the right arm slides more behind head and right hand comes towards chin. Look to the left so chin meets the hand as the hand meets the chin. Repeat in sitting. Stop when you get to holding chin with right hand and take head and arms in different directions, bending forward, looking up and around. On back, switch arms, repeat variations. Repeat variations in sitting on back. Return to having right arm behind head, holding chin with right hand, stand feet, lift pelvis and head and circle around upper back. Repeat with arms switched. On back, stand left foot, right arm behind, holding chin with right hand, push right foot to roll to left, knee stays to ceiling, head forward of arm so it's on the floor, very gently lift the right elbow a tiny amount. Repeat on other side. On back, bring interlaced hands through, create gap between forearms and slide head through the gap. It's ok to let hands separate and then come together again at back of neck. Repeat in sitting.

## Day 44 February 26, 2004

### ATM Lesson #122 ~ Dennis Leri

#### Moving C7 forward and back, on back, sitting and on knees and head

CD#7/T15 [San Francisco Training year's 3 & 4]

Sit, hand on top of head, tilt torso forward/back from sit bones. Switch to bringing torso forward/back keeping head more or less where it is with a little sense of weight on top of head to keep it in place while torso moves relative to head forward/back, thinking of C7. Both hands on top of head, move torso under head again. On back, think of C7 and move it a little forward/back. Sit, repeat taking C7 forward/back with each hand one at a time. On knees and top of head, hands interlaced around head, forearms and elbows on floor, take C7 forward and back, pelvis stays in place. There's a little line of movement at top of head on the floor. Same position, let pelvis move head-ward and foot-ward, allow shoulder blades to separate and come together, belly drops forward and comes back. On back, bring C7 forward/back. On back, feel along back of neck from base of skull with one hand, then the other then both. Sit, one hand on head, other at C7, move C7 forward/back. On back, feet standing, tilt tail down towards floor so lower back is lifted, back and forth a few times then stay with tail down, note breathing. Tilt pelvis again, tail down towards floor and feel what happens with C7. On knees, top of head on floor, hands under knees, move C7 forward/back. Sit, roll head between hands. Switch which hand is in front. Hands interlaced on top of head and move C7 forward/back. On knees, top of head on imaginary clock, hands under the knees, move head between 12 and 6 a few times and then between 3 and 9. Sit, roll head between hands. On knees and head, hands interlaced and wrapped around head at floor, imagine clock, circle top of head around clock, note base of neck/C7 making circle. On back, touch along back of neck with fingers. On knees and top of head, hands standing to sides of head, elbows in the air, circle top of head around the clock. Repeat but with hands behind back, one hand holding other wrist. Sit, take C7 forward/back. Repeat with one eye closed at a time and note difference between the two. Sit, lean on L hand, R hand on top of head, circle top of head thinking about C7 moving opposite direction of head also making a circle. Switch hands and repeat. Lean back on both hands, take head to look up/down, taking C7 opposite. Then head L/R with C7 moving opposite direction. On knees and top of head, hands under knees, make 3 small circles around clock in each direction, attention to C7 moving in circle. Rest on back, note breath, roll head L/R.

### Talk #032 ~ Dennis Leri

#### Lesson of moving C7, instructions and frustrations

CD#7/T16

Melanie and Becca's question about directions for C7 going towards floor when on knees and head. Ray's question about how to teach. Not answering clearly may be to leave room for people to figure things out for themselves by "thinking inside the lesson." Value in frustration. Maria's question about the part of lesson where one eye is closed. Dominant right eye and dominant left ear. Susannah and the value of not knowing and discovering on your own. It's not possible to "get" everything in the training. Example of pelvic clock to examine structure of ATMs. The importance of C7 relative to teleceptors. Schematics of an ATM, thinking and planning.

### Talk #033 ~ Dennis Leri

#### Comparing FI and ATM experience

CD#7/T17

Dennis asked question about student's experience of FI as related to ATM. Exploratory quality. Story of Milton Erickson and Feldenkrais, using words, using hands as a misconception. Looking at elements in the field of teaching ATM.

