

		Shorten/lengthening sides in side lying continued	6
		CD#17/T13 [16 minutes]	6
<b>DAY 106 OCTOBER 31, 2005</b>	<b>4</b>		
<b>ATM Lesson #240 ~ Dennis Leri</b>	<b>4</b>	<b>ATM Lesson #245 ~ Dennis Leri</b>	<b>6</b>
Judo roll #1 prep	4	Judo roll prep #2	6
CD#17/T01 [43 minutes]	4	CD#17/T14 [42 minutes]	6
<b>Talk #94 ~ Dennis Leri</b>	<b>4</b>	<b>DAY 109 NOVEMBER 3, 2005</b>	<b>7</b>
A little history	4		
CD#17/T02 [6 minutes]	4	<b>ATM Lesson #246 ~ Diana Razumny</b>	<b>7</b>
<b>ATM Lesson #241 ~ Dennis Leri</b>	<b>4</b>	Walking #3	7
Folding with lines from ears & eyes #1, sitting	4	CD#17/T15 [Alexander Yanai #503] [49 minutes]	7
CD#17/T03 [Alexander Yanai] [35 minutes]	4	<b>Talk #98 ~ Dennis Leri</b>	<b>7</b>
<b>Talk #95 ~ Dennis Leri</b>	<b>4</b>	Yesterdays FI practice	7
ATM Teaching styles	4	CD#17/T16 [37 minutes]	7
CD#17/T04 [66 minutes]	4	<b>FI Practice #131 ~ Dennis Leri</b>	<b>7</b>
<b>FI Practice #127 ~ Dennis Leri</b>	<b>4</b>	Shorten/lengthening sides in side lying continued	7
Bending to side in side lying	4	CD#17/T17 [35 minutes]	7
CD#17/T05 [23 minutes]	4	<b>ATM Lesson #247 ~ Dennis Leri</b>	<b>7</b>
<b>DAY 107 NOVEMBER 1, 2005</b>	<b>5</b>	Judo roll prep #3, shoulder stand	7
		CD#17/T18 [40 minutes]	7
<b>ATM Lesson #242 ~ Diana Razumny</b>	<b>5</b>	<b>DAY 110 NOVEMBER 4, 2005</b>	<b>8</b>
Walking #1	5		
CD#17/T06 [Alexander Yanai #501] [34 minutes]	5	<b>ATM Lesson #248 ~ Dennis Leri</b>	<b>8</b>
<b>FI Practice #128 ~ Dennis Leri</b>	<b>5</b>	Folding with lines from ears & eyes #2, circling head, sitting	8
Connecting through from sit bone & C7 in side lying	5	CD#17/T19 [Alexander Yanai] [58 minutes]	8
CD#17/T07	5	<b>FI Practice #132 ~ Dennis Leri</b>	<b>8</b>
<b>Talk #96 ~ Dennis Leri</b>	<b>5</b>	Reviewing FI practice from last three segments	8
Stories	5	CD#17/T20 [3 minutes]	8
CD#17/T08 [12 minutes]	5	<b>Talk #99 ~ Dennis Leri</b>	<b>8</b>
<b>FI Practice #129 ~ Dennis Leri</b>	<b>5</b>	Check in from FI review plus spin off	8
Connecting through from sit bone & C7 in side lying continued	5	CD#17/T21 [43 minutes]	8
CD#17/T09 [10 minutes]	5	<b>ATM Lesson #249 ~ Dennis Leri</b>	<b>8</b>
<b>ATM Lesson #243 ~ Dennis Leri</b>	<b>5</b>	Eyes slow and quick, on back	8
Side bend in sitting	5	CD#17/T22 [Alexander Yanai] [43 minutes]	8
CD#17/T10 [Alexander Yanai] [40 minutes]	5	<b>ATM Lesson #250 ~ Dennis Leri</b>	<b>8</b>
<b>DAY 108 NOVEMBER 2, 2005</b>	<b>6</b>	Lifting bent legs, on back	8
		CD#17/T23 [Alexander Yanai] [45 minutes]	8
<b>ATM Lesson #244 ~ Diana Razumny</b>	<b>6</b>	<b>DAY 111 NOVEMBER 7, 2005</b>	<b>9</b>
Walking #2	6		
CD#17/T11 [Alexander Yanai #502] [62 minutes]	6	<b>ATM Lesson #251 ~ Dennis Leri</b>	<b>9</b>
<b>Talk #97 ~ Dennis Leri</b>	<b>6</b>	Judo roll #4, prep with shoulder stand prep, on back and sitting	9
What is a lesson?	6	CD#17/T24 [Alexander Yanai #9] [56 minutes]	9
CD#17/T12 [65 minutes]	6	<b>Talk #100 ~ Dennis Leri</b>	<b>9</b>
<b>FI Practice #130 ~ Dennis Leri</b>	<b>6</b>	Language, reading and teaching	9

