

Day 91 May 22, 2005

ATM Lesson #212 ~ Yvan Joly

Rolling side to back from head and arm

CD#15/T01

Short introduction to this segment. Long scan on back. Roll to side then return to back slowly, noticing sense of self continuously, repeat rolling to side. Roll to back from head first. On side, top hand on chin, roll head. Repeat, rolling from forehead w/palm then back of hand. Take straight arm up to ceiling and back, following with eyes. Palms together, take both straight arms towards ceiling.

FI Practice #102 ~ Yvan Joly

Interviewing

CD#15/T02

In trios, one person ask another what they've been doing since last segment and what do they want from this segment. Third person notice movements or intonations of and play with imitating the person being interviewed. Interviewer write down what they want from the segment.

Talk #80 ~ Yvan Joly

Mirror neurons

CD#15/T03

Watching someone move triggers an internal simulation of movement. Story of cat experiment of action relates to seeing. Empathy relates to mirror neurons. Roger's client-centered therapy. In Feldenkrais we expand our somatic empathy. Story of torturer. Autism. Mirror neurons is also related to ability to anticipate someone's intentions. Sympathy vs. empathy. Story of babies crying. Stages in developmental process and maturation and individuation. All this relates to our work in FI and use of self.

Talk #81 ~ Yvan Joly

Posture, sit, stand or jump without preparation

CD#15/T04

Talk about posture and correcting posture. Example with people standing asking what are they ready to do. Imagine a broom stick on floor in front of you and get ready to jump over the stick. Try forward or back then be ready to go either forward or back. Then right, left, forward, backward. Go down to touch the floor. Think about this as the movement you do to make a living. What would your posture be. Be ready for right, left, forward, back, touching floor, reaching for sky.

Sitting in FI and conveying mobility to your student. Look at someone and think what they would need to come to stand. Close eyes, shift position to where you are ready to stand. Slowly start to stand with interruptions by Yvan to stop and or reverse. and then open eyes and look at the same person and see how they changed.

ATM Lesson #213 ~ Yvan Joly

Sitting on heels #1, kneeling and on back

CD#15/T05 [Alexander Yanai #190]

Kneel on L foot and R knee, reach back and hold heel, move heel side/side. Try while extending or folding forward in hip. Sit, legs forward, bend R leg back without using hands. Leave R foot back and extended, roll heel in/out. Same position, twiddle each toe individually and then as group. Return to heel in/out. On back, stand L foot, rest outside of R ankle on L thigh, slide fingers between big/2nd toe, wrap fingers around top of 4 toes, thumb on bottom of foot, twist toes/foot so R knee goes away, sole of foot towards face. Repeat with L leg straightened down on floor.

Day 92 May 23, 2005
ATM Lesson #214 ~ Yvan Joly
Seesaw breathing with 4 volumes

CD#15/T06

Hands on front of self, moving with the breath.

Talk #82 ~ Yvan Joly
Habits, preferences and *Alba Emoting*

CD#15/T07

Graphic on board of equalizer. Then graph for heart. Habits/preferences at all levels. Alba emoting study for actors developed by Susana Bloch. Paul Eckman has also studied body language, facial expressions and emotions. Frank's experience in prison knowing when a prisoner is going to attack. Malcom Gladwell *Blink* and *Tipping Point*. Susannah shared about David Blaine, magician. Betty sharing about Frank's ability to recognize as an integrated process. Ruth shares about working with disturbed children. Looking for cues in environment and from your feelings. In FM training we are clearing up our self in a way that we more clearly perceive.

FI Practice #103 ~ Yvan Joly

Working sitting posture

CD#15/T08

Sitting on chair, ready to stand, come to stand and return slowly. Note breathing in conjunction of coming to stand. Refer back to morning breathing ATM. One hand on forehead, other on back of head, roll head between hands. Continue rolling head and come to standing without interruption. Reverse it if you feel you stop rolling head. Sit, eyes on horizon, turn head side/side, eyes fixed in front. Continue and stand/sit. First functional criterion of seated working position is to stand without preparation. Second is breathing freely with full dimension and third is head is free. Monitoring self as guide in doing an FI. Pairs: sit across from each other, note if ready to stand without preparation. Turn head side/side with eyes fixed forward. Pause, look at partner and breathe in back. Be close enough to hold hands while sitting, one person is a practitioner, move their hands and find a way to move the person at their pelvis from their hands. Include ability to move head, feel fullness of dimensions. Switch roles and repeat. Repeat with another partner.

FI Practice #104 ~ Yvan Joly

Rolling from side from yesterday's ATM

CD#15/T09

Partners, one lie on side, other sit at back, note how you are sitting. Bring hands to pelvis, turn head side/side. Observe them rolling back from pelvis. Hands on side of pelvis again, feel freedom of head. Person on floor roll head back, person at pelvis follow what they do with their pelvis. Notice own breathing as you follow the movement. People lying, hand on jaw, roll back with head/arm, partner observes. Partner place hands on ribs while they continue rolling from head backwards. Repeat idea with hand on forehead while rolling back. Person sitting, one hand on iliac crest, other on lower ribs, follow along while they roll themselves from the forehead again. Person sitting, move down/away, person lying, extend arms forward, lift top straight arm to roll back. Person sit at pelvis, stop pelvis from moving when they repeat taking top arm to ceiling then back. Repeat but allow pelvis to move and just follow. Demo with Rosemary working at table.

ATM Lesson #215 ~ Yvan Joly

Sitting on heels #2, kneeling and on back

CD#15/T10 [Alexander Yanai #190]

Kneel on R foot and L knee, roll heel in/out. Sit, R leg straight in front, L bent back, take heel in/out then twiddle toes and bend to fold toes towards sole. On back, continue with this side, same as yesterday. Continuing by taking pelvis to one side and other of heel while sitting. Then on back, start with legs straight and then slide L foot on floor out to L and up towards pelvis to side. Keep foot near pelvis and play with toes again, as when sitting. Kneeling on R foot and L knee, roll heel in/out. Stand.