### FI Demo ~ Dennis Leri

#### Nancy lying on her front

CD#7/T18

Dennis sitting at Nancy's head with her lying on her front side, head turned left. Felt tone of neck. Worked with lifting/moving shoulders, looking down back where movement happens in spine, effects on pelvis/head. Nancy bent/tilted lower legs to side away from face side, looked at back, movement of shoulders. Legs down, lifting from clavicles and top ribs. Nancy slid knee up on side of face, stood hand on that side to look under bridge of arm, bring head/knee towards each other. Dennis accentuated the bending and moving between ribs and pelvis. On her back, lifted each shoulder, noted where movement went through diagonal line to hip. Lifted both shoulders to connect where the lines crossed. Pushed through top of head. Pushed from feet through to head. (notes from memory, not at all complete)

## **ATM Lesson #123 ~ Dennis Leri**

### **Mid to lower back clock, head and pelvis lifted, on back**

CD#7/T19 [Alexander Yanai #84]

On back, feet standing, interlace hands behind head, lift pelvis and head, create imaginary clock on back. 12 o'clock at level of spine where ribs end and 6 o'clock at top of sacrum. Go between 12 and 6 and then 3 and 9. Go around 1/4s of the clock, 1/2s and whole. Hold behind head with right hand, hold behind right knee with left arm/elbow, head and knee together, circle clock both directions. Switch arms, same leg, repeat. Do both variations on other side. Return to original circling of clock. Hands behind head, roll up to sitting on rounded back. Short talk at end about sources for teaching ATMs. (notes not complete and may not be completely accurate)

## Day 45 February 27, 2004

### ATM Lesson #124 ~ Diana Razumny

Sliding sternum and softening ribs #2:  
tilted crossed legs; sliding head/shoulders to  
side with arm holding over top of head, on  
back

CD#7/T20 [Alexander Yanai #218]

On back, stand legs, cross R over L, tilt R, stay. Hold head with L hand over top, slide head/shoulders L. Pause, repeat sliding head L with legs long and spread. Stay with head to L, slide R hand along front of body towards R knee. Feel what happens with the collar bones, sternum. Stand feet, cross R leg over L, tilt legs R, stay, L hand holding head, take head/arm L, stay. Hands on sternum, elbows lifted, push L. Note ribs that are sticking up/interfering. Note, L side of ribs in back are lifted. Push to change the shape of chest, taking ribs to floor. ROB, note ribs against floor. Cross L leg over R, tilt legs L, L hand holds/slides head L, stay, return to hands taking sternum L, bending chest L and down. When at bottom of sternum, push ribs down to L and lift head/shoulders. Return head/shoulders to floor, leaving chest to floor. Repeat, press ribs lifting head, leave ribs down, return head/shoulders to floor. Hold head with L hand, slide L, note diff. Then with legs straighten. Cross R leg over L, tilt R, hold head from top with L hand/arm, slide L, extend R arm overhead, lengthen up/L as head/shoulder slide L. Stay to L, R hand on forehead, roll head L/R. Return to sliding head/shoulders L, stay, roll head R/L with L hand. Stand, walk. Imagine weights in hands, bend L/R, note how to each side. Reverse everything to other side. Stand on knees, R hand on L temple from over top of head, bend directly to R. Add L hand sliding along R forearm towards elbow. Have L foot standing, continue. Repeat, OS. Add at end to straighten the R leg straight out to side, thinking of taking L elbow towards floor on L. On back, lift head, hands press chest down, return head to floor leaving chest in full contact with floor. Stand, imagine holding weights in hands, bend to sides.

### Discussion Groups ~ Dennis Leri

#### Deconstructing the ATM

CD#7/T21

Groups of 5-6: Talk about how the beginning and end of the lesson of softening the rib cage are connected. Then two smaller groups joined and compared notes. Dennis pointed out in large group the point of the notes and the transcribers interpretation of legs straight or bent.

### ATM Lesson #125 ~ Dennis Leri

Sawing arm series #4: elbows and C7 move  
forward while hugging shoulders; side  
bending and sliding elbows with interlaced  
fingers, on back and sitting

CD#7/T22 [San Francisco Training year's 3 & 4]

On back, take C7 forward/back (relative to floor/ceiling). Sit, L hand on top of head, slide C7 a little forward/back. Repeat with R hand on head. Arms bent up in front, right arm closest to you, slide the R elbow across and through L elbow. Note head tilts R as elbow goes through, R ear goes towards R shoulder, base of neck/C7 slides L. Repeat with L elbow in front and sliding through. On back, knees bent, arms bent in front, R closest to you, slide R elbow through L, bring hands to shoulder blades, take the elbows towards the ceiling, feel the base of neck/C7 slide forward (to ceiling), exhale with movement. Repeat, arm crossing reversed, think of shoulder blades sliding forward with C7 when elbows come forward. Knees bent, one hand on belly, one on chest, seesaw breathing. Repeat with breath held in and then held out. Knees bent, R arm inside L, crossed at elbows, hands on shoulder, elbows towards ceiling, seesaw breathing, note C7. Repeat with L arm inside, coordinate C7 coming forward when belly is pushed forward. Cross R elbow in front of L, hands on shoulders, elbows towards ceiling, take elbows more forward towards ceiling, note C7, breath. Re-cross arms, repeat. Sit, arms straight out in front, R crossed over L, interlace fingers, bring interlaced hands to belly then up through to face and bring R elbow through L, hands go towards R side of head note movement at C7, R ear towards R shoulder. Repeat with reversed arm crossing. On back, feet standing, think of bringing C7 forward/back. Think of movement you were doing with the arms to help with the feeling of C7 moving. Sit, hand on head, slide C7 forward/back. Cross R arm inside L, slide R elbow past L, feel shift on sit bones, head to shoulder. Switch arms, repeat. Sit, cross straight arms, R on top, non-habitual interlacing of fingers, slide R elbow through, keep hands connected, continue with R elbow so it goes towards ceiling, hands slide by shoulder. Play with straightening and bending arms, bringing them all the way through in front to sides, middle. Repeat with legs and arms changed. On back, sense breathing, imagine C7 sliding forward/back.