CD#17/T25 [43 minutes]	9		
<b>FI Practice #133 ~ Dennis Leri</b>	<b>9</b>	<b>FI Practice #136 continued ~ Diana Razumny</b>	<b>12</b>
Create side bending in variety of positions	9	Kneeling over the table continued	12
CD#17/T26 [1 minute]	9	CD#17/T39 [28 minutes]	12
<b>Talk #101 ~ Dennis Leri</b>	<b>9</b>	<b>DAY 114 NOVEMBER 10, 2005</b>	<b>13</b>
Questions	9	<b>Talk #105 ~ Dennis Leri</b>	<b>13</b>
CD#17/T27 [12 minutes]	9	FI thinking	13
<b>FI Practice #134 ~ Dennis Leri</b>	<b>9</b>	CD#18/T01 [30 minutes]	13
Demo with Ray, kneeling over table	9	<b>FI Practice #137 ~ Dennis Leri</b>	<b>13</b>
CD#17/T28 [40 minutes]	9	Kneeling over the table continued	13
<b>ATM Lesson #252 ~ Diana Razumny</b>	<b>9</b>	CD#18/T02 [38 minutes]	13
Walking #4	9	<b>ATM Lesson #257 ~ Dennis Leri</b>	<b>13</b>
CD#17/T29 [Alexander Yanai #504] [38 minutes]	9	Circling long lifted leg #1, on back	13
<b>DAY 112 NOVEMBER 8, 2005</b>	<b>11</b>	CD#18/T03 [Alexander Yanai #268] [53 minutes]	13
<b>ATM Lesson #253 ~ Diana Razumny</b>	<b>11</b>	<b>ATM Lesson #258 ~ Dennis Leri</b>	<b>13</b>
Walking #5, crawl pattern on front and back	11	Judo roll, shoulder stand prep #6	13
CD#17/T30 [Alexander Yanai #505] [41 minutes]	11	CD#18/T04 [31 minutes]	13
<b>Talk #102 ~ Dennis Leri</b>	<b>11</b>	<b>Talk #106 ~ Dennis Leri</b>	<b>13</b>
Tone, crawling lesson and phase shifting	11	Bell hand and such	13
CD#17/T31 [27 minutes]	11	CD#18/T05 [14 minutes]	13
<b>ATM Lesson #254 ~ Dennis Leri</b>	<b>11</b>	<b>DAY 115 NOVEMBER 11, 2005</b>	<b>14</b>
Arm behind back, tilting pelvis	11	<b>ATM Lesson #259 ~ Diana Razumny</b>	<b>14</b>
CD#17/T32 [Moshe Tucson] [40 minutes]	11	Walking #7, standing, walking with hands behind neck and	14
<b>FI Practice #135 ~ Dennis Leri</b>	<b>11</b>	crawling pattern on front	14
Kneeling over table	11	CD#18/T06 [Alexander Yanai #510] [54 minutes]	14
CD#17/T33 [ minutes]	11	<b>FI Practice #138 ~ Diana Razumny</b>	<b>14</b>
<b>Talk #103 ~ Dennis Leri</b>	<b>11</b>	Kneeling over the table continued, shoulders and head,	14
Discussion of FI practice, groups of 5	11	(guided)	14
CD#17/T34 [ minutes]	11	CD#18/T07 [53 minutes]	14
<b>ATM Lesson #255 ~ Dennis Leri</b>	<b>11</b>	<b>Talk #107 ~ Dennis Leri</b>	<b>14</b>
Judo roll prep #5	11	Some strategies of FI practice	14
CD#17/T35 [Moshe Tucson] [ minutes]	11	CD#18/T08 [76 minutes]	14
<b>DAY 113 NOVEMBER 9, 2005</b>	<b>12</b>	<b>ATM Lesson #260 ~ Dennis Leri</b>	<b>14</b>
<b>ATM Lesson #256 ~ Diana Razumny</b>	<b>12</b>	Judo roll, shoulder stand prep #7	14
Walking #6, crawl pattern on front and back	12	CD#18/T09 [33 minutes]	14
CD#17/T36 [Alexander Yanai #506] [41 minutes]	12	<b>DAY 116 NOVEMBER 14, 2005</b>	<b>15</b>
<b>FI Practice #136 ~ Diana Razumny</b>	<b>12</b>	<b>FI Practice #139 ~ Dennis Leri</b>	<b>15</b>
Kneeling over the table	12	Returning to home in different positions	15
CD#17/T37 [22 minutes]	12	CD#18/T10 [4 minutes]	15
<b>Talk #104 ~ Diana Razumny</b>	<b>12</b>	<b>Talk #108 ~ Dennis Leri</b>	<b>15</b>
Discussion of FI practice	12	Returning home project	15
CD#17/T38 [20 minutes]	12	CD#18/T11 [12 minutes]	15