Day 93 May 25, 2005

ATM Lesson #216 ~ Yvan Joly

Sitting on heels #3, kneeling and on back

CD#15/T11 [Alexander Yanai #192]

Kneeling on L knee, R foot, take heel side/side. Repeat with toes standing. Place hands on floor in front, lift knee little. Leave knee down, alt toes standing and flat. Lift knee a little and move knee little towards hands then foot. Return to ref move of taking heel side/side. Reach back for heel by extending and take side/side. Switch to R hand reaching L heel, repeat. Repeat everything on other side. Add taking both hands to heel at same time. On back, stand feet, bring L foot towards pelvis, hold with L hand across front of foot, move heel in/out, butt on heel, take heel towards/away from floor so knee goes towards away from floor. Take heel towards sitting bone, then side/side of sit bone. Repeat with other foot then do both at same time.

Talk #83 ~ Yvan Joly

Mirror neuron articles

CD#15/T12

Groups of 5 read and discussed articles handed out. Large group discussion and how does this relate to our work. We don't demonstrate. Dancers watching dancers have more mirror neuron activity than a non-dance watching dance. Betty questioning the simplistic idea of mirror neurons and how accurate we can be when mirroring someone else and how it relates to self image. Kate about self esteem building through people learning to act rather than someone saying you're great. Eliza about boundaries, witnessing and creating a learning environment. Empathetic response vs. sympathetic. Neurological basis for empathy. Someone struggling with something that you yourself have not yet explored or you feel stuck in some way. Brian, the neurology of intentionality. Intimate relationships. Dan. Yvan's list on board: Stuck where you are stuck; why not demo; intentionality; accuracy; imagination; self image as the topic for FI; mirror neurons always functioning; self esteem; boundaries and empathy; mutual mirror neurons; use of self.

ATM Lesson #217 ~ Yvan Joly

Eyes in sitting

CD#15/T13 [Ruthy Alon]

Elements for working seated position: freedom of head; breath in volumes; harmony with gravity; distributed attention; readiness to stand and walk; broad visual awareness (diffuse vision) Sitting on chair with readiness to stand: cover one eye (non dominant) keeping it open; find which eye is your dominant; keep eye to horizon; cover both eyes with hand leaving them open looking into darkness; cover non dominant eye holding finger in front and take in near/far; take finger in circle around open eye; take finger at arms length, change focus between finger and point far beyond; draw "c" shape in space with finger on side of open eye without crossing mid line increasing size of "c" while keeping eye on point on horizon; move index from nose out in front to make "c" shape with eyes around the finger as the center point; finger on nose then watch finger as it moves away and keep eyes on horizon and return finger to nose, explore direction of finger; cover open eyes, remove one hand/other and check out visual field. Partners, one person lying, other observe with question "what are they ready to do?" People lying, start any movement. Observers, does the movement relate to what you saw as readiness. Observer lie down and let other person observe you imitating the movement they saw. Everyone lying, cover eyes to see blackness.

FI Practice #105 ~ Yvan Joly

Observe and imitate

CD#15/T14

ATM Lesson #218 ~ Yvan Joly

Sitting on heels #4, kneeling and on back

CD#15/T15 [Alexander Yanai #192]

Day 94 May 26, 2005

ATM Lesson #219 ~ Diana Razumny

Swinging leg with foot print #6

CD#15/T16 [Alexander Yanai #393]

On R side, L hand on floor in front, note sole tracing of L foot, swing leg forward/back freely. Variations: leg w/head tog/opp, straight legged, ankle flex or extended, toes curled/uncurled. Repeat on L side. ROB On R side, L hand on midcalf, bring knee towards face then away. Repeat w/ankle flexed. Flex/ext ankle, feeling for what feels congruent. Hold knee towards face, flex/ext ankle. Take leg back, behind, flex/ext ankle. Feel when easier to have leg behind. Repeat on L side. On R side, R arm long overhead, hold L leg, knee towards/away from face, when goes away, leg goes behind. When leg goes behind, belly out, head back. Think of foot coming towards back of head. R leg straightened. Repeat on L side. On R side, R arm long overhead, hold below L knee, repeat above, take into rolling onto belly, as come onto belly head is facing what was overhead. Stay on belly, switch arms/legs, roll across long L side a few times. Rest on belly. On belly, L hand holding L leg, stand R hand near R shoulder, elbow in air, lift head, lean on R hand, push belly into floor. Add lifting leg w/head. Repeat on L side. ROB On belly, hold both legs w/both hands, push belly into floor, add lift legs, add lifting head, think eyes/face to ceiling. Rest on belly, pull belly away from floor several times, rounding lower back backwards. Push/pull belly in/out, note move of pelvis. Repeat w/head turned one way then other. On belly, hold R leg w/R hand, lean on L hand, lift leg/head, allow head to hang back. R hand closer to R knee, roll towards L side using leg going back, few times. L hand stays in place. Repeat on other side. On belly, hands near head, forehead on floor, push belly out, think of tailbone coming towards ceiling, pelvis lifting. Chin on floor, repeat. Roll legs so insides touch floor, repeat lifting tail, imagine knees could sliding on floor so you could come onto your knees by sliding both knees wide arcs to sides then up under hips so you are on your knees. Prop up on elbows and actually lift tail to slide knees under you. On elbows/knees, lift R leg back, flex/ext ankle, add flex/ext knee. On hands/knees, ext leg up/back, lift head to look towards ceiling, think of heel coming towards back of head. Pause, lift leg extended back, stay w/knee at same height, flex/ext ankle, add toes, add knee. Reverse toes/ankle relation in flex/ext. Go back to lifting head/leg, thinking of heel coming to back of head.

FI Practice #106 ~ Yvan Joly

Interviewing & twisting

CD#15/T17

Trios. One person as student, other as practitioners asks what the person wants. Then we think about what they need to learn. If a person wants to walk better, what do they need? Several students gave ideas. Shift weight and lift one foot and place it forward. Asking questions to find out what they need. Brian's question about how do you know if they are ready for what they need? It's a felt sense. Students think of something that is beyond "body parts", more towards a life issue that's interesting to you. Everyone will give a side lying lesson. Non specificity of the FM. The design of the lesson (side lying) is not what the person needs to learn. We don't teach movement but awareness through movement. Discussion - Ruth shared about request. Betty about being practitioner role. When someone has a problem it's a case of reduction of attention. We help spread attention. How is the want manifested in posture or movement. Demo with skeleton.