### Discussion ~ Dennis Leri

#### C7 moving differently in different positions

CD#7/T23

Briefly, Ray questioning/exploring different positions affecting C7 going forward and back.

## **ATM Lesson #126 ~ Dennis Leri**

### **Oscillating, standing and sitting**

CD#7/T24 [San Francisco Training year 2]

Stand, oscillate from ankles, whole body stays in same relation, head sways through space forward and back the most like an inverted pendulum. Stand with feet/legs together, tilt whole body as a stick side to side, without side bending. Again, head moves most through space. Feet together, sway forward and back as before. Explore being more on one foot then other while swaying. Legs a little spread and sway side/side. Sit cross-legged, sway from sit bones forward/back. Stand with feet together, sway forward/back from ankles then side/side. Then forward, right, back, left, forward, circling as one stick with articulation only at the ankles, reverse circle. Stand, head completely vertical so as you sway backwards the chin ends up a little closer to throat, swaying forward more space between throat and chin, articulation at top of spine.

## **FI Exploration #042 ~ Dennis Leri**

### **Observing standing oscillation**

CD#7/T25

Two pairs, observe two people sway forward/back with feet together, like in ATM lesson. Study one and teach the other to do it the other person's way.

## Day 46 March 1, 2004

### ATM Lesson #127 ~ Dennis Leri

#### Sliding foot through gap series #1: fingers and toes relating, on back

CD#8/T1 [San Francisco Training June 21, 1976]

Stand, scan 5 lines. On back, scan 5 lines. Stand feet, open L knee to side, slide L foot and lower L leg through gap between R foot and pelvis. Slide in/out. Stay with foot through gap, imagine connection between R fingers and L toes. Move large L toe, thinking of R thumb. Continue on to each toe/finger. Slide L foot through gap to R, reach with R hand towards L foot. Slide L foot through gap, stay, R hand touching L foot, palm to sole. Slide L leg in/out of gap, note belly coming forward and L. Note different use of head/pelvis. Slide L foot through gap, stay, explore top of foot/toes with R hand. Slide foot through, stay, R palm facing L sole, not touching, think relationship of toes/fingers, bend big toe up while thinking thumb. Continue on with each toe and finger. Slide L foot in/out of gap. Alternate sliding through gap and bringing outside of L ankle to front of R thigh. Leave L ankle on R thigh, bring R palm towards L sole, not touching, play between fingers and toes. Same position, bring sole/palm to touching, bring leg/foot/hand away from R thigh towards ceiling, R side shortens a little. Slide L foot through gap again. Stand, walk, sense L foot and R hand. Return to back, R foot standing, L knee out to side, slide through gap and then bring out to touch top of R thigh, keeping L knee out to L. Leave L ankle on R thigh, push L knee away/down bringing L sole to orient towards face. Ankle stays on thigh, R palm to L sole, fingers/toes relating, pushing each other back and forth individually. Slide L foot through gap, hold from top of foot with R hand, bring sole of L foot to R buttock. On front, bend knees, reach R hand to top of L foot, bring sole of L foot to R buttock. On back, 5 lines, compare sides.

### FI Exploration #043 ~ Dennis Leri

#### Moving hand at wrist

CD#8/T2

Partners, one person lying on floor, R elbow bent on floor, soft fist towards ceiling, bent at wrist in 4 cardinal directions then circle. Other person sitting at side and shape R hand over the other person's R fist, their palm faces L. At same time, hold their R wrist, keep hand stationary and move from wrist. Combine a little movement of hand going opposite wrist. Next, keep forearm stationary, move fist. Go to another person, repeat then switch roles. Students sharing at end of exploring.

