

CD#9/T13 9

**DAY 51 MAY 24, 2004 5**

**ATM Lesson #139 ~ Dennis Leri 5**  
 Rolling pelvis #1, soles together, on back and sitting 5  
 CD#9/T01 [Amherst via Dennis] 5

**Talk #036 ~ Dennis Leri 5**  
 ATM teaching 5  
 CD#9/T02 5

**FI Exploration #052 ~ Dennis Leri 5**  
 Review what you remember 5  
 CD#9/T03 5

**Talk #037 ~ Dennis Leri 5**  
 Primary imaging 5  
 CD#9/T04 5

**ATM Lesson #140 ~ Dennis Leri 5**  
 Rolling pelvis #2, soles together, tilting legs, on back 5  
 CD#9/T05 [Amherst a la Dennis] 5

**DAY 52 MAY 25, 2004 7**

**ATM Lesson #141 ~ Dennis Leri 7**  
 Rolling pelvis #3, soles together, on back and sitting 7  
 CD#9/T06 [Amherst via Dennis] 7

**ATM Lesson #142 ~ Diana Razumny 7**  
 Standing, shifting weight on heels #1 7  
 CD#9/T07 [Alexander Yanai #274 Intro to walking] 7

**Talk #038 ~ Dennis Leri 7**  
 Terminology 7  
 CD#9/T08 7

**FI Exploration #053 ~ Dennis Leri 7**  
 Push through sit bone and lifting head, on side 7  
 CD#9/T09 7

**ATM Lesson #143 ~ Dennis Leri 7**  
 Rolling pelvis #4, around clock, on back 7  
 CD#9/T10 [ATM Book a la Dennis] 7

**DAY 53 MAY 26, 2004 9**

**ATM Lesson #144 ~ Dennis Leri 9**  
 Rolling pelvis #5, around clock, on back 9  
 CD#9/T11 [a la Dennis] 9

**Talk #039 ~ Dennis Leri 9**  
 Pelvic clock and other lessons 9  
 CD#9/T12 9

**FI Exploration #054 ~ Dennis Leri 9**  
 Finding neutral for head and push through C7 9

**ATM Lesson #145 ~ Diana Razumny 9**  
 Standing, shifting weight on heels #2 9  
 CD#9/T14 [Alexander Yanai #275 Intro to walking] 9

**DAY 54 MAY 27, 2004 10**

**FI Exploration #055 ~ Dennis Leri 10**  
 Finding neutral for head and push through C7 10  
 CD#9/T15 10

**ATM Lesson #146 ~ Dennis Leri 10**  
 Circling “bottom” arm/leg, on side (swiveling straight legs) 10  
 CD#9/T16 [Amherst July10, 1980] 10

**Talk #40 ~ Dennis Leri 10**  
 Q & A - Face, head to spine and intuition 10  
 CD#9/T17 10

**ATM Lesson #147 ~ Dennis Leri 10**  
 Rolling pelvis #6, leaning on elbows, on back 10  
 CD#9/T18 [Amherst 1980] 10

**FI Exploration #56 ~ Dennis Leri 10**  
 Roll pelvis up/down while person is on back 10  
 CD#9/T19 10

**ATM Lesson #148 ~ Dennis Leri 10**  
 Rolling pelvis #7, on back, sitting and leaning on elbows, 10  
 standing, on knees 10  
 CD#9/T20 [Amherst 1980] 10

**DAY 55 MAY 28, 2004 11**

**ATM Lesson #149 ~ Dennis Leri 11**  
 Swiveling with straight legs, from front, circling arm 11  
 standing 11  
 CD#9/T21 [Amherst 1980] 11

**FI Exploration #57 ~ Dennis Leri 11**  
 Pushing through to head from foot, on back 11  
 CD#9/T22 11

**FI Exploration #58 ~ Dennis Leri 11**  
 Float head, push through feet, roll pelvis, push C7, on back 11  
 CD#9/T23 11

**ATM Lesson #150 ~ Diana Razumny 11**  
 Standing, shifting weight on heels #3 11  
 CD#9/T24 [Alexander Yanai #276 Intro to walking] 11

**ATM Lesson #151 ~ Dennis Leri 11**  
 Holding feet, lifting and rolling, on back and sitting 11  
 CD#9/T25 [AY#?] 11

<b>DAY 56 MAY 31, 2004</b>	<b>13</b>	<b>Talk #42 ~ Mary Spire</b>	<b>16</b>
<b>Introduction ~ Mary Spire</b>	<b>13</b>	Clarifying ATM lesson	16
Checking in	13	CD#9/T38	16
CD#9/T26	13	<b>ATM Lesson #157 ~ Mary Spire</b>	<b>16</b>
<b>ATM Lesson #152 ~ Mary Spire</b>	<b>13</b>	Hooking toe with index #3, on back and sitting	16
Rolling arms/fists, on back and sitting	13	CD#9/T39 [Amherst 1980]	16
CD#10/T27 [Amherst 1980]	13	<b>FI Exploration #63 ~ Mary Spire</b>	<b>17</b>
<b>FI Exploration #59 ~ Mary Spire</b>	<b>13</b>	Rolling and floating head, lifting shoulders, on back	17
Exploring arm/shoulder, on side	13	CD#09/T40	17
CD#09/T28	13	<b>DAY 59 JUNE 3, 2004</b>	<b>18</b>
<b>FI Exploration #60 ~ Mary Spire</b>	<b>13</b>	<b>ATM Lesson #158 ~ Mary Spire</b>	<b>18</b>
Exploring arm/shoulder continued, on side	13	Lifting head and elbows with knee drawn up to side, on front	18
CD#09/T29	13	CD#10/T01 [Source:?]	18
<b>ATM Lesson #153 ~ Mary Spire</b>	<b>13</b>	<b>FI Exploration #64 ~ Mary Spire</b>	<b>18</b>
Hooking toe with index #1, on back and sitting	13	Drawing leg up to side, bending knee, on front	18
CD#9/T30 [Amherst 1980]	13	CD#10/T02	18
<b>DAY 57 JUNE 1, 2004</b>	<b>14</b>	<b>ATM Lesson #159 ~ Diana Razumny</b>	<b>18</b>
<b>ATM Lesson #154 ~ Mary Spire</b>	<b>14</b>	Plane dissecting along midline	18
Head circles #1	14	CD#10/T03 [Alexander Yanai #112]	18
CD#9/T31 [Amherst 1980]	14	<b>FI Exploration #65 ~ Mary Spire</b>	<b>18</b>
<b>FI Exploration #61 ~ Mary Spire</b>	<b>14</b>	Drawing leg up to side with knee bent, on front continued	18
Observe folding/unfolding sitting	14	CD#10/T04	18
CD#09/T32	14	<b>ATM Practice #2 ~ Diana Razumny</b>	<b>18</b>
<b>Talk #41 ~ Mary Spire</b>	<b>14</b>	ATM teaching game: Hooking toes, flipping knees	18
What is ideal?	14	CD#10/T05	18
CD#09/T33	14	<b>FI Exploration #66 ~ Mary Spire</b>	<b>18</b>
<b>FI Exploration #62 ~ Mary Spire</b>	<b>14</b>	Feeling along spine of 7 people	18
Observe folding/unfolding sitting	14	CD#10/T06	18
CD#09/T34	14	<b>DAY 60 JUNE 4, 2004</b>	<b>19</b>
<b>ATM Lesson #155 ~ Mary Spire</b>	<b>14</b>	<b>ATM Lesson #160 ~ Mary Spire</b>	<b>19</b>
Hooking toe with index #2, on back and sitting	14	Head circles #2	19
CD#9/T35 [Amherst 1980]	14	CD#10/T07 [Amherst 1980]	19
<b>DAY 58 JUNE 2, 2004</b>	<b>16</b>	<b>FI Exploration #67 ~ Mary Spire</b>	<b>19</b>
<b>ATM Practice #1 ~ Diana Razumny</b>	<b>16</b>	FI Demo with Dan for review, on side	19
ATM teaching game: Describing position and simple movement	16	CD#10/T08 [San Francisco Year 2]	19
CD#9/T36	16	<b>FI Exploration #68 ~ Mary Spire</b>	<b>19</b>
<b>ATM Lesson #156 ~ Mary Spire</b>	<b>16</b>	Guided sequence review with new arm-on-head movement, on side	19
Tilting head side/side with hand on top of head, in side sitting	16	CD#10/T09 [San Francisco Year 2]	19
CD#9/T37 [Alexander Yanai #1]	16	<b>ATM Lesson #161 ~ Diana Razumny</b>	<b>19</b>