Day 95 May 27, 2005

ATM Lesson #220 ~ Yvan Joly

Sitting on heels #5, kneeling and on back

CD#15/T18 [Alexander Yanai #193]

Kneeling on L knee/R foot, stand L toes, reach back to L heel, take side/side. Leave hand on heel, lift L knee from floor. Repeat, OS. Kneel on both knees, toes standing, reach back for each heel alternately. On back, feet standing, bring R foot near pelvis, stand R toes, hands on R ankle, heel behind sitting bone, take heel side/side, then keep heel stable and take pelvis side to side across heel. Kneel on both knees, toenails on floor, hand to heel and take it side/side. Take one hand back to heel then switch to OS. Alternate taking hands to heels, passing through coming up on knees and then staying back so eventually both hands are on both heels. On back, stand feet, bring both heels to sit bones, bring heels together/apart, knees separated.

Talk #84 ~ Yvan Joly

Non-specificity of the work

CD#15/T19

Cheryl shared about her FI with Yvan yesterday. Working with face and history of being make-up artist plus the habit of touching her face and her children's. Yvan about non-specificity. What characterizes the FM? Presence, connection, attending to; listening, use of eyes with wide/variable focus; positions (lying down); trust, respectful touch within ease; with vs. on; slow movements, pauses; ease in breathing; quiet; touching whole body/person; one activity; curiosity/surprise; lack of correction; open ended. . .

FI Practice #107 ~ Yvan Joly

Interviewing & twisting

CD#15/T20

Partners give each other 1/2 hour lesson based on the interviewing and twisting of yesterday.

ATM Lesson #221 ~ Yvan Joly

Sitting on heels #6, kneeling and on back

CD#15/T21 [Alexander Yanai #193]

On back, stand feet, bring feet close to pelvis, lift pelvis so heels are behind sit bones, hold in front of ankles from around outside, bring heels together, take knees towards floor, coming onto top of head. Repeat with hands on front of ankles from insides, take heels apart. Kneel, reach back for heels, standing on toes, bring knees away from floor and then towards floor, rock on feet so go from squatting to arched back. On back, holding ankles, heels to pelvis, take knees towards floor, come onto top of head, lift one leg straight up into the air, repeat w/other leg. On all fours, take heels to floor, knees lifting, reverse.

Day 96 May 30, 2005

ATM Lesson #222 ~ Diana Razumny

Swinging leg with foot print #7

CD#15/T22 [Alexander Yanai #394]

On R side, lean on L hand, extend L leg down, attn to sole of foot, swing leg forward/back. Variations: as leg goes forward head/shoulder goes back; as leg goes forward head/shoulder goes forward. Continue leg swing: flex/extend toes; flex/ext ankle; combine toes with ankle in same direction and then opposite. Repeat above on OS. On R side, L hand on lower L leg, bring knee/head forward towards each other and then away and backwards. Belly comes forward when you bend backwards. Repeat with hand closer to knee. ROB. Repeat on OS. On front, hands on floor near shoulders, lift R leg backward, when it's back, bend knee so heel comes towards pelvis, ankle flexed, lean on hands, elbows in air. Repeat without flexing ankle, foot loose. Do with knee and ankle both loose without emphatic movements but smooth and soft. Repeat with other leg. ROB. On front, stand hands, bend knees and ankles, lift upper body, straightening elbows, head falls back. Bring head forward then repeat, loosely, softly, front lengthening. ROB. Stand at R side of chair, L hand on the backrest, lift R leg backwards, bend it and bring foot towards back. (leg comes a little out to side rather than straight back) Hold R lower leg with R hand, take leg back, allow head/shoulders to come forward/down towards floor. Rest standing. Lift R arm and head, allow both to go backwards loosely, legs both straight. Add taking the R leg back with head/R arm. Think of heel coming towards head in back. Loosely, easily. Switch to having L hand on seat of chair so bent forward lower. Return to hand on backrest, R hand on R knee, direct leg backwards. Add head going back loosely with leg. Stop, walk, note differences in sides. Stand on other side of chair and repeat the sequence on OS. Stand with L side to back of chair, L hand on backrest, swing leg forward/back, take head towards knee in front, let head hang back when leg goes back. Add R arm swinging also, bringing hand towards foot in front and back. Think it free and easy, breathing. Rest. Repeat but take R arm down to floor in front when R leg is up behind and reverse so body moves more as one piece, the arm is a continuation of the body, like a stick from the hand down to the knee, the knee can be soft and bend at end of movement. Rest. Turn to L, repeat on OS.

FI Practice #108 ~ Yvan Joly

Interviewing non-verbally

CD#15/T23

General talk first. Ask questions by looking, touching, moving. Trios, two people interview 1 person with their hands. Report of what people did: walking; shifting weight over legs; holding ribs to shift; diagonal hip/shoulder relationship; pulling on ears; directing from jaw; sternum/shoulders to fold; tone/size of calf; ankle/knee/hip relationship in standing; seated working with knees forward/back; from hands in sitting; pressing down through from shoulders/head/hip to show how take weight; sit to stand to walk.

Talk #85 ~ Yvan Joly

Internal authority

CD#15/T24

We don't remove abilities but add on. Establish internal authority

FI Practice #109 ~ Yvan Joly

Interviewing non-verbally for twisting preferences

CD#15/T25

Non-verbally find out which direction person likes to twist and then have them lie on the side and give them a 30 minutes "lesson" about twisting with the constraint of touching them everywhere (almost).

ATM Lesson #223 ~ Yvan Joly

Sitting on heels #7, squatting and on back

CD#15/T26 [Alexander Yanai #194]

On back, heels to pelvis, knees wide, take knees to floor. On back, one leg to ceiling, circle heel. On hands/knees, feet tog, knees apart, lift/lower knees, rock on feet, look up/down. Take one knee at a time to floor. On back, legs forward/tog, circle ankles. Stand, hands on knees, heels tog, bend knees, heels lift, stay down, take one knee at a time to floor forward.

Day 97 May 31, 2005

ATM Lesson #224 ~ Yvan Joly

Sitting on heels #8, squatting and on back

CD#15/T27 [Alexander Yanai #194]

Squatting with heels together, knees wide, bring knees to floor in middle alternately. Stay on balls of feet, start taking knees forward towards floor, then rock back towards being on heels. On back, legs straight out in front (feet to ceiling), hold leg together, take front of foot side/side opposite the direction of the heels. Squatting, rocking on feet, keeping torso upright, arms extended in front, taking knees towards/away from floor in front, coming up on balls of feet then down on heels, rocking. On back, heels to pelvis, standing on balls of feet, knees wide, heels together.