ATM Lesson #261 ~ Dennis Leri	15	Bring arm across towards opposite hip, on back continued	17
Circling long lifted leg #2, on back	15	CD#18/T25 [11 minutes]	17
CD#18/T12 [Alexander Yanai #269] [57 minutes]	15	ATM Lesson #267 ~ Dennis Leri	17
Talk #109 ~ Dennis Leri	15	Judo Roll #9 with 4 points	17
Ways of thinking about FI	15	CD#18/T26 [36 minutes]	17
CD#18/T13 [24 minutes]	15	<b>DAY 119 NOVEMBER 17, 2005</b>	<b>18</b>
FI Practice #140 ~ Dennis Leri	15	ATM Lesson #268 ~ Dennis Leri	18
Supporting “home”	15	Folding, holding foot with hand #1, on back and sitting	18
CD#18/T14 [5 minutes]	15	CD#18/T27 [Alexander Yanai] [53 minutes]	18
ATM Lesson #262 ~ Diana Razumny	15	FI Practice #143 ~ Dennis Leri	18
Splits	15	Hand to knee, on back	18
CD#18/T15 [Alexander Yanai #511] [43 minutes]	15	CD#18/T28 [11 minutes]	18
<b>DAY 117 NOVEMBER 15, 2005</b>	<b>16</b>	ATM Lesson #269 ~ Dennis Leri	18
ATM Lesson #263 ~ Dennis Leri	16	Folding, holding foot with hand #2, on back and sitting	18
Opening hip joint with side bending, on back	16	CD#18/T29 [Alexander Yanai] [43 minutes]	18
CD#18/T16 [Alexander Yanai #270] [62 minutes]	16	<b>DAY 120 NOVEMBER 18, 2005</b>	<b>19</b>
ATM Lesson #264 ~ Dennis Leri	16	ATM Lesson #270 ~ Diana Razumny	19
Judo roll #8	16	Walking #9	19
CD#18/T17 [32 minutes]	16	CD#18/T30 [Alexander Yanai #513] [43 minutes]	19
Talk #110 ~ Dennis Leri	16	ATM Lesson #271 ~ Dennis Leri	19
Judo roll lesson, perception and Moshe stories	16	Judo roll #10 with four points	19
CD#18/T18 [29 minutes]	16	CD#18/T31 [27 minutes]	19
FI Practice #141 ~ Dennis Leri	16	Talk #113 ~ Dennis Leri	19
Hips and shoulders, hand to knee, on back (guided)	16	People in/out of training	19
CD#18/T19 [5 minutes]	16	CD#18/T32 [24 minutes]	19
Talk #111 ~ Dennis Leri	16	Talk #114 ~ Dennis Leri	19
Share about this segment, groups of 6	16	Whatever, stories	19
CD#18/T20 [1 minute]	16	CD#18/T33 [42 minutes]	19
ATM Lesson #265 ~ Dennis Leri	16	FI Practice #144 ~ Dennis Leri	19
Four points	16	Groups of 4 review	19
CD#18/T21 [16 minutes]	16	CD#18/T34 [1 minute]	19
<b>DAY 118 NOVEMBER 16, 2005</b>	<b>17</b>	ATM Lesson #272 ~ Dennis Leri	19
ATM Lesson #266 ~ Diana Razumny	17	Quiet torso, active legs	19
Walking series #8, crawling on one side	17	CD#18/T35 [Alexander Yanai][43 minutes]	19
CD#18/T22 [Alexander Yanai #512] [57 minutes]	17	FI Practice #142 ~ Diana Razumny	17
FI Practice #142 ~ Diana Razumny	17	Bring arm across towards opposite hip, on back (guided)	17
Bring arm across towards opposite hip, on back (guided)	17	CD#18/T23 [61 minutes]	17
CD#18/T23 [61 minutes]	17	Talk #112 ~ Dennis Leri	17
Talk #112 ~ Dennis Leri	17	Sleeping, trance, words and learning together	17
Sleeping, trance, words and learning together	17	CD#18/T24 [55 minutes]	17
CD#18/T24 [55 minutes]	17	FI Practice #142 continued ~ Dennis Leri	17
FI Practice #142 continued ~ Dennis Leri	17		