Hooking toe with index #4, sitting	19		
CD#10/T10 [Amherst 1980]	19		
<b>DAY 61 JUNE 7, 2004</b>	<b>21</b>	<b>DAY 63 JUNE 9, 2004</b>	<b>24</b>
<b>ATM Lesson #162 ~ Mary Spire</b>	<b>21</b>	<b>Talk #46 ~ Mary Spire</b>	<b>24</b>
Head circles #3, sitting, kneeling	21	Check in and preparing for ATM teaching	24
CD#10/T11 [Amherst 1980]	21	CD#10/T23	24
<b>FI Exploration #69 ~ Mary Spire</b>	<b>21</b>	<b>ATM Lesson #166 ~ Mary Spire</b>	<b>24</b>
Explore shoulder and turning head, on front	21	Head circles #5	24
CD#10/T12 [San Francisco Year 2]	21	CD#10/T24 [Amherst 1980]	24
<b>FI Exploration #70 ~ Mary Spire</b>	<b>21</b>	<b>ATM Lesson #166 continued ~ Mary Spire</b>	<b>24</b>
Explore shoulder with long arm, on front	21	Head circles #5 continued	24
CD#10/T13 [San Francisco Year 2]	21	CD#10/T25 [Amherst 1980]	24
<b>Talk #43 ~ Diana Razumny</b>	<b>21</b>	<b>FI Exploration #73 ~ Mary Spire</b>	<b>24</b>
Instructions for trios to teach ATM	21	Review what you like in whatever position	24
CD#10/T14	21	CD#10/T26	24
<b>ATM Lesson #163 ~ Diana Razumny</b>	<b>21</b>	<b>ATM Teaching ~ Staff</b>	<b>24</b>
Sitting between heels #1	21	Groups of 3 teach 1/3 of lesson	24
CD#10/T15 [Amherst 1980]	21	CD#10/T27 [teaching not recorded]	24
<b>DAY 62 JUNE 8, 2004</b>	<b>22</b>	<b>ATM Lesson #167 ~ Mary Spire</b>	<b>24</b>
<b>ATM Lesson #164 ~ Diana Razumny</b>	<b>22</b>	Head circles #6, variety of positions	24
Sitting between heels #2	22	CD#10/T28	24
CD#10/T16 [Amherst 1980]	22	<b>DAY 64 JUNE 10, 2004</b>	<b>25</b>
<b>FI Exploration #71 ~ Mary Spire</b>	<b>22</b>	<b>ATM Lesson #168 ~ Mary Spire</b>	<b>25</b>
Demo with Ruth, straight arm in front plus whole	22	Hopping	25
sequence, on side	22	CD#10/29 [Alexander Yanai #281 & 282 Hopping in	25
CD#10/T17 [San Francisco Year 2]	22	place]	25
<b>FI Exploration #72 ~ Mary Spire</b>	<b>22</b>	<b>ATM Teaching ~ Staff</b>	<b>25</b>
Guided sequence, straight arm in front, take forward/back,	22	Groups of 3 teach 1/3 of lesson	25
on side	22	[teaching not recorded]	25
CD#10/T18 [San Francisco Year 2]	22	<b>Talk #47 ~ Mary Spire</b>	<b>25</b>
<b>FI Exploration #72 cont ~ Mary Spire</b>	<b>23</b>	About ATM teaching	25
Guided sequence, straight arm in front, take forward/back,	23	CD#10/T30	25
on side	23	<b>FI Exploration #74 ~ Mary Spire</b>	<b>25</b>
CD#10/T19 [San Francisco Year 2]	23	Transpose ATM into FI	25
<b>Talk #44 ~ Staff</b>	<b>23</b>	CD#10/T31	25
Questions about practicum	23	<b>ATM Lesson #169 ~ Mary Spire</b>	<b>25</b>
CD#10/T20	23	Rolling arms/fist #2, on back, sitting	25
<b>ATM Lesson #165 ~ Mary Spire</b>	<b>23</b>	CD#10/T32	25
Head circles #4, variety of positions	23	<b>DAY 65 JUNE 11, 2004</b>	<b>26</b>
CD#10/T21 [Amherst 1980]	23	<b>ATM Lesson #170 ~ Mary Spire</b>	<b>26</b>
<b>Talk #45 ~ Mary Spire</b>	<b>23</b>	Head circles #7	26
Interview with Moshe Feldenkrais by Will Shultz	23	CD#10/T33	26
CD#10/T22	23	<b>FI Exploration #75 ~ Mary Spire</b>	<b>26</b>

Shoulders/arms: arm behind back; circling arm/head as unit

26

CD#10/T34

26

**Talk #48 ~ Mary Spire**

26

Closure

26

CD#10/T35

26

**ATM Lesson #171 ~ Mary Spire**

26

Hooking toes #5

26

CD#10/36

26

## Day 51 May 24, 2004

### ATM Lesson #139 ~ Dennis Leri Rolling pelvis #1, soles together, on back and sitting

CD#9/T01 [Amherst via Dennis]

On back, find comfort, then think of something you would like to change about yourself. Find comfort on front side, think again about what you would like to change without thinking of why it can't be. Repeat while lying on R side. Repeat on L side. On back again, detailed scan. Sit, lean on hands behind, soles of feet together, roll pelvis forward/back. Repeat without leaning on hands. Explore leaning on hands when far back then close to pelvis, then comfortable place. Note direction of fingers, try with fingers pointed backwards then forwards to note difference. Tilt top of pelvis forward, stick belly out, chin moves away from throat, then reverse. ROB. Sit, lean on hands, soles together, stay looking down so chin is to chest, roll pelvis forward/back keeping chin/head down. Return to allowing head to move w/pelvis. ROB. Sit, lean, soles together, slide feet side/side. Stay with feet to R, roll pelvis forward/back again, note asymmetry then make rolling over sit bones symmetrical. ROB, scan. Sit, repeat on other side. On back, knees wide, soles together, roll pelvis forward/back. Note chin does opposite to what happened in sitting. Stop head from moving while rolling pelvis then allow to move again. Knees open, L ankle on R, roll pelvis, note knees. Reverse ankle crossing, repeat. Return to soles together. Sit, lean, soles together, roll pelvis forward/back, note head. Bring R knee towards floor, lift R hand, leaning on L, head stays forward. Return to both hands on floor. Repeat but lift L hand while R knee goes to floor. On back, think through on other side, then sit and do. On back, soles together, tilt legs side/side so knees/thighs go towards floor alternately. Repeat in sitting. Repeat original simple move of rolling pelvis forward/back, head/spine moving with pelvis.

### Talk #036 ~ Dennis Leri

#### ATM teaching

CD#9/T02

Mention of knees being wide or a little lifted. Leaning on hands, take care of self. Teaching ATM at end of this year. Different styles of teaching. Play with teaching. Try lessons you can't do or don't understand. Susannah question about how to choose. Using supports to make it more comfortable for the person. Or, can use hands-on to help exaggerate what's difficult. Gaby's task from Moshe to break lesson into four lessons. Barbara about elderly ATM and for golfers. Can use lessons from Esalen, London, Berkeley, Quest workshops. San Francisco will be

transcribed. Amherst doesn't have "complete" lessons. Working with people with specific problems. People feeling connection to you or the work. ATM strategies/presentations. There are families of lessons like pelvic clock, breathing lessons and then there can be intersections or crossing over between lessons that aren't in same families. There can be a little bit of a developmental sequencing, starting with flexion, extension, counter rotation, breathing, sitting up. Classes versus workshop format. Story about veterans hospital and Arlyn taking over for Dennis, developing lessons from what they know, jumping jacks.

### FI Exploration #052 ~ Dennis Leri Review what you remember

CD#9/T03

Groups of three practice what you can remember from all FI explorations.

### Talk #037 ~ Dennis Leri

#### Primary imaging

CD#9/T04

Skeletal contact, imaginary skeleton, pushing through C7. Constant maturing of the person's self image through the learning. Reading from Moshe about five lines, imaginary structure. Five lines, the direction and relationship between lines. Focusing on the lines sneaks around problems you have with pain in muscles. Reading from Peirce about hearing a bird and making an image. Clarifying one part implies the rest of the parts and connections. The journey of making something clear is the FI lesson. You make yourself a part of the loop of the person feeling them selves clearly.

### ATM Lesson #140 ~ Dennis Leri Rolling pelvis #2, soles together, tilting legs, on back

CD#9/T05 [Amherst a la Dennis]

On back, soles together, explore comfortable distance between knees, take knees side/side, note 3 variations of head with knee tilts. Keep head in middle then let it go with, then opposite the leg tilting. Move head opposite legs, note movement of eyes then take eyes opposite head rolling. Then allow head to go with knees, eyes opposite the head again. Allow head to move the way that's easiest for you with tilting the knees, note belly. Soles together, R hand/forearm under lower back, tilt pelvis/legs side/side again. Change arms, repeat. Both arms under lower back, repeat. Arms overlapped under/behind back, soles together, roll pelvis up/down. Arms by sides, soles together, roll pelvis up/down, note knees together/apart. Roll pelvis down so lower back is off floor, roll head

up/down then allow head to roll with pelvis rolling up/down. Legs long, hand on chest, one on belly, seesaw movement between belly/chest. Soles together, roll pelvis down, repeat seesaw movement. Quickly. Soles together, lower back flattened to floor, roll head up/down then add pelvis rolling again. Roll pelvis so lower back is against floor, chin away from chest, seesaw. Stand feet, lift pelvis, arms under, lower pelvis, soles together, knees open, roll pelvis up/down, allow head to move. Soles together, tilt legs side/side. Legs long, thorough scan from heels up to head.

## Day 52 May 25, 2004

### ATM Lesson #141 ~ Dennis Leri Rolling pelvis #3, soles together, on back and sitting

CD#9/T06 [Amherst via Dennis]

On back, soles of feet together, roll pelvis up/down. On elbows/forearms, soles together, roll pelvis, allow whole spine and head to participate. Repeat, but keep head/eyes forward. ROB. Lean on R elbow and L hand, repeat pelvis rolling. ROB. Repeat on other side (OS). On both elbows, repeat pelvis rolling, allow sternum to lift when rolling forward/down, head back, reverse, note shoulder blades. Lean on hands/arms, fingers pointing forwards, roll pelvis. On back, soles together, roll pelvis, note when chin comes to chest and then sit up and keep the same relationship of head to pelvis while rolling in sitting then return to allowing head to go up/back when pelvis rolls forward/down. ROB. On forearms/elbows, soles together, tilt legs, one knee comes to floor, allow head to move. Lean on elbows, soles together, take one knee to floor, circle to other side so other knee goes to floor, continue circling around, note head response. Repeat, reverse circle direction. ROB. Repeat circling but 5 quick in one direction then 5 the other.

### ATM Lesson #142 ~ Diana Razumny Standing, shifting weight on heels #1

CD#9/T07 [Alexander Yanai #274 Intro to walking]

On back scan. Stand, feet parallel, shoulder's width: Shift weight; Exhale shifting, inhale when come onto one foot; Note weight on foot; Repeat with weight coming onto heels; Stand, R foot cross over L: Stand on both feet; Shift weight R/L with weight on heels; Note pelvis, chest, breath, hip joints; Add the breathing with shifting; Feet parallel, note difference; walk. Repeat, OS: Note hip joints/shoulder blades; Stand parallel, walk. Cross R over L, shifting side/side with breath: Weight in heels, start lifting front of foot; Note chest, neck, pelvis; Uncross, stand, repeat OS, ROB. Feet parallel, shift weight heel to heel: Take pelvis in arc backwards while shifting 3-9 via 6; Walking pause; Arc pelvis forward while shifting; Full circle of pelvis; Stand, feel weight in feet, walk, ROB. Stand, weight on heels: Shift R, add lifting front of foot; Add head/eyes looking down; Note back, shoulders, ribs; Shift onto whole R foot, note diff; Walk, stand, repeat OS. Shift side/side, look down when to side, look forward in middle. Shift to R heel: Lift inside of R foot; Lift outside of R foot; Stand, walk, repeat w/L foot, ROB. Shift onto heel: Lift front of foot when on heel; Stay on heel, front lifted, circle over hip joint; Repeat w/Ear to Shoulder on same side, circle opp direction. Repeat on OS.