FI Practice #110 ~ Yvan Joly & Diana Razumny

Swing "top" leg in side lying

CD#15/T28

Demo with Alice on side, lift top bent leg and take it forward/back, play with flex/extend of ankle while swinging leg. Bring leg in front to fold. Taking leg back to open at front of hip joint. Brought Alice to sit by extending leg back and off table. After first half of practice, Diana demonstrated working with same idea while on floor. Yvan demos with skeleton at the end. Showed person being on side or not. Then from the leg, showing the mechanics of the ball and socket of hip joint. Importance of holding foot. Demo with skeleton of standing behind and placing foot on practitioner's hip, one hand holding at knee, the other free to take pelvis forward while foot/leg go backwards.

FI Practice #111 ~ Yvan Joly

Interviewing

CD#15/T29

Shawn interviewing Rosemary. Her request as to do with wanting to be able to carry weight. Kate with Lisa Knox wanting to deal with transition. Rosemary interviewing Frank who wants to lift is R big toe.

ATM Lesson #225 ~ Yvan Joly

Sitting on heels #9, squatting, kneeling and on back

CD#15/T30 [Alexander Yanai #195]

Continuing from the morning. New variation, kneeling on knee and foot, reach back to roll heel in/out, take front of foot inward towards midline, eventually sitting back towards heel. Staying with pelvis on heel, taking it side/side. Repeat with other leg and then sit back on both heels, rolling side/side.

Day 98 June 1, 2005

ATM Lesson #226 ~ Yvan Joly

Sitting on heels #10, squatting and on back

CD#15/T31 [Alexander Yanai #195]

Standing behind chair, holding back of chair, bend to squatting, note heels up/down. Repeat w/heels close together, knees wide, take knees towards/away from floor. Stand, hands on knees, lower pelvis to heels, looking up. Repeat, looking down. On hands/knees, take R foot in/out. With foot turned in, take pelvis back towards heel. Repeat with L foot. Then sit back on both feet, one overlapped on other. Go back on elbow while sitting on heels, lifting other arm up towards ceiling. Repeat on OS. Continue going down on elbow then think of shoulder coming to floor. On back, bring one foot under pelvis, bring front of foot flat on floor

FI Practice #112 ~ Yvan Joly

Review of Donna's segment of folding forward

CD#15/T32

Groups of 4 or 5 remember and practice FI explorations that Donna taught.

Talk #86 ~ Yvan Joly

FI outline

CD#15/T33

Start with interview. Find out what they want and make it concrete. Non-verbal interview. Movements of reference. Make connection between what they say and what you observe. Start with something interesting using: position, ATM structure, theme, primitive (global movement of trunk), middle of the lesson and then the end, transitioning to vertical. De-briefing of FI: 1. Want 2. Theme - movement/meta 3. How the theme addresses the want

FI Practice #113 ~ Yvan Joly

Give 50 minute lesson using FI components

CD#15/T34

ATM Lesson #227 ~ Yvan Joly

Flex/extend standing at chair and on hands and knees

CD#15/T35

Sketchy notes - At chair, hands on seat, look up/down. Bend/straighten legs, combine looking up/down with knees bending/straightening. On hands and knees, look up/down with whole torso. Have head do opposite from the rest of the torso. Down on elbows, repeat flex/extend.

Day 99 June 2, 2005

ATM Lesson #228 ~ Diana Razumny

Swinging leg with foot print #8

CD#16/T1 [Alexander Yanai #395]

On R side, swing leg forward/back in all preceding ways, combine head going towards or away from leg, the foot, the toes. Then, while swinging, allow knee to be loose and heel to go higher when leg goes back, and leg freely straightens when forward. Switch to OS. Face back of chair, L hand on backrest (to the right), lift R arm and head up and back with R leg swinging backwards with soft knee, light and easy. Add bringing everything forward, head/arm down in front, leg/knee up in front. Go back/forth. Rest standing. Hold chair with R hand and swing R leg, have L arm up in air, go forward and back as before but with L arm and R leg, folding forward then swinging leg back, arm/head go up/back. (just the arms change) Softly, from your middle: belly pulls in when forward, pushes out when backward. Return to holding chair with L arm, swing R arm/leg as before and compare. ROB Stand behind chair, hold with R hand, swing L leg/arm. Center goes forward/back opposite the arm/leg. Think all limbs while moving. Think sole of L foot. Pause. Same position/move, think of L sole, start to lift L hand a little, lift L foot a little, thinking sole in detail. Think back of leg from heel to knee, from knee to hip, from hip to neck/head. Allow head to fall back. Think fingers, hand, arm. Think of R leg up through front. Then do whole swinging move again, note difference. Pause, just think it 5 times, whole body in mind, with sense of continuity/ease. Do few moves. Rest standing. Change other side of chair, swing R arm/L leg. Get feeling of swing. Pause, swing and stop during some point of the movement and hold that position while thinking of full swing. Do a few moves, pause, think it, do it again. Other side of chair, swing L arm/leg again. ROB. Stand, lean on R side of chair seat with L hand, swing R arm/leg, L knee bent a bit. Hold a moment while head, arm, leg are up/back like a statue and think of bending backwards more. Swing again with a rocking forward/back. Stand, lift R arm up, R knee behind, head behind, keep this shape, bring L hand down to seat of chair to rock the shape up/down, all movement around L hip joint. Gradually take L hand to floor, keeping shape. Other side of chair, hold shape with L arm, head, R leg and pivot over L hip joint again. R hand on chair and eventually to floor. Return to back of chair, L hand on backrest, R arm/leg swing back/forward, bending in middle like before. ROB. Stand, repeat on other side.

FI Practice #114 ~ Yvan Joly

Pushing, belly breathing, sound and laughter, standing and on back

CD#16/T2

Stand at wall, hands against wall to push, adjustments of pelvis. Facing another person, fists in your palms, pushing. On back, stand feet, hand on belly, breathing in belly, expanding all directions. Making sounds and laughing with mouth open/close with belly expanded. Return to wall to push with sound. Return to partner and push w/sound. Hold wrists and one pulls while the other resists. Talk about "good enough".