### FI Exploration #044 ~ Dennis Leri

#### Moving hand at wrist continued

CD#8/T3

Repeat the forward and back with hand/wrist. Add side to side movements, quarter arcs and then circling. Check in with students after practice. Dennis talked about finding a middle area of joint and Oscar Ichaso. Generalizing effect from working with wrist.

### FI Exploration #045 ~ Dennis Leri

#### Moving hand at wrist continued

CD#8/T4

Partners, one person lying on side, "top" arm lying along side of body, partner roll whole arm in/out. Then hold hand/wrist stationary and take shoulder forward/back. Hold shoulder stable and roll from wrist/hand. Then return to rolling whole arm together.

### ATM Lesson #128 ~ Dennis Leri

#### Sliding foot through gap series #2: fingers and toes relating, on back

CD#8/T5 [San Francisco Training June 22, 1976]

On back, stand R foot, slide left foot through gap between R heel and R buttock, keeping outside of L thigh stays on floor, knee out to L. Repeat, imagine L heel touching R buttock. Repeat, turning foot so little toe comes towards buttock. Think sole of foot coming towards buttock. Add taking R hand towards L foot as it slides through. Hold top of foot from outside, take sole of foot towards R buttock. Alternate taking L foot through gap then L ankle on R thigh. Leave on R thigh, R palm near L sole, imagine fingers/toes connecting. Hold L foot while on thigh with R hand, turn foot bringing sole more towards head/face, note L knee moves away. Return to sliding L foot through gap, thinking of little toe coming towards buttock. L ankle on R thigh, R palm to L sole, direct L foot towards ceiling. L ankle on R thigh, take L knee down/away, note sole comes more towards head. R palm on L sole again, straighten L knee, foot/hand towards ceiling. Slide L foot through gap. L ankle on R thigh, match fingertips to toes, push little toe with little finger, little toe pushes back. Repeat with thumb and big toe; ring finger and 4<sup>th</sup> toe; index and 2<sup>nd</sup>; middle finger and toe; then all 5 toes/fingers at same time. Return to sliding L foot through gap. Sit, R leg long, L bent out to side, L ankle on R thigh, lean on R hand behind, hook L big toe with L index finger, swing L leg so foot goes towards R cheek of face then swing/straighten L foot out to L. On back, slide L foot through gap then out and slide ankle onto front of R thigh, keeping L knee out to L the whole time. Sit, L ankle on R thigh near hip, L index between big/2<sup>nd</sup> toe, turn foot, sole towards face. Swing L leg out to L,

straightening knee then bending, bringing foot towards face again. Ankle still on R thigh, bend R knee, sliding R sole on floor, L foot comes towards face as R knee bends up. On back, slide L foot to R buttock, R hand holds L foot, bring L hand to L foot also from behind pelvis, bring foot towards/away from pelvis. On front, bend knees, hold L foot with both hands, slide L foot across buttock to R. On back, scan 5 lines. Stand, walk, turn, walk backwards.

## Day 47 March 2, 2004

### ATM Lesson #129 ~ Dennis Leri

#### Sliding foot through gap series #3: holding head and foot rolling left, on back

CD#8/T6 [San Francisco Training July 6, 1976]

On back, stand R foot, bend L knee out to side, slide L foot through gap of R foot and pelvis. Slide in/out, feeling the changing shape of torso with the movement of sliding leg. Repeat with R hand behind head, sliding head/shoulders R. Repeat with L hand on L temple, pushing head to R with shoulders sliding down to R while sliding L leg through. Return to original sliding of L leg through to feel difference then add sliding head/shoulders down to R, reach R hand to L foot. Stay down to R, relating R fingers to L toes without touching, imagine a stick between toes and fingers, one set at a time move toe and finger back and forth as if holding stick between and pushing alternately between finger to toe. On back, legs long, feel connection between same toes/fingers. Return to previous position, touch big toe and thumb, alternately press toe to finger, finger to toe. Work through all 5 fingers and toes. R foot standing, L ankle on R thigh, reach R hand to foot, repeat pressing each set of toe and finger like previous move, work through each set individually so only that set touches/presses back and forth. Return to sliding L foot through gap, pushing with R foot, R hip lifts to slide L foot/leg more easily. Swing L bent leg under gap and then up to bring ankle to front of R thigh. Change a bit so when leg comes up the L knee comes to front of R thigh (like crossing knees) instead of bringing L ankle to thigh. Return to resting L ankle on R thigh, wrap hand around top of foot from outer edge, bring thumb to sole of foot, turn foot such that L knee goes away from head. Return to sliding L foot on floor then bringing ankle to thigh. L ankle on R thigh, R fingers matching up with L toes, tilt legs L and back keeping hand relating to foot, allow head to lift. Repeat without hand to foot. L ankle on R thigh, tilt legs L leaving head on floor, think of knee moving away/down, note L sole points towards face, add lifting R heel to help then alternate lifting R toes/heel. L hand behind head, L ankle on R thigh, hold L foot from outside edge and over top, lift head and L foot towards ceiling. Change to lifting head and R foot from floor so L ankle rides along. Same position, lift head and legs and roll to L side. Sit, hold L foot with R hand, L hand behind head, bring face and foot towards each other, think of sliding along lower L leg with face. With head near L leg, roll from sitting onto L side. Lie on L side with legs bent one on top of other, lift R foot away from L, pivoting over L knee, add lifting head with R arm wrapped over top of head. Leave foot down, lift only head, feel pelvis rolling as when lifting foot. On back, stand R leg, L