Stand, shift R/L on heels: Lifting front of foot; Cross R foot over L, shift heel/heel, toes down; Stay on L heel, circle hip joint one direction, change direction; Change crossing, repeat. Stand, walk. Stand, feet parallel, shift heel/heel, breathing as before. Then full foot while shifting, then drop the breathing rhythm. Stand, walk, note hips, legs, neck.

### Talk #038 ~ Dennis Leri Terminology

CD#9/T08

Dan's question about how to respond to people on the street. Dennis reads from Guild directory description of the method. Makes point about not using body or relaxation so that people don't slip into what they already know but come towards you with wanting to understand something new. Story about Richard Feynman, Carver Mead at a conference at NASA about vestibular system. Share giving little example of increasing ability to turn to see around yourself. Mead said we are an anecdotal method. Use of language is particular for describing and talking about the method. Comments about Diana's standing lesson before lunch.

### FI Exploration #053 ~ Dennis Leri Push through sit bone and lifting head, on side

CD#9/T09

Pairs: One person on side, watch them wrap hand/arm over top of head and lift. Sit below sit bone, push through towards head. Repeat a few times, each time from a little different angle. Push at angle up in order to roll pelvis to create side bending. Go to C7, push through to pelvis. Have person slide top arm under head/neck, sit at head, one hand under their hand, other under elbow, lift with a scooping direction towards you to create side bending. Have them lift their own head with arm/hand wrapped over top while they think of the side bending push from sit bone. Switch roles.

### ATM Lesson #143 ~ Dennis Leri Rolling pelvis #4, around clock, on back

CD#9/T10 [ATM Book a la Dennis]

On back, stand feet, roll pelvis up/down, note lift/lowering of lower back. Note breathing. Expand belly when pelvis rolls forward/down. Imaginary clock, 6 at tailbone, 12 at top of pelvis/sacrum, roll between 12/6, note head moves up/down on it's own clock. Note line between 12/6 on back of head/pelvis. Lift sides of pelvis alternately to roll between 3/9, 3 at R, 9 at L. Have head rolling side/side like pelvis. Imagine connection between head/pelvis so rolling pelvis up/down rolls head up/down. (use of image of

rods coming out of nose and navel). Use same image rolling side/side between 3/9 so head/pelvis both move. Take pelvis from 12, 1, 2, 3, return. Continue on to 4, 5, 6, return to create 1/2 circle of clock. Head is following along the whole time. Repeat on other side of clock. Circle completely around clock with pelvis, head follows. Eyes float along in sockets. Reverse circling. Stand one foot, other leg long, circle clock. Same with other leg then with one leg crossed over other. Stand feet as beginning, circle around clock each direction. Take head around clock opposite to pelvis going around, switch directions of each.

## Day 53 May 26, 2004

### ATM Lesson #144 ~ Dennis Leri

#### Rolling pelvis #5, around clock, on back

CD#9/T11 [a la Dennis]

On back, soles together, prop up on elbows, roll pelvis up/down (12/6 o'clock), attention to whole spine curving forward/backward. Same position, roll pelvis towards 3/9, taking knees towards floor alternately. Sit, soles together, lean on hands, pelvis 12/6. Explore fingers back or forward, leave forward. Same position, roll pelvis 3/9. Think of numbers as raised, start going around clock from 12 to 3. Continue on to 4, 5, 6, continue back and forth with 1/2 circle around R side of clock. Repeat gradually around L 1/2 of clock. Same position, start at 6 going side/side, gradually adding numbers until you reach 12 approaching from R/L sides alternately. Same position, circle around clockwise then counter clockwise. Do quickly.

### Talk #039 ~ Dennis Leri

#### Pelvic clock and other lessons

CD#9/T12

What are people's favorite lessons? Pelvic clock breakdown. Robert question about position of legs. Moshe started with knees open. Answer to question about direction of fingers. Significance of the artifice of the clock and the raised numbers. What makes it central to the FM, it has an active use of imagination. Reading from ATM Book by Moshe. Shows letters on board p and q and b and d. In reading, seeing the letters, words, sentence. The learning of writing example of small learnings that add up, like learning to walk. Using the sophisticated image of clock to access primitive movements. Example of FI by demo with Moira, feeling along spine as identifying a letter or word as part of a phrase of rotating spine. Writing and language as a metaphor for FI. "F" words are good, fighting, feeding, fornicating. Participation is inhibited or . by civilization. People make best choices possible given their perception. "What is a lesson?" In FI, asking what could the person be more aware of that would lead to a better understanding of themselves and themselves in this world. Asking hypothetical questions doesn't work in FM. The craft becomes invisible, though necessary. It's the context we want to keep remembering. Story about shy religious woman in a training who started working with autistic children. Had people return to pelvic clock and attend to C7. Categorizing lessons doesn't make sense because each lesson can be used to highlight many different things. Story about butt squeezing lesson. ATMs in Moshe's trainings were more like FI, addressing people in the group and not always good for public lessons. Returned to reading from book about inner/outer

awareness when using the image of raised numbers. The concepts of orientation, of right and left and in and out.

### FI Exploration #054 ~ Dennis Leri

#### Finding neutral for head and push through

C7

CD#9/T13

Person on back, feet standing, lift head, find easy path to bring head where it would be in standing. Put support under head and push through C7. Hold at C7 and have them roll pelvis 12/6.

### ATM Lesson #145 ~ Diana Razumny

#### Standing, shifting weight on heels #2

CD#9/T14 [Alexander Yanai #275 Intro to walking]

On back scan, stand, walk. Stand, shift weight foot/foot. Note where weight is on foot; Shift heel/heel; Exhale while shifting, inhale while on one heel; Feel through whole skeleton when on heel; Feet crossed, shifting heel/heel: With breathing rhythm; Cross R over L, when shift to R heel, R ear to R shoulder; Shifting L, L ear to L shoulder; Alternate L/R quickly, note pelvis; Shift slowly, interlace hands on chest, continue shifting; Feet parallel, note standing, walk. Cross L over R, repeat above steps. ROB. Stand feet parallel, weight on heels: Knees little bent; Look down towards feet keeping weight on heels; Looking down, bring pelvis forward exhaling; Looking back up, inhale, pelvis moving back; Quicker, stand, walk. Try same thing with knees locked. Feet parallel, weight on heels: Bring chin to/away from throat; Chin to throat, take head back; Repeat, take pelvis back at same time; Repeat, inhale taking pelvis/head back, exhale on return; Repeat previous with knees straight; Stand, walk. Return, knees bent, weight on heels, pelvis/head back w/inhale; Repeat with straight knees, note chest; Repeat w/hands interlaced on chest; Same quickly, stand, walk, ROB. Feet parallel, weight on heels: Hands to ceiling, palms facing, repeat previous movement; Start with hands/arms going with head then arms opposite head. Return to beginning, shifting weight on heels, exhale as shift. Stand, walk, note differences from beginning.

## Day 54 May 27, 2004

### FI Exploration #055 ~ Dennis Leri

Finding neutral for head and push through

C7

CD#9/T15

Repeat from yesterday, new partner. Starting with finding neutral in hip joint of straight leg then going to head, finding neutral then pushing through C7.

### ATM Lesson #146 ~ Dennis Leri

Circling "bottom" arm/leg, on side (swiveling straight legs)

CD#9/T16 [Amherst July10, 1980]

On R side, circle bottom (R) arm around, sliding under torso, behind, overhead, in front, follow with eyes, stand L hand to help. ROB. On R side, continue circling arm, note torso, use L arm less, notice timing. On R side, think of sliding R leg around similar to what you were doing with R arm then explore the idea, sliding R leg forward/up then down/back. On back, slide R leg out to side then to middle and under L leg. On front, slide R leg R/L, slides under L leg when sliding L, allow torso to roll from front to side. ROB. Sit, hands on floor to R, swivel straight legs to L, keeping hands where they are, ending up on front side with legs long. ROB. Sit, hands to R, swivel legs all the way to straight back behind then continue so the legs come up to other side of arms/hands. Continue and make it 360 degrees around with straight legs. Sit with hands on floor to L and repeat in reverse direction. On R side, slide R arm in circle like beginning. Stand, lengthen arms overhead, note differences.

### Talk #40 ~ Dennis Leri

Q & A - Face, head to spine and intuition

CD#9/T17

Frank's question about working with face which he missed. Dan's question about connecting head to spine. Described the structure of bringing head to floating place on top of cervical spine. Adam asked about morning's FI practice with head and his guess which direction head would go. Adam brought up "intuition". The idea that intuition is based on experience. Developing sensing in FI explorations, those things show up later when you need it.

### ATM Lesson #147 ~ Dennis Leri

Rolling pelvis #6, leaning on elbows, on back

CD#9/T18 [Amherst 1980]

On back, soles together, leaning on elbows/forearms, rolling between 12/3. Continue on to 6 to create a 1/2

circle. ROB. Come back to circling but around other side of clock. On back, soles together, circle around top 1/2 of clock, starting gradually. Repeat around bottom of clock. Circle completely, note circle of head. Make circles with pelvis one direction, head other. Break down head/pelvis going opposite by going just side/side in a line between 3/9 and 12/6. Roll pelvis down to 12, tail down with chin to chest and start taking head/pelvis in opposite directions gradually, hour by hour. Stand R foot, L leg long, circle pelvis around clock. Sit, lean on hands, soles together, roll 12/6.

### FI Exploration #56 ~ Dennis Leri

Roll pelvis up/down while person is on back

CD#9/T19

Partners: One on back, legs straight, palms of hands on "hip bones", push down/up to roll pelvis to flatten back. Switch hands to soft fists, down a little towards crease of hips, roll pelvis down.