FI Practice #115 ~ Yvan Joly

Give 50 minute lesson using FI components

CD#16/T3

Started with talk about article about FM and hamstrings. Trios switch to third person from yesterday's practice.

ATM Lesson #229 ~ Yvan Joly

Sitting on heels #11, squatting and on back

CD#16/T4 [Alexander Yanai #196]

On hands/knees, take pelvis back towards heels. With legs together, aim pelvis to one side then other. Knees apart, slide front of foot on floor in/out. Leave both feet turned towards middle, have pelvis back on heels and slide pelvis side/side. Slide one foot/lower leg in to middle, leave it and sit back with pelvis, repeat with other leg. On back, bring heels to pelvis, standing on front of foot, take heel in/out, side/side of sit bone, with each leg. Have front of feet on floor under pelvis. Sit, legs out in front, slide one foot out/around and back behind near pelvis, knee bending, slide foot under pelvis. Legs straight, hands by pelvis, go down on one elbow, then other then back/forth without coming forward but staying back on one elbow. Take one leg back, the other stays straight in front, go down on each elbow. Repeat with legs switched.

Day 100 June 3, 2005

ATM Lesson #230 ~ Yvan Joly

Sitting on heels #12, squatting and on back

CD#16/T5 [Alexander Yanai #196]

On back, heels to pelvis, standing on toes/balls of feet, toes pointing out, slide onto top of head, elbow propped, take knees wide and towards floor. On hands/knees, turn L foot in towards R, take pelvis back towards L foot, come up and alternate pelvis towards each foot. Stay with pelvis back over heels and slide it side/side. Sit back on heels, feet overlapped, lean on hand, go down on elbow, then other, then both. Sitting, feet overlapped under pelvis, R hand on floor to R, go down on elbow and then onto back. On back, bring foot under pelvis, toenails against floor, helping with hand, bring other foot to join foot under pelvis. Kneel on knees, reach back for heel with one hand, then other, then both. Stand, hands on knees, squat, knees wide, take heels to floor, rocking on feet.

FI Practice #116 ~ Yvan Joly

Give 50 minute lesson using FI components

CD#16/T6

Review of ATMs that were transferred to FI. Twisting from head/shoulders from side. Swinging leg on side. Folding forward on back. Same trios now do the third person.

FI Practice #117 ~ Yvan Joly

Lengthening hamstrings?

CD#16/T7

Demo with Adam standing in front of chair seat. Hand on chair seat, Adam rounding back backwards and then sinking forward, Yvan with hand in front and back to hint. Repeat movement but Yvan directs at sit bone in back and hip joint in front. Then Yvan put hand between legs and grabbed pants in front in order to suggest internal rotation of one leg and pulling back between legs. While Adam is bent forward, Yvan lifts pelvis and places it on his own bent knee as a seat and has Adam bring upper body/head up.

Talk #87 ~ Yvan Joly

Intuition, instinct and other questions

CD#16/T8

Ann Baker's question about intuition. Instincts as basic drives. Intuition more broad. Reading from book *Blink*. Thinking without thinking. Thinking with your whole self, not linear. Story from *Blink* about art experts having a hunch. Becca's question about use of ears in FI. Yvan demos with Becca's ears. Brain's question about ending lesson from the head. Demo with Brian coming to standing from sitting while holding at his head. Betty about Yvan's suggestion about enduring pain in the sitting on heels series. Yvan's answer about weight between big and second toe as reorganizing towards the optimal. Rosemary about interview with Frank, big toe and left thumb. Maryska about feeling the nervous system.

ATM Lesson #231 ~ Yvan Joly

Self applied FI

CD#16/T9 [Yvan's creation]

Day 101 June 6, 2005

ATM Lesson #232 ~ Dennis Leri

Standing to lying to standing through 4 points series #1

CD#16/T10 [San Francisco 1977]

Stand, hands on floor, lift one foot, the other, then alternate. Lift one hand, the other, alternate. Lift diagonal hand/foot, then other diagonal. Repeat diagonal hand/foot lifting making the lift and return simultaneous. Alternate lifting both feet/both hands. Lift both feet/hands all at same time. Hands to floor, flex/extend torso to look up/down, knees soft. Hop, all four come away at same time, hopping to side, forward, back. Hands on floor, notice where hands land now, hop around a little and then stop with hands on floor, note where you position your hands now.

FI Practice #118 ~ Dennis Leri

Discuss FI possibilities for 4 points lesson

CD#16/T11

Groups of 5 - talk about how you might work in FI for the ATM on 4 points. Smaller groups shared in a larger group. Dennis shares about doing FI, not losing connection to ATM, it's a contextual shift.

Talk #88 ~ Dennis Leri

Moshe's biography and Greek rhetoric

CD#16/T12

Moshe never said, "go with the pattern". Trainers come up with ways of thinking about the work to get you into the FI work. The 4 points lesson starts with hands on floor, throughout the variations then the hands come back down in a new place. Yvan's table manners, ready to move in any direction. Story about Moshe teaching man to jump who had back pain. Activity like jumping can organize a person to stand differently. Idea of "going with pattern" could become not contradicting. Martial arts, finding another direction. Finding at least 3 ways to do something. *On Intelligence* book by guy who developed the palm pilot. Thinks in terms of NS tries to make predictions, formal or informal. *Bodily Arts* by Hawhee, book about rhetoric of ancient Greece. Gymnasium was a place to teach philosophy and wrestling. Wrestling had to do with strength or speed. Same with debating. Alternative wrestling school developed strategies, noticing how to use someone's force against themselves. Debating, arguing their side, using strategies. They were trying to train intelligence from perspective of timing. Problem with those schools was coming up with criterion of intelligence, although you could see the intelligence. FI is not just a skill it's how you apply it and the timing. Judo books are available and what he says about Judo you could actually apply to FM. ATM is more the jewel in the work because you can engage more people in the process. FI is difficult to understand and do. ATM is much more difficult to develop than doing an FI. Story of FI with man who had pain in arch of foot who realized he sabotaged himself. Forget psychologizing with FI.

FI Practice #119 ~ Dennis Leri

Give 20 minute lessons related to an activity

CD#16/T13

Pairs - take 20 minutes each to give a lesson based on an activity and using what you learned from Donna and Yvan. Sharing in large group afterwards.