## Day 106 October 31, 2005

### ATM Lesson #240 ~ Dennis Leri

#### Judo roll #1 prep

CD#17/T01 [43 minutes]

Hands/knees, bring side of face to floor, roll line of pressure along side of face from jaw to above ear. Same position, roll pressure line front/back. Circle line of pressure one direction then other. Repeat OS.

Hands/knees, slide R arm through gap of other hand/foot, diagonally to take head under to see ceiling, stay there, move standing hand (gap) around/behind top of head, roll towards shoulder. Repeat OS. Repeat sliding arm through, stay, stand toes, lift knee on side head goes towards, straighten leg, rolling more onto opposite shoulder. Feel diagonal connection from toes to opposite shoulder. Repeat OS.

### Talk #94 ~ Dennis Leri

#### A little history

CD#17/T02 [6 minutes]

Stories about Dr. Feldenkrais. Alexander. When FI was developed. *Potent Self* work Marx, Freudian Adlerian approach and then FI evolved.

### ATM Lesson #241 ~ Dennis Leri

#### Folding with lines from ears & eyes #1, sitting

CD#17/T03 [Alexander Yanai] [35 minutes]

Sit, legs crossed, note sit bones, exaggerate so take more weight to side of more weight. Switch leg crossing, compare. Return to first crossing. Fold forward, change attention to parts of spine. Imagine rubber band from L ear to L elbow, continue folding. Repeat OS. Continue folding, imagine bands from ears to sit bones then from ears to top of spine. ROB. Sit, leg crossing switched, line from center of L eye to L knee, R eye/R knee, fold. Bend head to side then down to front, return, add in the lines/bands. Extend back, long in front, stay, turn just head at top of spine side/center. Repeat while leaning back on hands behind. Repeat OS. Repeat, turning head side/side. Return to folding forward, imagining the lines.

### Talk #95 ~ Dennis Leri

#### ATM Teaching styles

CD#17/T04 [66 minutes]

Susannah question about sensory awareness work and if Moshe study. Eutony, Gerta Alexander's work. Betty - what will the last year be like? San Francisco training is coming out on CD and full transcripts. Styles of teaching. E.J. Gold, Gurdjieffian teacher. Story of French woman from Texas.

### FI Practice #127 ~ Dennis Leri

#### Bending to side in side lying

CD#17/T05 [23 minutes]

Lie on one side, lift head, ear towards shoulder. Then while holding temple from over top of head w/top arm.. Lift "top" foot keeping knees together. Add lifting head at same time as foot. Do from middle of self, bottom side lengthening, top side shortening. Groups of three, one person lying on floor. Person on floor lift head, 2 observe. Notice how hip responds. The head lift w/help of arm. One person goes to sit bone to lift and shorten top side. The other observer be at lumbar, delineating along top side of spine, gradually working up spine to mid thoracic. Person lying, slide "top" arm under head, palm down. Observer sit at head, lift from under arm with two hands to lift head/arm, lengthening to start lift, other person follows along on spine to feel movement.