### ATM Lesson #148 ~ Dennis Leri

Rolling pelvis #7, on back, sitting and leaning on elbows, standing, on knees

CD#9/T20 [Amherst 1980]

On back, stand feet, circle pelvis around clock. Soles of feet together, roll around pelvic clock each way, head going opposite. Start pelvis at 9, head at 3 and go 1/4 arc with each towards 12. Repeat with arc towards 6 with each. Gradually work through all the 1/4s. Come onto elbows, circle. Repeat while sitting, leaning on hands. Stand, think of tailbone, tilt so tailbone goes forward/back the shift side/side, circle tailbone to outline a clock on the floor. Stand on knees, repeat, note what chin does. Kneeling on knees, circle top of head, drawing a circle on ceiling. Kneeling, draw circle with tailbone and top of head. On back, feet standing, roll pelvis 12/6. On back, soles together, circle around clock.

**Day 55 May 28, 2004**

**ATM Lesson #149 ~ Dennis Leri**  
**Swiveling with straight legs, from front,**  
**circling arm standing**

CD#9/T21 [Amherst 1980]

On back, on front, stand hands, swivel straight legs to L and then around to front, reverse. Repeat thinking of pushing belly out when it helps. Repeat to other side. Swing to L again and continue past the front over to R side and end up on belly again. Repeat around to other side (R). When it gets easy do two circles in a row. On L side, think about circling L arm. Repeat on other side. On R side again, circle each direction. Quicker. Repeat on other side. Stand, reach each hand to ceiling, compare. Make fist with R hand, circle whole arm in circle like holding a bucket, watch hand as it goes up/back/down/front. Very fast. Reverse direction then quickly. Stand on L knee and R foot and swing R arm with fist. ROB. Kneel on R knee and L foot and swing R arm again. Stand, repeat with L arm.

**FI Exploration #57 ~ Dennis Leri**  
**Pushing through to head from foot, on back**

CD#9/T22

Partners: On back, legs long, supported by roller if person has hyper-extended knees. Lift leg to find neutral of hip. Hold foot/ankle in position as if standing with both hands and push through leg aiming towards head or shoulders. Explore with a few different people.

**FI Exploration #58 ~ Dennis Leri**  
**Float head, push through feet, roll pelvis,**  
**push C7, on back**

CD#9/T23

Partners: Sequence, start with floating head and put head support. Go to feet, find neutral with leg, push through foot to head. Repeat with other leg/foot. Roll them up/down from pelvis. Go to head, push through C7 with their feet standing. Return to pushing through feet.

**ATM Lesson #150 ~ Diana Razumny**  
**Standing, shifting weight on heels #3**

CD#9/T24 [Alexander Yanai #276 Intro to walking]

Stand, shift weight side/side on heels, Allow head to move through space; Add inhaling on heel, exhale shifting, eyes fixed on point in front; Do same movement, head staying in middle but slow it down; Shift to one heel, lift other, knee bends, alternate side/side; Repeat quickly so head stays in middle like walking in place; Return to slow shifting heel/heel. Shift weight to R heel: Turn with whole left

side as one piece, pivot around L heel, Head, eyes, shoulders all stay together turning L except R leg; Note relative movement in R hip joint, everything else as unit; Back of head falls behind the R heel when turned to face L. Inhale as you turn on R heel, exhale to return to front. ROB. Stand, repeat on other side but with arms extended forward; Note back of head goes back/L of L heel, eyes look little up; Inhale when returning to front, exhale while turning to R/side; Do quickly, easily. Slowly again, inhale while turning to R, exhale coming to middle; Compare to inhale in middle, exhale while turning. ROB. Stand, repeat movement, alternating side/side; Note each hip joint ease; Track back of head making large arc, 1/2 circle; Quiet down so stay facing front, simply shift side/side as before; Make small and keep head in middle; Return to turning, making light/easy, as if someone holds head; Go quickly, inhale/exhale. ROB. Stand, turn L, weight on R heel: Stay L with shoulders, return only L leg to front, then quickly; Then leave L leg, shoulders, head L, return only pelvis to front; Note inhale/exhale, do quickly; Add L leg going with pelvis to front; Keep everything to L but turn shoulders back to front; Do quickly, easily; Slowly again but with fingers interlaced on chest; Stand on both feet facing front to compare; Turn everything L again, return everything to front except head; Switch, turn head to front, everything else to L, head/body opposite; Add having eyes scan horizon as head/body go opposite. ROB. Stand, shift to L heel, turn to R, repeat all above on this side. Turn only leg to front; Turn only pelvis; Pelvis and leg; Only shoulders; Shoulders with hands interlaced on chest; Everything but the head; Head/body in opposition, eyes on horizon; Stand on both feet facing front, alternate the turning side/side, compare to beginning. Simply shift weight heel/heel, add breathing, exhale while shifting, inhale while on one heel

**ATM Lesson #151 ~ Dennis Leri**  
**Holding feet, lifting and rolling, on back and sitting**

CD#9/T25 [AY#?]

Sit, soles together, hold outside edge of R foot over top of foot with R hand, lift/lower foot, leaning back on L hand, fingers pointed forward. Repeat with L hand holding foot. On back, stand feet, hold outside edge of R foot with R hand over top of foot, lift foot towards ceiling, add L hand behind head, lifting head/foot towards ceiling at same time. Repeat on other side. Start rolling to side as leg lengthens. Same with other leg then with both legs. Roll towards lengthening leg and then away from leg that lengthens. Hold just the R leg, lengthen, roll R, sweep L arm on floor overhead and around to R foot as you come to side on the way to come to sit. Repeat on other side. Hold both feet, roll side/side. Still holding feet, take both feet

overhead towards floor then swing up to sitting, legs spread while feet are over head then bring feet together when swing up to sitting. Switch hands so palms of hands to soles of feet from inside, repeat rolling up to sit then over head. Sit with soles together, hold R foot with R hand, lean on L, lift foot to ceiling softly. Switch sides, repeat.

**Day 56 May 31, 2004**

**Introduction ~ Mary Spire**

Checking in

CD#9/T26

Brief sharing from students of the weekend.

**ATM Lesson #152 ~ Mary Spire**

Rolling arms/fists, on back and sitting

CD#10/T27 [Amherst 1980]

LOB, scan, attention to shoulders/arms. Arms straight out to sides at shoulder height, light fist, rotate arms/fists down and back to middle. Pause, roll arms up. Roll up/down. Rolling arms down, pull in belly, lift head. Note when inhale/exhale, where eyes look, chin to chest, shoulders lifting. Stand feet, continue, add exhale when rolling down and lifting head, inhale as roll arms up lowering head to floor. Then reverse the order of breathing with the movement. Legs straight, roll arms up/down, note use of heels, low back. Stand feet, lift pelvis when rolling arms up, lower pelvis as arms roll down. With pelvis high, leave arms rolled up, slowly lower each vertebra, rolling down spine, lowering pelvis. Roll up spine few times, lifting pelvis. Pause, add rolling down with arms, lifting head when pelvis is down. Pause with legs long, return to rolling arms with legs long, note difference. Sit, soles together, arms out to sides with fists, rotate arms down, chin to chest, allow pelvis to roll back. Pause, roll arms up, head/eyes up. ROB. On back, stand feet, arms out, roll arms up, bring head forward, lifting head to bring chin towards chest, rotate arms down, lift pelvis, reverse, repeat. Sit, soles together, arms out to sides, roll arms up/down, head/pelvis coming together/apart in front/back. Switch so head/eyes look up when arms roll down, visa versa. On back, feet standing, arms out, roll one arm down, shoulder can lift, allow head to roll and shoulder to lift. Explore which direction to roll head. Roll other arm up. Combine rolling one arm up, other down. Quicker, look towards hand rolling up. Add extending arm that rolls up. Legs long, repeat, allow pelvis to roll, press through one heel. Pause, roll one arm up, one down, look towards arm/fist rolling down. Return to looking at arm rolling up. Sit, soles together, arms out, roll one up/one down, look towards arm rolling up. Note weight shift on sit bones. Rpt, but look towards arm rolling down and elongate arm that's rolling down. Return to looking towards and elongating upward rolling arm. Quicker.

**FI Exploration #59 ~ Mary Spire**

Exploring arm/shoulder, on side

CD#09/T28

Mary asked for ideas of working with people on side that would support idea in the rolling fist lesson. Students

shared what they remember. Partners play with what was shown. 20 minutes each. Sharing afterwards.

**FI Exploration #60 ~ Mary Spire**

Exploring arm/shoulder continued, on side

CD#09/T29

Lie on back, explore the rolling of arms out at shoulder height and think about what you could do with someone else. You could think about taking the arms out of the picture. Roll onto side and think how you would do something similar on side. Return to back, rpt mvts of rolling arms to feel if the exploration on the side changed something. Find partner: watch person do movement on back of rolling arms up/down, adding lifting pelvis/head in conjunction with direction of rolling arms. Do something with them on side. Think of flexion-extension moves you can create on side. Can use upper arm under side of head like side bending "technique" Dennis taught but use for flex/extend. Then go to local touch front/back, sternum & thoracic spine to suggest flex/extend.

**ATM Lesson #153 ~ Mary Spire**

Hooking toe with index #1, on back and sitting

CD#9/T30 [Amherst 1980]

Walking and on back scan, feel length of legs, roll each leg in/out. Sit, soles together, lean on L hand, hook R big toe with R index finger/thumb, lift lower foot, straightening knee, foot towards ceiling. Roll to lie on back, continue lifting foot towards ceiling while lying on back. Note difference of L leg being long or bent. Add L hand under head, lifting head at same time lift foot. Lift foot towards ceiling, straightening leg, wave leg side/side. Continue as if to roll all the way to R side, bend knee to return to back. Hold head w/L hand again, while straightening R leg lift and take head L. Hold head with L hand, hook R toe w/R index, lift head as roll R, extending leg, bending leg to roll to back and lower head. Stay rolled to R, leave R leg on floor, holding toe and take head/torso back towards lying on back. On back, hook R big toe, L hand behind head, lengthen R leg towards L, rolling L. Leave R foot to floor to L, do small movement of taking torso back. Same holds, roll side/side, leg bent while on back, straighten leg when to each side. Think of pelvis initiating movement. On back, lift/lower foot/head to ceiling, note change from beginning. Sit, lift/lower R foot, leaning on L hand behind. Stand, walk, note hip joints, walk quicker, listen to rhythm. On back or sitting, imagine what you can remember from lesson on other side. Stand, walk.