Talk #89 ~ Dennis Leri

FI practice

CD#16/T14

Barbara shared about being goal oriented. Story of woman with neck problem on way to have her neck fused and power of diagnosis. Barbara about getting someone off table when they are on the belly. Betty about remembering moves and having a repertoire. Susannah about using ATM design for FI and sticking with one. Dennis suggest not to try to hold to that in the beginning so much but to give yourself time to be with the person and feel your way through. Maryska about having three ways to do something. There is the biomechanics of walking and then there is knowing how you do it. Moshe felt the sin was not knowing what you are doing so that you have choice. Bob about having several ideas and not knowing which pick. Frank and muscle memory. Kate finding out something happens even when could do what she wanted. Dennis about clear skeletal contact and about the generations of trainers starting with Moshe and down from there. The original people could be very precise but they lack the context or connecting. Skill level will naturally increase if

you practice. There are variety of skill levels in the thinking or the touching techniques. Moshe said, "I don't teach and you learn." "I want you to have a clear intention that is your own." Activity without hindrance.

ATM Lesson #233 ~ Dennis Leri

Standing to lying to standing through 4 points series #2

CD#16/T15 [San Francisco 1977]

On back, take R foot to floor L of L leg. L arm along side, palm up, place R foot in L hand, move around. Repeat OS. R foot standing L of L leg, bend L knee so L foot comes towards R hand. Repeat OS. R foot to L again, bend and leave L knee bent, slide R hand towards L foot. Reach for both feet with the opposite hands, hold feet, lift knee over chest, roll side/side, lengthening one leg at a time with the rolling. Repeat OS. Stand R foot, note breathing, continue noticing breath while taking R foot to floor to L. Repeat OS.

Day 102 June 7, 2005

ATM Lesson #234 ~ Dennis Leri

Standing to lying to standing through 4 points series #3

CD#16/T16 [San Francisco 1977]

On back, stand R foot to L of L leg, feel it as if it's standing, allow R hip to lift. Think of directing the knee over the toes as push into the foot, do quickly, delicately. Go from R foot standing on R to standing on L with idea of pushing R foot as for standing when it lands on L side. Leave R foot standing to L, slide head/shoulders/torso to L, nose stays to ceiling. Repeat w/L hand behind head. Repeat w/R arm long overhead on floor. Repeat w/R arm down along side again. Slide L long arm down, palm up, leave it lengthened and think of taking R foot across to land in palm. Start by having L hand lift to come meet R foot as it comes across to L. R foot standing to L, reach to hold R ankle with L hand and think of standing the R foot. Short standing/walking break then come back to transfer to other side by thinking a movement with the L leg and then test the move by returning to doing it with the R leg. Occasionally test the move with L leg standing to R. Cross L leg to R, hold R ankle w/L hand, lift straight R leg and circle it caressing along inside of standing L leg. Pause, roll straight R leg in/out. Return to circling straight R leg around inside of L leg while turn R leg in/out.

Talk #90 ~ Dennis Leri

Questions?

CD#16/T17

Bob about his changing attitude towards something uncomfortable. Use of five lines as an option. Despair, besides yourself, finding a way to think your way out of it. "What is it I can't do?" is a question Dennis asks himself. Robert about soft tissue restriction or is it that I haven't organized myself to do the movement. Dennis imports the limitation from one side onto the other side as a strategy in ATM and FI. Other possibility is to do something completely different so it's an indirect approach. Martial arts story. Ways of working around "limitations". Research with Rolfers effecting nervous system by working with fascia. Judith Aston. Example of handwriting being a pattern throughout like writing by holding chalk between teeth. Story of Moshe feeling muscular guy's neck and using his imagination to get through the soft tissue to the cervical vertebra. BMB, fear of falling response can be used to doing a roll, a positive intention. Frank about chapter in *Higher Judo* about falling as an important part of Moshe's thinking. Dennis about "ideal" is something we use. Choice - Moshe said his fist could kill but what made him human was he could choose not to. Ray referring to article of somatic educators needing to have the experience themselves in order to become a practitioner. Moshe said don't go to the person's house or the hospital to work with them. If they come to you at least there is a certain amount of intention and strength to get to you. Example of being a film maker creating something that has a sense of esthetics for the person. Training program gives people a lot of un-nameable experiences and you build your experience out of it. A super masterful lesson would leave something out so the person finds it on their own.

FI Practice #120 ~ Dennis Leri

Differentiating spine from tilting leg and rolling pelvis, on front

CD#16/T18

Pairs - one person on front, practitioner at back-of-head side, feel along ribs and spine for interesting areas. Holding foot on back of head side, bend knee, lower leg vertical, tilt foot out, note when hip joint movement stops and pelvis gets engaged, add other hand to front of pelvis on opposite side to help pelvis roll with leg tilting. Note movement spiraling up through torso/spine. Switch hands so "footward" hand wraps to front of pelvis to roll pelvis, other hand goes to spine on back-of-head side, hold at or between spinus processes and roll pelvis, movement spiraling up spine to point being held. Work your way up spine step at a time. After switching roles Dennis answered questions. Feeling skeletal connection and feeling it through from one hand to the other.

Day 103 June 8, 2005

ATM Lesson #235 ~ Dennis Leri

Standing to lying to standing through 4 points series #4

CD#16/T19 [San Francisco 1977]

On back, cross R foot to floor on L and slide foot around to explore floor. Repeat OS. Return to R foot to L, take knee in direction of toes to take weight on the foot. Repeat OS. R foot taking weight on L then pivot around heel so toes go side/side, then move heel side/side with image of dowel between big/2nd toe. R foot standing to L, roll straight L leg, moving in the hip joint. Then roll leg so the inside/outside of foot to comes towards floor. Repeat OS. R foot to L, lift straight L leg up/down. Leave leg lifted half way and take it L/R. Circle straight L leg to caress inside of R leg, change direction of circle. Repeat OS. Short break. R foot to standing to L, slide straight L leg R/L, add head/shoulders sliding to same side as leg. Repeat OS. Repeat last version except take head/shoulders to opposite side straight leg is moving (stick like). Stand R foot to L, bend L knee, sliding lower leg/foot on floor towards R, have R hand reaching down towards foot coming up. Leave L foot near R hand, slide upper body, head/shoulders L/R, add L arm long overhead to slide R hand towards L foot and foot towards hand. Repeat OS. Stand R foot to L, slide L foot towards R hand then straighten leg and slide L foot outside to L and bend knee around R standing leg, back and forth, sliding foot side/side, bending knee each time. Repeat OS. Stand R foot to L, bend L knee, L foot to R, hold soles of feet with hands, lift knees to chest then take knees away towards floor and slide onto top of head. Repeat holding tops of feet. Add straightening legs when knees are at chest, switch crossing of legs and grab hold of tops of feet again, take knees away, then roll up towards head again, switch leg crossing, eventually take into sitting while holding feet, legs crossed at knees. Return to simply standing leg to opposite side, bringing lower leg vertical, knee over foot like a standing leg.