ankle on R thigh, hold L foot with right hand, L hand behind head, bring head/legs together and roll L. Do original movement of sliding L leg in/out of gap, note change.

### ATM Lesson #130 ~ Dennis Leri

#### Sliding foot through gap series #4: fingers and toes relating, on back

CD#8/T7 [San Francisco Training July 6, 1976]

On back, stand L foot, open R bent knee to R on floor, slide L standing foot on floor along lower R leg towards R knee. Repeat, leave L foot standing to R of R knee, lift/lower R knee caressing lower L leg. Repeat all on other side. L knee bent out to L on floor, R foot standing to L of L thigh, take R knee towards L foot, R foot comes off floor, L leg stays on floor, R ankle stays in contact with L thigh. Think of both soles go towards facing head. Switch sides. On hands and knees, bring R knee to floor behind L knee. Switch sides. Stay with R knee behind L on floor, open/close feet. Leave feet separated and take pelvis back towards floor between feet, then towards one heel and the other. Repeat, take pelvis to floor between legs, keep hands on floor. Then sit back and bring hands behind, continue and slowly go down onto one elbow, the other and on down to back and reverse. Repeat, with legs switched. On back, bend R knee out to side on floor, stand L foot to R of R knee, take L knee towards R foot. Same position, lift head when L knee goes towards R foot. L hand over top of head, face R, lift head, L ear goes towards L knee, bring R hand towards L foot. R knee bent R on floor, stand L foot to R of R knee, L hand behind head, reach R hand to hold L foot, lift head, bring L sole and head/face together, think of L knee moving down/away. On hands and knees, R knee to floor behind L, make quick. Leave knee behind, separate feet, pelvis to floor to sit between feet. Reverse legs, repeat. Alternate putting knees behind to feel for differences on sides. On back, bend L knee out to L on floor, stand R foot to L of L knee, take L knee down towards R foot. Same position, interlace hands behind head, lift head with arms, note R knee. Add face to L, R hand behind head, lift head with arm, bring L hand towards R foot. R hand behind head, looking forward, lift head, hold R foot with L hand, turn sole towards face. On hands and knees, L knee behind R several times quickly, leave to R, separate feet, sit back between feet. Switch sides. Stand, note differences.

### Discussion ~ Dennis Leri

#### Assorted questions & answers

CD#8/T8

Kathryn: How do you take the learning into everyday life?  
 Ray: Is it common to have difficulties after training segments or lessons. Dennis' story of own lessons unraveling old injuries. Story about man who had injuries that Moshe



"cut off" from having FI lessons. Becca: Working with scoliosis? Lisa's story. Betsy's question about the nervous system interprets FI as a kind of question and is fascinated by the question. Dennis talked about patterns in the nervous system. Our habits that are a problem for us are a part of the overall pattern. ATM introduces new patterns and inhibits old habit patterns. Bob shares about process of trying to do the morning ATMs and creating pain but too novel to imagine. When someone has pain all the time Feldenkrais would advise to go ahead and do the movements in ATM. For people who can move easily, their task is to notice details in more complexity. Story of Moshe talking to guy about incorporating weakness rather than trying to overcome and hide the weakness. Maria shares about see herself from the outside. Dennis brings it back to using the five lines image to track what lines may not be clear in the movement or position.