## Day 57 June 1, 2004

### ATM Lesson #154 ~ Mary Spire

#### Head circles #1

CD#9/T31 [Amherst 1980]

Scan on back, roll head. Sit, legs crossed, backs of hands on knees, flex/extend. Think spine backwards as chin comes to chest. Note hip joints. ROB, roll head. Sit, measure R ear to R shoulder, same with R eye to R shoulder; R elbow to R ear/R eye. Same on L. Think of lines/distance between eyes/ears to elbows and round backwards. ROB. Sit, reverse leg crossing, hands on knees, eyes closed, think distance between ears/elbows, rounding back backwards, note changing lengthen of lines/distance between ears/elbows. Note pressure under sit bones. ROB. Note distance between eyes/knees, resume folding, attend to distances. ROB. Sit, stay with back rounded backwards, head hanging forward (flexed), note direction of top of head, sense through each vertebra starting at top. ROB. Sit, fold again, stay, sense top of head, think of swinging head to side in arc to take R ear towards R shoulder. Repeat, attending to lines between eyes/ears and elbows. ROB. Sit, lift R shoulder up. Leave shoulder down, take R ear towards R shoulder. Leave R shoulder lifted and take R ear towards/away from shoulder. Repeat from lift/lower shoulder. Rolling head across shoulder, think of chin coming to chest then away. Hang head forward, chin to chest, start taking head in arc to side, ear coming towards shoulder, using spine to help. Repeat all on L side. ROB. Sit, hang head forward, alternate side/side, head swinging towards one shoulder/other. Lift one shoulder, ear to shoulder, swing head to other side, lift that shoulder, alternate side/side, allow ribs/chest/spine to participate. ROB. Sit, look down, round back backwards, note rolling across sit bones then reverse, look up, push belly forward. Stay w/head looking up and hanging back and take chest little more forward/back. Look up/down, rounding forward/back, stay looking up, head hanging back, turn head side/side, lean back on hands. Sit, turn head to see side/side, stop in middle, fold/unfold, leave head hanging back, turn head side/side. ROB, roll head. Sit, look up/down. Start with head hanging, swing to side, ear towards shoulder, side/side, bring chest forward/back to go along with head swinging. ROB, roll head, stand.

### FI Exploration #61 ~ Mary Spire

#### Observe folding/unfolding sitting

CD#09/T32

Groups of 3, 2 observe the other sitting, folding forward/back, note where along spine moves more or less.

### Talk #41 ~ Mary Spire

#### What is ideal?

CD#09/T33

Sharing in large group about experience of FI exploration. Ray about the sequencing of the vertebra rounding back, where to start, what's ideal. We go with what you have in front of you and you may superimpose an image of the ideal and work towards that or find what isn't happening where. Where do you get your idea of ideal. Comes from experience. Danger of using idea of ideal to "correct" someone. Story of torticollis.

### FI Exploration #62 ~ Mary Spire

#### Observe folding/unfolding sitting

CD#09/T34

Partners with a chair, one person sit facing back of chair, arms/wrists resting on back of chair. Practitioner place hand on sternum/thoracic while person folds forward. Then sit on another chair behind the person, hands on ASIS and accentuate/amplify movement of pelvis rolling back/forward. Hands switch to behind pelvis when person rolls top of pelvis forward (extension). Kate's question about arms being on back of chair as optimal. Can create other arrangements. Then placed hands on sides of ribs to accentuate folding there and then hand in middle of back to ride along as they return to sitting up. Return to trio of earlier to observe if there was change. Then demo with Robert M. and Adam working with the FI exploration. Mary had Adam round/neutral first with both eyes open, one eye open, other eye open, both closed. Return to eyes open, looking up while head moves down, visa versa, return to "normal". Standing, repeat sequence. Combo of rounding forward, head down but think of shoulders going back when head goes down. Had Adam imagine playing guitar, then with reading music, then imagining something fun, then behind back overhead, then straight behind, adding turning head L/R.

### ATM Lesson #155 ~ Mary Spire

#### Hooking toe with index #2, on back and sitting

CD#9/T35 [Amherst 1980]

Scan on back. Sit, soles together, hook R big toe with R index finger, lift/lower foot. Lift, straightening knee, bend knee inside/outside elbow alternately. As the knee comes inside, take it to the floor, bring the foot back behind near pelvis. On back, hook R big toe, straighten/bend leg, knee in/out of elbow. Add L hand behind head, lifting head when foot goes towards ceiling, lower head when knee bends inside/outside of elbow/arm. Sit, hook R toe, lift

and take R foot over to L of L leg/hip, looking around to L as leg swings around. Stay with R foot around to floor on L, look R, reverse so head/leg go opposite each other.

Quicker. Take everything around to L, note range of looking around self. ROB. Sit, hook R toe, lift/lower foot, knee inside/outside elbow/arm. Add taking inside of R leg on floor back to R, turn to look around as leg goes R. Take head with leg, eyes opposite head. Let eyes go with head and then take head opposite leg. Return to head/eyes/leg all going around and back to R, note range change.

Differentiate eyes from head while taking leg/head around to L. Return to everything turning together to L. ROB. Sit, hook R big toe, lift/lower foot, knee inside/outside elbow alternately. Expand to take inside of R leg to floor when knee is inside elbow/arm, L leg is bent to outside. Leave R inside of leg on floor and lift/lower L knee. Flap quickly like wing. Slow again, think of knee coming towards ceiling with idea of eventually taking L knee towards R knee on floor. On back, L hand behind head, hook R big toe, lift/lower foot/head towards ceiling, knee/elbow alternately inside/outside of each other. Switch hands/legs, imagine some of the movements on this side.

Do a few moves then sit, imagine first then do a few moves. Return to lying, repeat few moves. Sit, hook one of the toes, take knee inside/outside, taking leg all the way around one direction then other, foot coming to floor to each side of pelvis. Spiral around, place foot in standing to opposite side of other leg and come to standing, kneeling on other knee. Repeat with other leg. Alternate side/side coming up to standing. Or spiral up on one side, go down on other. Stay standing.

## Day 58 June 2, 2004

### ATM Practice #1 ~ Diana Razumny

ATM teaching game: Describing position and simple movement

CD#9/T36

Groups of 5. Mover, Instructor and 3 students. Mover takes position behind students so only instructor can see. Instructor verbally instructs students to take position of mover. No demonstration, no touching. Switch so all can be instructors and Movers.

### ATM Lesson #156 ~ Mary Spire

Tilting head side/side with hand on top of head, in side sitting

CD#9/T37 [Alexander Yanai #1]

On back, scan 5 lines and head, roll head. Side sit, L leg bent back, R leg bent in front, lean on R hand, L hand on top of head, R ear towards R shoulder, L ear to L shoulder alternately, note sit bones, pelvis. Place R hand so that could roll onto elbow. ROB. Same position to other side, attention to where L hand is for leaning, imagine movement. Do few movements. Add being down on L elbow/forearm, attention to ribs opening/closing. ROB. Roll up into side sitting with L leg back, lean on R elbow/forearm, L hand on top of head, repeat ear/shoulder move, attention to pelvis and staying with side/side rather than rotating. ROB. Same position, orient towards the front of the room, lean on R elbow again, L arm straight out in front, take L arm straight up/back. Stay with L arm/hand to ceiling, turn head to look down at R elbow, then up at L hand. ROB. Repeat on other side. Variation with R arm to clarify. Return to R hand to ceiling, turning head to look at hands alternately. Attention to arching spine forward. ROB. Same position on other side, repeat taking arm to ceiling, as arm goes behind lift knees to take them towards the other side. Repeat on other side. Stop to watch Brian and Frank variation who both lost the constraint of being on elbow. Return to same position, same side, place free hand on chin, take elbow to ceiling. Repeat on other side. ROB, scan lines and head. Sit, L leg behind, lean on L hand, R hand on top of head, tilting head side/side, note sit bones. Switch hands, do quicker. Note when pelvis lifts.

### Talk #42 ~ Mary Spire

Clarifying ATM lesson

CD#9/T38

Students wanting clarification of lesson taught before lunch, whether the movement is more extension or rotation.

### ATM Lesson #157 ~ Mary Spire

Hooking toe with index #3, on back and sitting

CD#9/T39 [Amherst 1980]

Sit, knees open, hook L big toe with L index, lift/lower then take L foot behind to L, return foot to middle. Alternate taking foot back to L and then front/middle. Take head/eyes around side/side following. Continue and take eyes opposite head. Take head opposite foot. Repeat on other side. Leave R foot back to R, flap L open knee quickly then play with lifting L knee towards ceiling with idea of going to inside. ROB. Choose favorite toe, repeat movement of going around to each side then around crossing other leg, look around self to spot behind then take leg around to fold behind and look to spot behind. Repeat with other leg. ROB. Sit, lean on both hands, feet standing wide apart, tilt R knee in/down/forward, push belly out, sternum forward. Bring legs closer together, tilt both legs L/R without walking pelvis forward. Repeat w/o leaning on hands and not traveling. Return to leaning on hands, repeat. Repeat with bent knees close together. Sit, stand feet wide, lean on hands, tilt legs to take R knee to floor in middle, return quickly. Do other leg then alternate. Then go quickly down, slow lift, alternating R/L. ROB. On back, hook R big toe w/R index, lift/lower foot, alternate knee in/out elbow. Add L hand behind head, lift head/foot at same time. Sit, soles facing, hold from inside edge of arch with all fingers and repeat lift/lower foot, flipping knee in/out of straight elbow. Repeat while holding outside border of foot. Return to hooking big toe and note difference between 3 versions of holding foot. Continue exploring different ways of holding foot while on back, other foot standing. On back, repeat with other leg on back and then in sitting. Return to sitting, holding R big toe w/R index, expand movement so inside of R knee comes to floor and take R foot back as far as possible, leave it there and take inside of L knee towards floor towards R knee. Can go down on L elbow and allow L side of pelvis can lift. Repeat on other side. On back, hold big toes with index fingers, bend/straighten legs, bring knees in/out of arms/elbows. Do both at same time then one at a time, different combinations. Hold feet, roll back so feet come overhead on floor, continue and come up to sit and stand.