FI Practice #121 ~ Dennis Leri

Differentiating spine from tilting leg and rolling pelvis, on front (cont.)

CD#16/T20

Repeat from yesterday with new partner.

FI Practice #122 ~ Dennis Leri

Differentiating spine from tilting leg and rolling pelvis, on front (cont.)

CD#16/T21

Started with self exploration on front, variation of tilting bent legs and turning head. Groups of 5 talk about what might be next in the FI exploration we've been doing. Large group convenes for discussion. Maryska asked about constraints.

Talk #91 ~ Dennis Leri

Perception, creating invariance and doing lessons

CD#16/T22

J.J. Gibson's book *The Sense Considered as Perceptual Systems*. Seeing and movement of eyes. Ray - We need to be interactive with the world to create our reality. Dennis - Cook cutter experiment. In FI we are creating an invariance in the same kind of way to get a sense of ourselves. Length and directionality through the movement so our perception of ourselves gets clearer. The movements and touching we do in FI infers a person into sensing themselves.

FI Practice #123 ~ Dennis Leri

Head, shoulders and ribs, on front

CD#16/T23

Demo with Caroline, continuing from the spinal rotation from the leg and pelvis. Now at head, showing possible movements at the head, flexion, extension, side bending, rotation. Lifting from front of ribs, sternum and front of shoulder. Adding that to movement with the head. Also, taking spine towards and away from lifting shoulder. Partners were free to explore whatever interested them.

Day 104 June 9, 2005

ATM Lesson #236 ~ Dennis Leri

Standing to lying to standing through 4 points series #5

CD#16/T24 [San Francisco 1977]

On back, cross R leg over to L, slide around, repeat on OS. Stand R foot to L like for standing, roll straight L leg moving in hip joint, not pelvis, then expand rolling so includes pelvis rolling, keep L ankle flexed. Repeat on OS. Stand R foot to L, slide L foot up to R towards R hand. Repeat on OS. Stand R foot to L, bend L knee so L foot is to R and stay there, slide torso to slide R hand down to L foot then slide L hand down towards R foot. Repeat on OS. R foot to L, bend L knee to R, hold both feet from the top, bring knees over chest, then lower knees to floor holding feet whole time. Change crossing of legs and repeat. Go back other leg crossing, holding feet, roll back on back, swing legs overhead, roll towards sitting, bringing feet to sides of pelvis. Change leg crossing and repeat. Cross R leg over L, hold feet as before, stay lying on back this time and take knees towards floor, stay there and take the L knee up/down while R knee stays so that the L thigh slides up/down the R calf. Repeat and when knees go towards floor and press the R leg against the L leg pushing it towards the floor. Leave knees over chest, open L knee away from R so it goes towards floor while R stays near chest, then open/close both knees, L goes towards floor, R towards chest (opening) then knees come together again (closing). Hold both feet, take both knees towards floor using elbows to slide onto top of head, stay on top of head and rock little so knee go towards/away from floor tiny bit. Repeat on OS. Return to holding feet, rolling back, legs going up and overhead, then rolling up to sit so feet end up to sides of pelvis, knees crossed, add switching the crossing while feet/legs are overhead.

FI Practice #124 ~ Dennis Leri

Head, shoulders and ribs, on front

CD#16/T25

Repeat from yesterday with new partner. After switching roles, gathered as large group for discussion. Story of Moshe working with Ericksonian therapist who had swollen knees and MF worked at his solar plexus primarily and the swelling went down. Kathleen shared about feeling connections. Bob about picturing self as skeleton. Story of Aikido master being totally embodied yet was able to see situation as though standing in another place as well. Kate about knowing when enough is enough. Gauge by your own feeling and develop trust in that. Story about blind student.

FI Practice #125 ~ Dennis Leri

Lifting head and arm, on front, guided

CD#16/T26

Partners - Student lying on front, practitioner sit at head, face to one side, hand on back-of-head side under cheek that's against floor, lift head/arm few times so practitioner can watch. Lift head/arm so practitioner can put hand under hand and elbow and follow student lifting few times then take over work. Student lift head/arm, stay lifted and take it L/R. Practitioner do same thing for them. Student turns head to other side, still resting head on same arm, practitioner take head/arm to lift and then take side/side.

Talk #92 ~ Dennis Leri

Eshkol notation and styles of working

CD#16/T27

Dennis shared about his training. And then going to Israel and working with MF. Mia Segel coming to MF to learn Judo and then became his apprentice. Alexander teacher (Neal) met MF. MF had Mia feel knots to develop her sensitivity. Mia as minimalist asked, "If you could only work with one spot, where would it be? Or "If you only had 3 minutes what would you do?" Dennis, Mark, Ned and Maureen would contract assistants to teach on different themes. Gaby Yaron was opposite Mia, global and varied in approach. All assistant had different styles. Asked Mia to teach them to work with "necks". She said we don't work with necks. Did the same thing with Yohanan and Gaby and they all said the same kind of thing. They all gave them their version. Moshe gave them his feedback about it. Mark and Dennis learning Noah Eshkol's notation from 2 top people. Explain about the notation system. Beginning of doing FI just getting comfortable with the holds and moves and use of self and then you start listening to subtler things. Some people might use more visual feedback, others more kinesthetic. Described style differences with Mia, Gaby and Elizabeth. Moshe had a sense

of stillness and at any time he could back out. Analogy of a copy book handwriting is what we're doing here now and later you develop your own handwriting.