## **FI Exploration #046 ~ Dennis Leri**

Review all FI exploration from this segment

CD#8/T9

## **ATM Lesson #131 ~ Dennis Leri**

### **Standing oscillation #2**

CD#8/T10 [San Francisco Training July 13, 1976]

On back, create 5 lines. Stand, feet together, tilt forward/back from ankles. Stand with feet wide apart, tilt L/R. Note breathing pattern. Tilt forward/back with feet wide. Stand, feet little apart, circle whole body as stick around, movement happening in ankles, circle other direction. Feet together, circle, note changing pressure of feet on floor, note circle of head in space, change direction. Stand, right foot 1/2 step forward of other, tilt directly forward/back from ankles. Then on a diagonal forward towards R, back towards L. Then make a circle with R leg 1/2 step forward then circle other direction. Circle same direction with feet together. Repeat everything with L foot 1/2 step forward. R foot forward, arms straight out in front at shoulder height, tilt L/R, note effect on arms. Switch legs. Feet together, arms straight out in front, interlace fingers, circle from ankles, note circle of fists and head are the same amount. Reverse circle.

## Day 48 March 3, 2004

### ATM Lesson #132 ~ Diana Razumny

#### Bow #1: Diagonal hand and foot together behind back, twisted from side

CD#8/T11 [Alexander Yanai]

On L side, R knee on floor in front of L, roll upper body to lie on back, arms along sides, palms up, slide R arm down along floor. Add bringing L heel towards R hand. Same position, L hand on R knee, bring knee towards head, slide head/shoulder/R arm down to R to straighten L elbow. Add bringing L heel towards R hand. Same position/movement, leave head/shoulders down to R, slide L bent leg along floor so separates from R and L heel comes towards R hand. R hand behind head, slide head/shoulders to R as L leg/foot slides R. On L side, R knee on floor above L, upper body rolled back, reach R hand down towards L heel, L heel slides to R hand, hold heel with R hand. Roll head R/L. Trace shape/loop formed by hand/foot, arm/leg, across torso in front. Think as if it's a flexible tube. Move connected arm/leg to change the shape of the loop formed through whole body by this connection. Rest with arms/legs long, feel connection. Same position, R hand holding L foot, push L hip forward while taking L foot back. As the L leg slides back to R roll head to R like looking at hand/foot. Add straightening the R leg forward, pushing forward from heel. Push so far that R hand/L foot lift from floor. Same position, L arm at 45 degrees from body, palm down, R leg straight but up to ceiling, straighten/reach leg to ceiling and then bring R hip towards floor, alternate. Note spine, chest, head. Feel movement of hip moves spine up/down, towards/away from head. R hand holding L foot again, L hand on R knee, spread knees and roll face to R. When knees come together, roll head L. Feel spine sliding up through torso, lengthening neck/head. Feel the loop formed through whole body made by arm/leg joining. Push foot/hand away from body changing shape of loop. On back, arms lengthened overhead on floor, compare arms. Lie on L side again, hold L foot with R hand, lengthen R leg towards ceiling, lift/lower R hip. Repeat but with R knee bent, R knee points to ceiling, lift lower R hip, head turns to R to see behind R hip as R knee goes towards ceiling. Same position but circle R knee while it's up in the air. Make even circle around hip joint, reverse directions. Return to R leg straight up to ceiling, lift/lower R hip, head rolls right when R heel lengthens to ceiling. Scan whole body on back. Stand, walk, scan.

### FI Exploration #047 ~ Dennis Leri

#### Holding upper arm at elbow and shoulder with person on side

CD#8/T12

Pairs: One person lies on side, knees/hips bent, "top" arm hand standing in front of chest, elbow out in front of shoulder. Place one hand on their elbow, the other on their shoulder, a little pressure between hands through upper arm bone and slide arm forward/back relative to the person. Sense through lower arm to hand on floor while holding elbow and shoulder. Continue and amplify a little so the move goes into torso more, send your sensing through to the pelvis so your perception and listening brings them into listening also. Sense the shoulder blade sliding on the ribs. Slide shoulder blade up and down. Create circle with shoulder, continuing the sense of the upper arm between the two hands. Switch roles.

### Talk #034 ~ Dennis Leri

#### Quality with no name

CD#8/T13

About Christopher Alexander.

### FI Exploration #048 ~ Dennis Leri

#### Push through sit bone and C7

CD#8/T14

Pairs: One person on side, have them roll pelvis to side bend. Hold person at shoulder and have them repeat rolling pelvis head ward and feel ribs sliding under shoulder blade. From sit bone, push through thinking of pushing the rib cage relative to the shoulder blade as spine goes towards head. Sit at head, find C7, push through transverse process down spine

### ATM Lesson #133 ~ Dennis Leri

#### Sliding foot through gap series #5: rolling up to sit with legs crossed, on back

CD#8/T15 [San Francisco Training July, 1976]