## Day 107 November 1, 2005

### ATM Lesson #242 ~ Diana Razumny

#### Walking #1

CD#17/T06 [Alexander Yanai #501] [34 minutes]

Walk, note: Same side arm/leg forward; Imagine arm pulls leg; Attn to hip coming forward w/arm/leg; Add heel out/toe in; Add shoulders turning w/arm/leg; Attn to back arm. Take hip back when leg comes forward; Note arm swing; Stand, fingers at hip joints, float knee forward, hip back; Note height of knee/foot; Return to hip comes forward, drags leg along, toes in/heel out. Alternate 2 steps w/hip forward, 2 w/hip going back. Return to hip going back, attn to arms, walk normal note arms. Walk, chin forward w/each step; Add hip back. Walk, take R ear to R shoulder then back to center; Note when head tilts; Which leg/foot is taking weight when head tilts. Stand on R leg when tilting ear to shoulder. Bring R hip forward w/R leg forward, ear to shoulder on R leg

### FI Practice #128 ~ Dennis Leri

#### Connecting through from sit bone & C7 in side lying

CD#17/T07

Demo with Robert, side lying, showing push from sit bone for side bending, lining up by how person is positioned. Connecting between sit bone hand and fingers on top side of spine, with some intent of pushing headward. Work fingers up along spine. From head, push through from C7 towards pelvis. Attention to looking for the individual shape of the person.

### Talk #96 ~ Dennis Leri

#### Stories

CD#17/T08 [12 minutes]

Ray on what Dennis said about personal history shaping our way. Dan about refining touch. Dennis' story about little girl's lessons and developing autonomy for her.

### FI Practice #129 ~ Dennis Leri

#### Connecting through from sit bone & C7 in side lying continued

CD#17/T09 [10 minutes]

Guided, person lying on side, feel shape of rib cage/back with open hands. Notice shape, movement of breathing. Feel space between ribs, along spine. Have person stand/walk. Person on same side, push from sit bone thinking about the contours you learned while exploring the shape of their ribs and spine.

### ATM Lesson #243 ~ Dennis Leri

### Side bend in sitting

CD#17/T10 [Alexander Yanai] [40 minutes]

Sit, R leg back, lean on L hand/arm behind, R arm over top of head, bend to R. Repeat OS. R leg back, hold R ankle w/R hand, extend L arm straight out in front at shoulder height, turn L so L arm goes around to L, eyes on hand. Repeat OS. Sit, R leg back, hold R ankle w/R hand, L arm over top of head, finger on temple, thumb behind ear, turn to look up in direction of L elbow. Add returning w/head/elbow down to R, breathing in when looking up to L, exhale when head/arm go down to R. Repeat OS. Sit w/R leg back, lean on L hand, extend R arm straight out to side at shoulder height, lengthen arm out to R. Same quickly. Repeat OS. R leg back, interlace hands on top of head, tilt head side/side. Quick. Repeat OS. Sit cross legged, arms out in front, switch crossing few times. Stand, walk.

## Day 108 November 2, 2005

### ATM Lesson #244 ~ Diana Razumny Walking #2

CD#17/T11 [Alexander Yanai #502] [62 minutes]

Walk: Slowly, note arms; Exaggerate diagonal arm/leg coming forward; Switch to same side arm/leg coming forward, note direction feet/toes. Crawl on hands/knees: Note arm/leg relationship; Diagonal arm/leg come forward at same time. Stand/Walk: Diagonal arm/leg forward; Same side arm/leg forward, think string to big toe from arm pulls leg forward. Hands/knees crawl; Same side arm/leg forward. On belly, elbow propped crawl: Note knee coming up on side in relation to elbows; Diagonal elbow/knee going forward. ROB. Stand walk: Note crawl pattern in walk. Belly, elbow prop, crawl. Hands/knees, crawl. Stand walk, feel crawl pattern ROB. On back, think of crawling on back; note coordination of hip/shoulder, arm/leg. Belly, elbow propped, crawl: Same side elbow/knee forward; Note head goes side/side, body rolls. Hands/knees: Same side hand/knee come forward. Stand Walk. Same side arm/leg forward: Think of arm pushing water back: Stand, bent over, Walk like monkey. Same side arm/leg forward; Diagonal arm/leg forward. Stand, walk. Chin forward w/each step: Make it like natural walk; Note arm/leg relationship; Back bending or not? Steps longer/shorter? Hands/knees, face to floor, crawl: Take chin forward to floor w/each step; Note arm/leg relation, diagonal or same side? Stand, walk. Pecking movement, note arm/leg relation. Walk simply, note hips: Bring R hip forward, knee straight; Take hip back when leg comes forward. Walk simply, note sides. Hands/knees: Crawl, note sides. On belly: Creep, feel sides: Take both elbows forward at same time, pull body. Stand, walk