## **FI Exploration #63 ~ Mary Spire**

Rolling and floating head, lifting shoulders,  
on back

CD#09/T40

Pairs: One person on back, other sitting at head. Roll head, float head, lift shoulders one at a time. Just a few minutes each for practice.

## Day 59 June 3, 2004

### ATM Lesson #158 ~ Mary Spire

#### Lifting head and elbows with knee drawn up to side, on front

CD#10/T01 [Source:?)

Scan on back, roll head. On front, draw L knee up to L, face to L, arms framing head, finger tips near each other, lift L elbow. Flutter L elbow quickly. Flutter R elbow. Alternate lifting elbows. ROB. Return to front position, lift head from floor little. Lift/lower L elbow, lift/lower head, lift/lower R elbow, repeat. Lift L elbow and head. Lift head and R elbow. Lift head and L elbow same time. Alternate lifting head with L/R elbows. ROB. Same position on front, lift head with L elbow, turn head, lower elbow/head then lift R elbow/head, turn head, lower head/R elbow, alternate side/side. Face to R, L knee stays drawn up, flutter R elbow, then lift both elbows and head. ROB. Same position on front, face L, lift elbows/head. ROB. Same position on front, turn head to R, lift both elbows and head. Alternate lifting elbows, lifting head with each elbow. Lift both elbows, turn head lift both elbows, flutter elbows. Lift head/elbows, note back/pelvis. Face R, flutter elbows, then lift head and both elbows. ROB. Same position on front, face L, lift both elbows with head, turn head to face R, lower head/elbows, repeat in reverse, alternate side/side.

### FI Exploration #64 ~ Mary Spire

#### Drawing leg up to side, bending knee, on front

CD#10/T02

Demo with Rosemary: On front, face to R, feel along R side of spine along groove, lift R side of pelvis, lift R side of ribs, bring R leg up to side with one hand on foot, other on knee. Pairs or trios practice together.

### ATM Lesson #159 ~ Diana Razumny

#### Plane dissecting along midline

CD#10/T03 [Alexander Yanai #112]

On back, feet standing, image a line along midline of torso, starting at bridge of nose, go back and forth several times, tracing over sections to make clear. Come to where head/pelvis meet floor, continue line on floor between feet/overhead. Imagine plane dissecting along that line through body to floor behind, sense the line along back side where plane passes through. Roll ball around on the line. Let the ball drop inside volume between front/back line of torso, bounce ball up/down to sense depth. Create image of a transparent plane passing through midline,

front to back full length of torso (inside/out) and continue down between feet/legs through floor. Widen elbows, use arms to help lift head, keeping sides exactly to sides of midline, not crossing over. Soles together, meeting on mid plane, lift R foot, imagine sliding along plane. Repeat w/L leg/foot then both. Stand feet, hands in front touching imaginary plane, move hands independently like washing plane. Let hands come to where plane dissects torso, touching face, along front of torso. Soles/palms together in air in front, wash plane with feet/hands independently. Feet standing, elbows wide for leaning or arms out to sides a bit, lift head, note if different. Lean on elbows, soles together, lift legs, pelvis lifts/roles a little too. Use arms to roll up towards sitting, keeping soles/everything on plane, same going back down. Feet standing, arms spread, lift head, bring arms in for support, continue up to sitting, allowing legs to lengthen as come up, keeping sense of mid plane whole time, reverse, go back down to lying. Play with coming up to sitting, keeping mid plane, soles together or feet standing. Explore use of arms as well.

### FI Exploration #65 ~ Mary Spire

#### Drawing leg up to side with knee bent, on front continued

CD#10/T04

Demo with skeleton: Push from bottom of foot, helping slide up knee

### ATM Practice #2 ~ Diana Razumny

#### ATM teaching game: Hooking toes, flipping knees

CD#10/T05

Movement Puzzle in large group: Starting position, sitting, hooking big toes with index fingers, knees wide open. Ending position, legs both bent to one side, hooking toes. Invent 3 variations to get from knees open to knees folded to one side without letting go of the toes (socks or pant legs). In groups of 3: 1 instructor, 1 student, 1 mover. Mover does one version, instructor verbally leads student through demonstrated movement. Rotate roles. Students shared variations with whole group at end.

### FI Exploration #66 ~ Mary Spire

#### Feeling along spine of 7 people

CD#10/T06

Groups of 14 divided in 2, 7 people down on front, other 7 feel along spine. Switch roles.

## Day 60 June 4, 2004

### ATM Lesson #160 ~ Mary Spire

#### Head circles #2

CD#10/T07 [Amherst 1980]

Sit, cross legs, back of hands resting on knees. Fold forward then erect. Add imagining lines from ears/eyes to elbows. (not complete or clear because note taker was distracted) Sit, same position, fold, bring chin to chest, take R ear towards R shoulder, reverse, describing 1/4 circle. Repeat to L. Simply fold forward, leave head hanging, start circling to one side/other, head like pendulum, continue, eventually go a little past side, taking head back. So it's a 1/2 circle in front but add just a little beyond the 1/2 circle on each side. Return to 1/4 circle to R, continue to add little behind shoulder, reverse. Track involvement of spine, belly. Sit, folding with image of lines between eyes and top of pelvis. (other lines?) Sit, head hanging forward, take head 1/4 circle to L, continue past side, eventually towards head hanging back. Attention to belly forward. Head in front, fold/unfold. Sit, leaning back on hands, circle head 1/2 circle from front to side to back, use whole spine, really leaning/using hands, belly forward. Kneel on both knees, hands on hips, hand head forward, make 1/2 circle from side/side. Make 1/2 circle around back side then full circle. Sit, leaning on hands, hang back backwards, turn head side/side, not rolling. Kneel on R foot/L knee, R hand on R knee, L hand on L hip, circle head, head hanging, circle to R and back, reverse. Same kneeling, 1/2 circle on L. Reverse legs in kneeling and repeat circling head, do full circle. Sit, lean on hands behind, hang head back, turn head L/R. Hands on knees, fold/unfold. 5 head circles one direction then other direction. On both knees, hands on hips, full circle of head. Sit, fold/unfold, imagine lines eyes to knees, ears to elbows.

### FI Exploration #67 ~ Mary Spire

#### FI Demo with Dan for review, on side

CD#10/T08 [San Francisco Year 2]

Demo with Dan on side, lifting spine from bottom side, side nears table. Then did nearly whole lesson. The following guided FI gives some of the review and the new move of hanging arm across side of head while lying on side and rolling as a unit, face coming towards ceiling.

### FI Exploration #68 ~ Mary Spire

#### Guided sequence review with new arm-on-head movement, on side

CD#10/T09 [San Francisco Year 2]

Pairs: Student on side, practitioner slide hand along spine to note anything that stands out. Sit behind and put fingers of one hand along "table side" of spine for lifting and other hand on side of ribs. Lift from under spine. Can use fingertips for lifting or side of index finger. Press side of ribcage towards floor. Then one hand on ribcage, other on pelvis and bring them together. Go to trochanter and side of pelvis to push head ward or side bending. Return to shortening side from pelvis and lower ribs, hold, wait for breath. Then from sit bone and trochanter to push through head. Top arm long along side of torso, hand hanging off pelvis, one hand on shoulder, one on wrist and roll whole arm forward/back. One hand hooking edge of shoulder blade near spine, other hand fingers in soft triangle at front of shoulder joint, roll shoulder forward/back between hands. Let front hand migrate down to top ribs near collar bone and sternum. Return to rolling straight arm. Return to fingers along lower side of spine, one hand on ribcage, roll between the two hands. Sit in front of person, hold top arm elbow and wrist, pull through arm, sliding shoulder blade forward. Bring one hand to shoulder blade, other on elbow, have their hand on floor in front of them, pull forward from elbow while other hand on shoulder blade helps bring blade forward. Bring top arm to lie on side of head, one hand on that elbow, other on sides of ribs/armpit, roll them so their face comes towards ceiling. Slide one hand under side of their head, hold elbow and roll them face towards ceiling. Return to some of original moves along spine, ribcage and shoulder. (45 minutes) Switched roles, repeated.

### ATM Lesson #161 ~ Diana Razumny

#### Hooking toe with index #4, sitting

CD#10/T10 [Amherst 1980]

Scan on back, standing, walking. On back, hook big toes with index fingers: Take one knee in/out of arm; Repeat with other leg; Take both knees in/out at same time. Sit, hook big toes with index fingers: Repeat variations done on back. On R side: Hold L toe w/L index, take knee in/out elbow; Repeat on other side. Sitting: Hook R big toe with index, straighten/bend knee in/out elbow; Add taking R foot L/R in conjunction with knee in/out; When foot goes R/behind, inside edge of foot is on floor; Leave foot back to side, play with each toe, flex/ext. Stand, note differences in feet/legs; ROB; Repeat on other side. ROB. Hook R toe with L index, take knee in/out elbow: Sitting then on L side; Repeat with L toe/R index. Sit, hold over

top outer edge of R foot with L hand, finger/thumb tog;  
Flip knee in/out of elbow; Foot to floor in middle then  
inside of foot to floor when to R; Hold with both hands,  
repeat; Repeat OS. ROB.(hook toes, roll to side, imagine  
lotion between elbow/knee, slide in/out) Sit, stand feet,  
hold outside edges of both feet: Take both knees to one  
side under both arms; Explore same time or one at a time;  
Repeat on other side; Do in such a way knees stay more up  
rather than flop to side. On back, hook toes w/indexes,  
straighten/bend, knees in/out elbows

## Day 61 June 7, 2004

### ATM Lesson #162 ~ Mary Spire

#### Head circles #3, sitting, kneeling

CD#10/T11 [Amherst 1980]

On back, scan 5 lines. Sit cross legged, backs of hands on knees, fold/unfold, Note: distance between ears/elbows, top of head, eyes, vertebrae, front and back. ROB. Sit, lean on hands behind, hang head down/forward, swing head side/side, involve back/belly more and more. Continue, gradually take head to side to back, 1/2 circle front to back across R side. Repeat on L side. Return to middle, hands on knees, fold/unfold, note difference, mid plane. ROB. Sit, hands on knees, R ear to R shoulder w/o circling then L ear to L shoulder. Return to circling head side/side across front, add going to back. Stay with head back, alternate taking ears side/side. Return to simple fold/unfold. ROB. Sit, lean on hands behind, head hanging back, 1/2 circle front/back around on L side. Attn to belly forward, back arched. Repeat other side, combine 1/2 circles, stopping in front, passing through middle in back. ROB. Kneel on R foot, L knee, L hand on hip, R on knee, fold/unfold. Continue, go from head hanging forward to circling to R 10x. Reverse, 10x to L. Do 3 circles with eyes open, looking around. Sit, hands on knees, fold/unfold, ROB. Repeat kneeling on other side. Side sit, R leg back, arms extended to ceiling, palms facing, leave L arm up, R hand on R ankle, circle head while L arm stays where it is. Return to fold/unfold. Return to side sit, arm up, reverse circle direction. Switch arms/legs, repeat each direction. Fold/unfold. Kneel on both knees, toes tucked, lean R hand on R heel, L arm straight out in front at shoulder height, return to head circles. On back, scan 5 lines. Kneel on both knees, toes tucked, hands on heels, head hanging back, swing head side/side. Stand, scan, walk.