On back, stand R foot, slide L foot through gap. Switch legs, slide R foot through gap of L foot and pelvis. Then leave the R leg stationary and slide the standing L foot on the floor along the lower R leg to around the R knee. Stay with the L foot on floor near R knee then take L knee down away, pivoting over L ankle so sole of foot comes away from floor, stay there and reach L hand to R foot and hold it. From that position sweep R arm overhead on floor, roll to L side and bring R hand to R foot. Repeat, sweeping R arm around overhead to R foot and then reverse and repeat. Repeat on other side. Switch legs, have arms overhead and sweep arms side to side, taking hands toward feet

alternately, allowing head to roll and move along with sweeping arms. Switch legs again, sweep arms around side/side. Stand L foot to R of R knee, take L knee down/away, sweep arms along floor around to R to take L foot and hold foot as you come up to sitting. On hands and knees, cross R knee behind, separate feet and sit back with pelvis to floor between feet. Repeat on other side. Stay seated with legs crossed, rock forward/back then go down on one elbow to lie back down, come up, go down on other side. On back, slide L foot through gap of R foot and pelvis, R foot standing to L of L knee, take L knee down, reach hands to R foot by rolling to R. All 4's, cross knees, sit back between feet, hold both feet in sitting, rock forward/back on sit bones, then side to side then roll down onto back with legs crossed. Sit between feet again, R ankle crossed on L thigh, lift lower R knee, pivoting ankle on L thigh, put R foot standing on floor and slide L leg along lower R leg. Repeat with legs switched. Sit with legs crossed, L on top, hold both feet, straighten/bend one knee then other. Repeat with legs switched. Hands and knees, crossed legs, sit back between feet, alternate leg crossing and sitting back.

## Day 49 March 4, 2004

### ATM Lesson #134 ~ Diana Razumny

#### Bow #2: Diagonal hand and foot together behind back, twisted from side

CD#8/T16 [Alexander Yanai]

On R side, L knee on floor in front of R, roll upper body to lie on back, arms along sides, palms up, slide L arm down along floor. Add bringing R heel towards L hand. Same position, R hand on L knee, bring knee towards head, slide head/shoulder/L arm down to L to straighten R elbow. Add bringing R heel towards L hand. Same position/movement, leave head/shoulders down to L, slide R bent leg along floor so separates from L and R heel comes towards L hand. L hand behind head, slide head/shoulders to L as R leg/foot slides L. Same position, reach L hand down towards R heel, R heel slides to L hand, hold heel. Roll head R/L. Trace shape/loop formed by hand/foot, arm/leg, across torso in front. Think as if it's a flexible tube. Move, change shape of loop. Same position, L hand holding R foot, push R hip forward while taking R foot back. As the R leg slides back to L roll head to L. Add straightening the L leg forward, pushing forward from heel. Push so far that L hand/R foot lift from floor. Same position, R arm at 45 degrees from body, palm down, L leg straight but up to ceiling, lift/lower L. Feel movement of hip slides spine up/down through torso. L hand holding R foot again, R hand on L knee, spread knees and roll face to L. When knees come together, roll head R. Feel spine sliding up through torso, lengthening neck/head. Feel loop made by arm/leg joining. Push foot/hand away from body changing shape of loop. On back, arms lengthened overhead on floor, compare arms. Lie on R side, hold R foot with L hand, lengthen L leg towards ceiling, lift/lower L hip. Repeat but with L knee bent, L knee points to ceiling, lift lower L hip, head turns to L to see behind L hip as L knee goes towards ceiling. Same position but circle L knee while it's up in the air. Make even circle around hip joint, reverse directions. Return to L leg straight up to ceiling, lift/lower L hip, head rolls L when L heel lengthens to ceiling. Scan whole body on back. Stand, walk, scan.

### ATM Lesson #135 ~ Dennis Leri

#### Sliding foot through gap series #6: legs crossed, holding feet, roll to back, on back

CD#8/T17 [San Francisco Training July, 1976]

On back, notice breathing. On hands and knees, cross one knee behind, separate feet and sit back between feet. Go back and forth, sitting, coming onto hands/knees and switch knee crossing. Notice the changing shape of torso. Sit back, hold feet, shift weight, explore tilting of head, note shape of torso with each variation. Then tilt forward/back. Then circle pelvis on floor, head circles

opposite mid back. Repeat with other knee crossed behind. On back, stand R foot, slide L foot through gap on floor. Repeat, other side. R foot standing, slide L foot through, stay and slide R foot around to L of L knee, take R knee down/away, R ankle pivoting over L thigh. Repeat, other side. On hands/knees, cross R knee behind, sit back between feet, go down on one elbow and lower to lying on back, soles oriented towards face, arms overhead, sweep both arms around to one side to hold foot on that side, then sweep arms around, over head to other side to hold other foot. Repeat starting with L knee crossed behind R on hands and knees. Legs crossed, sit between feet, hold both feet, roll down across side to come to back holding feet. Repeat with other leg crossing. Stand R foot, slide L through, hold the two feet, swing legs overhead and roll up to sit, Continue and when legs are overhead, let go of hands/feet, switch leg crossing and roll up to sitting again. On hands/knees, cross R leg in front of L then L in front of R, crawling forward then reverse to crawl backwards.