### Talk #97 ~ Dennis Leri

#### What is a lesson?

CD#17/T12 [65 minutes]

Brian shared and demonstrated. Socializing during lesson. Story about Fernando Flores when in prison had two book, *Cybernetics of Cybernetics* and *Time and Being* by Heidegger. Brian asked "what is a lesson?" Betty on thinking. And much more.

### FI Practice #130 ~ Dennis Leri

#### Shorten/lengthening sides in side lying continued

CD#17/T13 [16 minutes]

Person on their side, top leg to floor behind or in front of bottom leg and notice how top side of waist shortens or lengthens. Have legs one on top of other, slide under ribs and lift to shorten/lengthen. Go back to top leg being on

floor behind other leg to note lengthening on top side and comfort.

### ATM Lesson #245 ~ Dennis Leri

#### Judo roll prep #2

CD#17/T14 [42 minutes]

Hands/knee, bring R side of face to floor, roll up/down on side of head. Then roll forward/back, taking eyes side/side, going with the movement. Then make circle around side of head. Repeat OS. Hands/knees, slide R arm on floor through gap of R knee/hand, take arm under gap w/arm going towards looking at ceiling. Stay under gap, stand toes, lift L knee so roll more onto R shoulder. Repeat OS. Hands/knees, R arm/head through gap, stay on R shoulder, lift L arm straight up towards ceiling, make fist, circle straight arm, gradually leg circle grow larger until arm becomes almost horizontal. Repeat OS. Slide R arm/head through, stay, toes standing, L hand on head, roll head, can add lifting L knee. Repeat OS. Take R arm/head through gap, toes standing, lift knee, reach R hand towards L toes.

## Day 109 November 3, 2005

### ATM Lesson #246 ~ Diana Razumny Walking #3

CD#17/T15 [Alexander Yanai #503] [49 minutes]

Stand, walk. Note arm/leg relation. Walk slowly. Walk without moving arms, then move them together, allow to move normal. Walk, same-side arm/leg together. Note R/L differences of pelvis/leg/step. First w/o shoulders moving then add same-side shoulder coming forward with leg/arm. Walk slowly as above, change to diagonal shoulder/hip relation. Exaggerate hip forward, shoulder back. (dance it) Walk without shoulder movement. Add head turning to side of leg coming forward. Note arms. Cont w/o arms moving. Note breath. Allow arms to move. Walk, head look to side of leg coming forward. Add taking opposite shoulder back. R leg forward, head turns R, L shldr back. Add eyes look opp head. Note weight is over leg; where is head? ROB Stand w/legs spread wide, arms straight out at shoulder height, bring R leg to L and lower arms, reverse, bring R leg to side and bring arms up. Switch, arms out, legs together, visa versa. Repeat w/L leg moving to/away from R leg. Continue above but hop to open/close legs. Arms/legs go wide, hopping to change leg position. Then other variation of arms down /legs wide, hopping to open/close legs. Walk. Stand, walk sideways to R, add arms lifting as R leg goes R. Switch arms to lift when legs come together. Repeat OS. Take one step R, lift arms, return R leg to middle, arms down. Repeat OS then alternate side/side. Switch arm pattern to down when leg steps to side, out when legs are together. Walk, hold R ear to R shoulder. Add bending forward, imagine R hand rolling ball or hoop. Note relation of pushing the hoop to leg coming forward. Continue as above, add attn to heel/toe in/out. Step w/R toes pointed out to R, imagine rolling heavy ball with R hand, R ear to R shoulder. Switch to toes pointing in, compare. Add touching floor each time (w/R hand). Switch to rolling ball w/L hand. Walk simply. Bend knees/hips, bend forward, head (hanging) forward. Imagine rolling a ball alternately with hands/arms, touching floor each time. Note L/R difference. Stand, hop open/close legs, arms up/down. Compare R/L arm. Arms wide, legs together, visa versa. Walk. Step one leg to side, arms open, return, other leg to side, arms open. Alternate. Do opp arm moves.