ATM Lesson #237 ~ Diana Razumny

Standing to lying to standing through 4 points series #6

CD#16/T28 [Alexander Yanai #14]

On back, scan. Stand, hands on floor in front of feet, knees soft, lift/lower R hand/L foot, note head, neck. Repeat w/ L hand/R foot. Note timing, simultaneous. Walking rest. Lift/lower R hand/R foot. Repeat w/L hand/foot. Lift/lower both hands, lift feet at the same time. Lift all 4 at the same time. On back, feet/hands up towards ceiling as if standing on floor, imagine you are lifting one hand from the floor, the other then each foot. Stand, hands to floor, feel comfort of just being in position. Lift/lower R hand/foot. Repeat w/L side. Flat hand/foot comes down all at once. Lift diagonals again. Alternate diagonals. Alternate hands/feet at same time. Lift all 4s at same time, check for simultaneity. Long rest on back. Stand on 4 points again, lift R leg, take knee to L between L hand/foot, side of pelvis to floor, R foot ends up behind L heel in swiveling action, pivoting on L foot, hands remain in same position. Stay down and feel the impulse of coming back up to stand. From standing, imagine going down to the other side. Alternate, side/side, up/down. Repeat but stay down, add hop in middle, then quickly, pelvis high/head low. On 4 points, think through 20 times going to L, attending to different things, then do just one actually. Repeat on other side. Long rest on back. Four points, same movement as when taking R leg to floor, this time straighten R leg and send it through to L, stay in sitting, leaning on R hand, L hand on top of head, tilt head L/R, front/back then circle, circle other direction. Return hands to floor, slide straight leg along floor, pelvis in the air, come to stand. Do several moves of sliding straight R leg through to L. Switch to other side, sliding L straight leg to R, stop in sitting, circle head w/R hand on top of head. Come back up then go up/down w/straight L leg a few times. Alternate side/side. Return to taking knee through, alternate side/side, passing through 4 points in middle. Coordinate with the whole class. Stand, explore the original combinations of lifting hands/feet.

Day 105 June 10, 2005

ATM Lesson #238 ~ Diana Razumny

Standing to lying to standing through 4 points series #7

CD#16/T29 [Esalen or London?]

Stand, take hands to floor, explore lifting one hand, other, each foot, diagonal foot/hand, same side foot/hand. Rest on back. Stand, hands on floor, hanging head, lift R foot, R knee between L hand/foot, come to sit facing L, hands stay on floor, return to 4 points. Rest, switch sides. Alternate side/side. Repeat, add hop when coming through middle. Repeat but with straight leg sliding through to opposite side rather than bent knee. Stand facing side wall, 4 points, slide straight L leg through and go onto back. On back, reverse by standing R foot, slide R arm around overhead to side and return to 4 points, reverse, repeat. On back, arms, legs and head in the air, swing up and come into 4 points again. From back, repeat coming up on other side. Alternate side/side. Return to bending knee to opposite side, coming to sit, return to 4 points, alternate side/side. Stand facing wall to L, bend R knee through to L, roll to lie on back, swing up to sitting then 4 points and repeat. From back, come up on other side, facing wall to original R. Alternate side/side as well as alternate bending knee or having leg straight. Return to original explorations of being on 4 points and lifting different combinations of hands/feet. Walk stepping R hand/foot, then R hand/L foot.

FI Practice #126 ~ Dennis Leri

Week's review to the service of bias in spine

CD#16/T30

Demo with Robert - Sitting, feeling along spine for spots of interest or changes. Lying on front, take leg on back-of-head side, tilt leg, note movement traveling through spine and point of interest found in sitting. Lift pelvis on face side, note movement traveling through spine, stop spine from moving in area of interest, below and above. Go to sit at head, lift head/arm together and focus on the point of interest, directing the lifting towards that point. Switch hands, repeat. Slide forearms under both shoulders, lifting one and the other and note where the movement from the shoulder lifting goes in relation to the point of interest. Compare the two sides and find a way for the force to meet at the same point. Points of interest, bias and analogy of a scale in relation to where you put your attention, going directly to the spine or tilting a leg that accesses the same point.

Talk #93 ~ Dennis Leri

How do you know if you're going too far?

CD#16/T31

Caroline's question about returning to neutral. ATM developed out of an FI given. Frank asking about knee problems. Dennis - think of connecting the foot to the spine or the hand to the spine. In other words, the distal is connected to the proximal. If someone has limitations in some joint, like the knee, you can go to somewhere else and connect that to the spine. You keep the area of "limitation" in your image of the person so the whole of them is included and you can come back to doing something towards the end of the lesson to bring that area more into their image. In the case of the knee in this weeks explorations, bending it, tilting the lower leg while the person is on front side, you can go only as far as the joint at the knee doesn't have to move because you pick up the pelvis. That way the image of the foot and leg moving through space in relation to the torso is there. If you stay within a range with a person that you usually you will not take a person as far as they might do themselves. Dan about details of anatomy vs. being aware of being able to function. Function is more of interest to FM. FM is more interested in "how does it feel and how does it work vs. theory".

ATM Teaching #9 ~ Dennis Leri

Side bending, lifting head, on side

CD#16/T32

Groups of four - 2 people lie on side, 2 people observe them moving while Dennis leads the movement. On side: lift head; lift head with top arm wrapped around top of head; lift top foot leaving knees together; bring top hip towards shoulder; lift head w/hand again while bringing top hip towards head; return to just lifting the head w/o arm and notice if changed. This little lesson helps them connect the head to the torso by doing the variations. Observers lie on side, people who just did the lesson now give the lesson.

ATM Lesson #239 ~ Dennis Leri

Standing to lying to standing through 4 points series #8

CD#16/T33 [San Francisco 1977]

On back, stand R foot, bring R foot to L palm. Add R hand behind head, lifting head with bringing foot to hand. Stand R foot to L, hold ankle with L hand, slide foot up towards L hip, take weight into foot. Add sliding R arm on floor overhead and to R side to hold R ankle with both hands. Hold R ankle w/R hand only this time, taking weight into R foot. R foot to R, circle R arm around to R ankle, stay and roll across L elbow, place hands like in 4 points, continue and slide long L leg out and up to 4 points. R foot on floor to L again, worm torso down so foot ends up closer to L hip rather pulling foot to hip, worm up/away then down again. Repeat going up to 4 points from back w/R leg crossed over to L, reverse to lie on back. Think it through on the other side, then do it all the way up to 4 points the alternate side/side. Then alternate side/side from same 2 hand points, changing only the foot points (playful if ya wanna or do it at home) Stand and walk.