### FI Exploration #049 ~ Dennis Leri

#### Review of FI moves in a sequence

CD#8/T18

Partners: Push through sit bone then go to head, hip, C7, shoulder, back to sit bone.

### FI Exploration #050 ~ Dennis Leri

#### Shoulder and elbow circles

CDE#8/T19

Person on side, sit at head, web of hand on "back-side" on top of shoulder, "face-side" hand of practitioner on elbow, press shoulder down as lift elbow away from side.

### ATM Lesson #136 ~ Dennis Leri

#### Pelvic clock

CD#8/T20

On back, feet standing, lift/lower lower back (12 & 6 o'clock) with help of feet then without helping with feet. Remove feet from floor, repeat. Feet on floor again, repeat 12 to 6 and note passive movement of head also moving 12 to 6 on clock behind head. Move head between 12 and 6 to create movement in pelvis 12 to 6. Return to pelvis rolling 12 to 6 and feel spine moving up through torso inside the shoulder girdle. Take pelvis between 3 & 9, note head response. Have head move 3 to 9 also. Make quarter circles and pie shapes. Go to each 12, 6, 3, 9 and expand from each number to create half circle around the clock. Go all the way around clock from 12 clockwise and then reverse to counter clockwise. Stand one leg and circle clock, note change in circling. Cross one leg over the other and circle clock. Both feet standing, clockwise with pelvis, clockwise with head.

## Day 50 March 5, 2004

### ATM Lesson #137 ~ Dennis Leri

#### Rolling across crossed arms, on front

CD#8/T21 [San Francisco]

On back, feet standing, arms bent up in front, L arm inside R, slide one point of R along L arm, slide R arm along one point of L arm. Repeat same idea but by moving the left arm. Repeat all 4 variations with R arm inside L. Return to R arm inside of L, slide R elbow through and past L elbow so R hand can come towards L shoulder and feel back of neck. Repeat with L arm inside. Cross R arm inside of L, cross at elbows and come onto front side and roll self L/R, leaving hands on floor. Switch arms, repeat. Return to first arm crossing, slide elbows closer together and roll across front having weight come into one elbow then other. Repeat with arm crossing switched. Explore rolling from just pelvis or just from the shoulder. Come onto crossed elbows on front, lift head, think of sternum moving, taking C7 forward/back. On back, cross arms, reach hands towards shoulders, keep arms crossed, roll onto front, take C7 forward/back. On front with elbows crossed, slide R knee up on floor and leave it, have R ear towards R shoulder and roll a little side/side, one elbow to other. Repeat on other side. On back, cross R arm inside L, have arms lower down and come onto front side, roll L/R with arms lower down. Cross arms on front, bring hands behind neck, interlace fingers, look up down with head/face/eyes. Same position, roll L/R small amount. On back, knees bent, R arm inside L, elbow crossed through, hands behind neck, take elbows/shoulders forward, note breath/belly. Repeat, push belly forward while elbows/shoulders/C7 move forward. On back, knees bent, arms straight out in front, cross R arm over L, interlace fingers, bring hands to torso, bring R elbow through, bring hands to side of head. Switch arm crossing, repeat.

### Talk #035 ~ Dennis Leri

#### Principle of no principles

CD#8/T22

Betsy's question about her experience of doing the FI exploration. Cardinal directions and circles are used as guides. Principle of no principles. Robert M. shared about biofeedback. Dennis story of friend inventing equipment for life detection on Mars. Biofeedback relaxation equipment. How Moshe invented lessons, from FI into ATM. Falling out of headstand. Paying attention and staying within range of comfort. How is more important than the what. Effort vs. work. Interview with Moshe on martial arts by Dennis. Demo with Adam rolling his head.

### FI Exploration#051~ Dennis Leri

#### Review in groups of three

CD#8/T23

Groups of three practice and review all FI explorations you can remember from all segments.

### ATM Lesson #138 ~ Dennis Leri

#### Four-part breathing lengthening lungs while pressing and lifting, on back

CD#8/T24 [Alexander Yanai #192]

On back, guided awareness while breathing.

### Talk ~ Dennis Leri

#### Advise for time between segments

CD#8/T25