### FI Exploration #69 ~ Mary Spire

#### Explore shoulder and turning head, on front

CD#10/T12 [San Francisco Year 2]

On back, roll head. Person on front, arm up on face side, arm down on back of head side. Hold elbow, lift under shoulder, push through arm to take shoulder blade towards spine. Cradle the shoulder joint with both hands to slide shoulder blade. Bring other arm up so both are up, have person turn head to other side. Slide hands in when head is on side, holding head from both sides, ears between thumb and index, take face forward/back then follow person as they turn their head to other side. End up with face on other side, take arm down on back side, leave arm up on face side, explore shoulder on this side.

### FI Exploration #70 ~ Mary Spire

#### Explore shoulder with long arm, on front

CD#10/T13 [San Francisco Year 2]

Review previous exploration. Now take straightened arm overhead, lock elbow, internally rotate arm, push through hold from lower arm and elbow. Once get force to go through, have one hand on elbow, other at top of shoulder joint, move down as elbow hand pushes through. Can also explore shoulder blade with one hand while hand on elbow pushes down/in. Discussion about experience.

### Talk #43 ~ Diana Razumny

#### Instructions for trios to teach ATM

CD#10/T14

### ATM Lesson #163 ~ Diana Razumny

#### Sitting between heels #1

CD#10/T15 [Amherst 1980]

Hands and knees, knees wide, one foot on other, sit back towards heels. Note belly in/out? Change feet crossing. Rest. Repeat but on elbows, forearms and knees, knees close tog, head hanging down, one foot on other, sit back towards heels. Stay w/pelvis over knees, take pelvis side/side. Slide both knees to one side so sitting on outside of thigh/pelvis. Hands and knees, feet crossed, R on L, slide R foot outside, pivoting on knee, take R heel towards floor while to side. Hands and knees, R foot on L, shift pelvis side/side. Head? Pause, take R foot out to R, stay, take pelvis back towards floor. Same w/L leg. Sit, feet standing wide, lean on hands behind, lift pelvis, take pelvis side/side then towards feet/hands, rocking for/back, start take R knee to floor in mid. Pause, switch legs. Alt knees going to mid. Repeat alt knees to mid, stay w/L knee in, circle L foot to front/back. Pause w/L knee in, L foot back, R foot standing, take pelvis L/R. Same on other side. Let standing knee come towards center so both knees are in mid. Leave one knee in mid, other standing, go back on elbows, gradually lie on back, unbend knee, foot in arc on floor. When foot is near buttock, flap knee to floor. On back, circle lower L leg on floor so L foot comes towards butt. Roll to R side, L knee on floor, bent behind, keep it there and start rolling onto back. Repeat everything on other side. On back, alt circling leg out and around to side so foot comes towards pelvis on that side. Allow same-side arm cross body to floor on other side to stand palm down.

## Day 62 June 8, 2004

### ATM Lesson #164 ~ Diana Razumny

#### Sitting between heels #2

CD#10/T16 [Amherst 1980]

All 4s: Slide/straighten leg back, arc around to side, return; Repeat, leave leg out to side, slide out/away, reverse; Repeat, leave leg out to side, bend knee, take to floor; Repeat, knee to floor when foot away then closer; Combine/alternate; Repeat with other leg. Sit, lean on hands, stand feet: 1 foot stands, other straight in front, slide to side, roll leg in; Add bending knee so foot slides back, reverse; Repeat in all one sweeping action from straight to bent back; Leave foot back, lift pelvis, bring forward, place, reverse; Note, inside of knee slides on floor; Sit, stand feet, legs together, lean on hands: tilt legs side/side, looking to feet bottoms; repeat, leaning on elbows instead of hands; Sit, knees tilted to one side, hook both hands around front of shin (top), slide off bottom leg to floor, reverse. Repeat OS. Hook R toe with L index, bring R foot to floor L of L thigh: Wiggle toes, big with R hand, 2<sup>nd</sup> toe with L, move in opposition; Continue, working down to little/4<sup>th</sup> toe, return to big/2<sup>nd</sup>; Hook R toe w/L hand again, bring leg around to R, knee inside to floor; Sit, hold over top outer edge of R foot with L hand, finger/thumb tog; Flip knee in/out of elbow; Foot to floor in middle then inside of foot to floor when to R; Hold with both hands, repeat; Repeat OS. ROB. Sit, stand feet, hold outside edges of both feet, knees inside arms: Start sliding heels on floor away/return; Repeat, when straight knees, slip to one side of arms, Add sliding heels back, alternate side/side; Take both knees to one side under both arms; On back, hold arches of feet from inside knees, flip both knees side/side. Sit, lean on hands, feet standing: Have legs tog (like beginning), tilt knees to floor side/side; Add quickly and look to soles, come off hands, touch feet; Feet apart, straighten 1 leg/circle lower leg back, reverse; Repeat OS, Alternate; Feet standing wide, one knee to floor in middle, alt side/side; Add pelvis lifted, feet sliding farther apart; Take both knees to middle same time; Add pelvis lifts and sits w/knees coming to/away from floor.

### FI Exploration #71 ~ Mary Spire

#### Demo with Ruth, straight arm in front plus whole sequence, on side

CD#10/T17 [San Francisco Year 2]

Demo with Ruth on back, looking for which side she might roll towards. Roll head to get a clue. Go to shoulders, lift alternately. Lift whole head/face forward. Ask to roll to lie on side. Ruth rolled to R side. As review, students call out what they remember about what they did on side.

Actually reviewed arm long on side, rolling long arm. Then bring hand to head, roll head/arm as unit, face to ceiling/face to side. Returned to long arm, giving variation of holding shoulder and elbow instead of wrist and shoulder to roll arm. To front of Ruth, wrapping hands around shoulder joint, taking forward/back, gradually taking in circles. Then hold under arm pit to wrap thumb/fingers around shoulder joint, straighten arm in front, holding at wrist, take straight arm in/out of joint, create sliding shoulder blade, eventually expand into rolling torso. Review of drapping arm across side of head, rolling head/arm as unit. Evolved into wrapping arm/hand over top of head to other side of head, hold head with their arm connected and create circles of head thinking down through spine. Review pushing through sit bone. Discussion towards end about another client. Went back to doing similar things on other side with Ruth.

### FI Exploration #72 ~ Mary Spire

#### Guided sequence, straight arm in front, take forward/back, on side

CD#10/T18 [San Francisco Year 2]

Pairs, one person on side, other sit in front, take shoulder joint with both hands, slide shoulder blade forward/back. Then take straight arm out in front and internally rotate arm, lock elbow, push into shoulder joint, one hand at shoulder, other at wrist. Take straight arm to lie on side, one hand on shoulder, one on wrist, roll whole arm forward/in at shoulder. Return to arm in front of person, take straight arm up to head and drape arm across side of head, hold elbow to head with one hand, put other hand under head and roll person so face comes towards ceiling then to the front again. Upper arm still draped across side of head, add bringing their hand to other side of their head, hold their hand to side of their head with one of your hands and your other hand on their elbow so you lift their head/arm as unit eventually take in circle. Bring arm in front of them again, wrap around shoulder joint with both hands, creating a ring with your two hands, circle shoulder. Go to sit bones, push with one hand, other hand on sacrum for support, then switch to feeling along spine while pushing through sit bone. Lift from along bottom side of spine as push through sit bone. Person rolls to back, lift shoulders alternately, roll head. Person comes up to sit, stand, look and compare sides.

## **FI Exploration #72 cont ~ Mary Spire**

Guided sequence, straight arm in front, take forward/back, on side

CD#10/T19 [San Francisco Year 2]

Switched roles.

## **Talk #44 ~ Staff**

Questions about practicum

CD#10/T20

## **ATM Lesson #165 ~ Mary Spire**

Head circles #4, variety of positions

CD#10/T21 [Amherst 1980]

Sit cross legged, backs of hands on knees, fold/unfold, attention to center. On front, elbow/forearm propped, slide hands forward, straighten elbows, take head forward/down then up/back, attention to center line. On elbows/forearms, lift/lower head. On elbows/forearms, draw R knee up to side, repeat head lifting/lowering. Repeat with L knee drawn up. ROB. On back, propped on elbows, repeat head looking up/down. Again, attention to center line. On hands/knees, lift/lower head, attention to whole spine moving evenly. Repeat on elbows/forearms and knees. Kneeling on both knees, hands on hips, look up down. Stand, repeat looking up/down.

## **Talk #45 ~ Mary Spire**

Interview with Moshe Feldenkrais by Will Shultz

CD#10/T22

Read part of interview of Dr. Feldenkrais by Will Schultz about correcting. Types of learning and sequence of learning. Reading short piece from Thomas Hanna's "Bodily Expressions".

## Day 63 June 9, 2004

### Talk #46 ~ Mary Spire

#### Check in and preparing for ATM teaching

CD#10/T23

Question about dreams and general well being. Question about how Mary prepares for teaching ATM.

### ATM Lesson #166 ~ Mary Spire

#### Head circles #5

CD#10/T24 [Amherst 1980]

Scan on back. Lift each shoulder alternately. Sit, lean back on hands, legs crossed, take R shoulder forward/back, small. Repeat with L shoulder. Imagine circling head. Backs of hands on knees and fold/unfold. Circle head from front around to R shoulder, bringing R shoulder forward. Repeat in imagination on L side. Swing head side/side, add bringing shoulder forward to meet ear. Lean on hands with feet standing, repeat circling head side/side in front, each shoulder coming forward to meet side of head. Swing head from front to back across R shoulder. When head is back, belly comes forward. Circle all the way around from R, reverse. In middle, fold/unfold. Then full circle around by starting going to L. Side sit with R leg bent back, backs of hands on knees, hang head forward and circle head. Repeat leaning back on hands. Return to hands on knees, repeat. Stand, walk, lie on back. Side sit with L leg bent back, start full circle by going L.

### ATM Lesson #166 continued ~ Mary Spire

#### Head circles #5 continued

CD#10/T25 [Amherst 1980]

On front, propped on elbows, face forward, sink spine between shoulder blades then lift up, shoulder blades are coming together/apart. Circle head one direction, the other. Bring R arm/hand out to side, palm on floor, circle head. Repeat on other side. On both elbows again, swing head side/side then full circle. Forehead on floor, hands for push up, lift head, allow arms to straighten, looking up higher with head/eyes, reverse. Repeat but take eyes/head opposite. Stay with arms straight, circle head each direction. Sit cross legged, lean on hands, circle head. Repeat with soles of feet together. Same position but hen pecking with head instead of circles then return to rolling head. Go from leaning on hands to leaning on elbows, repeat hen pecking with head, then head circling.

### FI Exploration #73 ~ Mary Spire

Review what you like in whatever position

CD#10/T26

### ATM Teaching ~ Staff

Groups of 3 teach 1/3 of lesson

CD#10/T27 [teaching not recorded]

Feedback after teaching.

### ATM Lesson #167 ~ Mary Spire

#### Head circles #6, variety of positions

CD#10/T28

On front, propped on elbows, circle head. Repeat with R arm behind back, leaning on L elbow. Repeat on other side. On back, soles together, hands behind lower back, bring head directly forward. Same position, lift head, chin towards chest/chest towards chin, paradoxical breathing. Same position, switch which how hands are overlapped, lift head, note pressure on hands. Soles together, hands on lower belly, pushing belly out. Come onto elbows, hen pecking movement of chin coming forward. Same position, circle head, speed up, slow down. Same position, circle head, use eyes to look all the way around. Repeat, making small and larger circles fast and slow. Lean on hands, soles together, circle head, track with eyes. Repeat, slow large circle then small quick. Sit, lean on hands, soles together, tilt legs, knees alternately towards floor. Add circling head, coordinate with knees coming to floor. Repeat with hands on knees. Repeat while holding ankles. Leaning on hands again, repeat.

## Day 64 June 10, 2004

### ATM Lesson #168 ~ Mary Spire

#### Hopping

CD#10/29 [Alexander Yanai #281 & 282 Hopping in place]

Stand, jump several times, noting how. Standing scan of feet. Imagine someone taps the back of your knees like a quick chop. Go slowly and notice difference. Notice where your eyes are when you do that. Try with eyes looking up then with eyes looking down. Rest on back (ROB) and note breath. Come to stand without interrupting breath. Stand, keep L toes on floor, hop on R leg, keeping ball of L foot on floor. Repeat on other side (OS). Return to hopping on both feet. ROB, note breath. Stand, shift weight to L, lift front of R foot. Repeat on OS then alternate. Weight on R heel, lift/circle L big toe. Repeat OS. Stand with feet width between the length of your foot, take weight back to both heels, lifting front of both feet. Walk with fronts of feet lifted, walk faster then run like that. Return to one knee bending quickly like someone hits the back of your knee, make it floppy and let the rest of you flop with the knee, almost like falling. Repeat OS. ROB. On back, stand feet fists under pelvis, lift legs up, soles facing ceiling, slowly bend ankles so fronts of feet come towards face, then quickly then alternately. Legs long on floor, roll leg in/out, leave leg so knee is pointing forward, flex/extend ankle. Return to fists under pelvis, feet to ceiling, flex/extend R ankle then circle big toe. Stand, lift heel of L foot, hop on R few times. Do other side and compare. On back, repeat series on other side with L leg, starting with leg long, toes to ceiling and flex/extend ankle. When finished, stand, hop on one foot, other ball down, then other foot then both feet hopping forward/back. On back, note breath, fists under pelvis, legs to ceiling, flex/extend ankles.. Stand, lift fronts of feet, run around on heels. Hop with feet turned in/out alternately. Repeat with arms to ceiling. Hop on one foot then other while arms are to ceiling. Stand, return to one knee flopping forward, do other knee, alternate. Return to hopping. Do with arms/hands to ceiling, heels in/out.

### ATM Teaching ~ Staff

#### Groups of 3 teach 1/3 of lesson

[teaching not recorded]

### Talk #47 ~ Mary Spire

#### About ATM teaching

CD#10/T30

Sharing. Possible questions: Pacing/rests; clarity of directions/language (choice of words); voice modulation/rhythm; prepping lesson: what ties lesson together? (concept, function, shape, action, theme); Trio

experience: Did it feel like one lesson? What was the value of trios? Teachers question: Ability to observe students. Student questions: What really stood out?

### FI Exploration #74 ~ Mary Spire

#### Transpose ATM into FI

CD#10/T31

Trios come together again and find a way to use the ATM to practice FI moves together. Take a small piece to explore and it doesn't have to be something you already no. Sharing what groups came up with.

### ATM Lesson #169 ~ Mary Spire

#### Rolling arms/fist #2, on back, sitting

CD#10/T32

On back, arms straight out to sides, soft fists, roll arms up, lifting pelvis, roll arms down, lift head. Roll arms down and lift pelvis, roll arms up, lift head. Arms long, roll one arm up/one down, quickly. Sit, soles together, arms straight out to sides, fists, rolling both arms down/up, head down/up, note rolling on pelvis. Same position, alternate one arm up, one arm down, turn head towards arm rolling up. Repeat quickly. Repeat with looking towards arm rolling down. Return to looking at arm rolling up, quickly. Repeat series while kneeling on both knees. Kneel on R knee, L foot, turn torso towards R, have one arm/fist forward, one back, roll arms up/down, looking towards one hand then other. Reverse legs, repeat. Stay with legs the same, turn the other direction, arms reversed. Return to legs other way. ROB, arms straight out to sides, roll arms/fists up/down.

## Day 65 June 11, 2004

### ATM Lesson #170 ~ Mary Spire

#### Head circles #7

CD#10/T33

Scan on back, 5 lines, breath, roll head. Sit, soles together, arms straight out to sides, tilt head, R ear to R shoulder. Repeat to L. Sit, lean back on hands, legs crossed, circle head from down in front to R, to back, around to L and front again. Circle other direction. Knee on both knees, R hand on hip, L hand on top of head, circle head. Side sit, R leg back, lean on R hand, L hand on head, circle. Note spine, belly, chest, chin. Continue head circle and change legs to other side for side sitting through whatever pathway you like. Note when you are arching and rounding back and explore the timing so you switch to opposite. Repeat starting on other side with legs/arms switched. Soles together, lean on hands behind, fold/unfold. On front, sphinx position on elbows, stay looking forward, sink down, raise up with head, shoulder blades come together apart as head gets taller/shorter in space. On back, arms straight out to sides, palms forward, lengthen L arm, noting shoulder blade. On front, head to L, arms straight out to sides, lengthen L arm, note shoulder blade. Repeat variations with R arm. On front, sphinx, R arm slid forward of L so propping is asymmetrical, lift/lower head while facing forward. On back, R arm out to side, lengthen R arm noting shoulder blade. On front, face R, arms straight out to sides, lengthen R arm. On front, lift/lower chest. Face R, both arms straight out to sides, lengthen R arm then L arm. Switch head, repeat. Facing R, lengthen R arm R while shortening L arm. Repeat with R/L reversed. Forehead down, bring both arms in then lengthen both, shoulder blades come together/apart. Stand both arms in pushup, lift chest away, look forward, lift/lower spine between shoulder blades. Repeat in sphinx position. Push up arms, chest lifted, take head forward/back. ROB. Sit, soles together, lean on hands, circle head. Same position, circle chest. Side sit, hand on head, switch legs, note ease/difference. Switch hands, repeat. Circle pelvis around clock. Add head circles to pelvic clock. Sit, soles together, arms straight out to sides, tilt head side/side, rock on sit bones, quickly. Lean on hands, circle head, pelvis and chest, think of all three circles.

### FI Exploration #75 ~ Mary Spire

Shoulders/arms: arm behind back; circling arm/head as unit

CD#10/T34

Pairs or trios: one person on front, other explore/review sliding shoulder blade on ribs, bring back of hand to back, rotate lower arm while holding at shoulder and lower arm. Review of some of the shoulder work on side, bringing arm to head, circling as unit then do something similar while they are lying on front. Start by internally rotating the shoulder.

### Talk #48 ~ Mary Spire

#### Closure

CD#10/T35

### ATM Lesson #171 ~ Mary Spire

#### Hooking toes #5

CD#10/36

On back, hook big toes with index fingers, take knees in/out of arms in different configurations: both knees out, both in, one in/one out, both knees to side of both arms. Hold L big toe with R index, lengthen leg to roll L/R. L ankle on R thigh, hold over top of 4 toes with R hand, lift/lower foot. Continue, lift foot, straighten/bend knee. Leave foot in air and let R foot tilt side/side. Add using L hand behind head, lifting head/foot. Same position again, holding L toes with R hand, lift head/leg, direct L elbow in space between L leg and R arm. Aim elbow towards R knee then L knee. Repeat, think nose being direction through space, think of face going through space then back to elbow going through space. Hand behind head, direct L elbow through gap and towards bend of L knee. Direct L hand through gap, hand towards bottom. Repeat, continue to get the L shoulder under L leg, roll a bit to help. Stand to feel differences between sides. Imagine other side. Hold big toes with indexes, take knees to one side of both arms. Swing up to sitting and do same thing. Sit, lean on hands, stand feet, tilt knees to middle alternately then same time. Use lifting pelvis to help. Hold big toes, roll side to side, coming up to sitting. Roll straight forward and up to squatting. Holding big toes, take knees in/out in various configurations, then roll straight forward up to sitting.