### Talk #98 ~ Dennis Leri

#### Yesterdays FI practice

CD#17/T16 [37 minutes]

How was it to work with ribs in FI practice yesterday. Story of Kumar Frantzis & of woman in training who almost drowned. Story about Moshe talking of feelings and therapy. Lisa & Besty had comments about FI.

### FI Practice #131 ~ Dennis Leri Shorten/lengthening sides in side lying continued

CD#17/T17 [35 minutes]

In answer to Maryska's question about rib, demo with Brian on side. Found a rib that sticks out a little more and traced it to the spine to feel tonus near spine. Stayed there and had Brian slide top knee forward, twisting. Then had Brian bring top hip up, shortening top side. Similarly, had him lift the head. All to show how that area that stands out effects any movement he does. Sitting at head, contacting C7, clarifying where to push through, take person forward/back a little. At pelvis, twisting, looking for same place of interest, pushing from sit bone, including that place as go through.

### ATM Lesson #247 ~ Dennis Leri Judo roll prep #3, shoulder stand

CD#17/T18 [40 minutes]

On hands/knees, top of head on floor, roll pressure point along top of head towards back of head then towards forehead/nose. Repeat but interlace hands cupped above/at head, roll on head again, noting movement all along spine. Repeat, stopping head from moving so all movement is in the spine, pelvis, hips. Same position, add toes standing, repeat movement, asymmetrically. Repeat, attn to pelvis moving. Return to hands standing to sides of head, elbows in air, roll head side/side. On hands/knees, slide R arm/head through gap of L hand/knee. Repeat OS. Hands/knees, slide R arm/head through to L, stay, L hand on forehead, roll head side/side. Repeat OS. Hands/knees, take head through gap to L, leave R arm straight out to R, toes for running, lift L knee, roll onto R shoulder, R palm rolls towards/away from floor. Repeat, add, L knee lifts then R knee lifts, both in air, return R knee then L knee. Repeat OS. Same position, keep both knees in air, walk feet around to L side where head is so end up on both shoulders. Repeat OS. ROB.

## Day 110 November 4, 2005

### ATM Lesson #248 ~ Dennis Leri

#### Folding with lines from ears & eyes #2, circling head, sitting

CD#17/T19 [Alexander Yanai] [58 minutes]

Sit, legs crossed, hands resting on knees, fold forward, imagine 6 lines/bands: ears to elbows; ears to sit bones; eyes to knees. Bend forward, note lines. Let head hang forward, swing little to R like pendulum. Repeat OS. Swing head side/side. Lean back on hands, fold, chin to chest, roll head over to R shoulder, continue around circle, reverse directions. Return to hands resting on knees/legs, fold/unfold, note lines. Stand on knees, circle head from front/center around to R and back center, return and repeat going to L and back and return. Sit, fold forward/extend back, leave head back, turn face little to R few times then to L then L/R. Return to simple folding, note lines. Kneel on L knee/R foot, hand head to R, swing head around circle one direction then other with starting point to R side. Repeat OS. Sit cross legged, hang head back, turn side/side, eyes. Sit, hands on hips, circle head. Stand on knees, circle head each direction.

### FI Practice #132 ~ Dennis Leri

#### Reviewing FI practice from last three segments

CD#17/T20 [3 minutes]

First broke into groups of 5. Large group reports.

### Talk #99 ~ Dennis Leri

#### Check in from FI review plus spin off

CD#17/T21 [43 minutes]

Bob's group: principles, themes. Brian demo of folding forward while sitting as an example to explain about themes. Position and relation to gravity.

### ATM Lesson #249 ~ Dennis Leri

#### Eyes slow and quick, on back

CD#17/T22 [Alexander Yanai] [43 minutes]

On back, legs straight or bent, hands at head in way to prevent head from moving: on forehead or wedged at sides. Take eyes to R as if to see ear and return to middle. Repeat, eyes quick to R, slow return, 10xs. Reverse slow/quick directions. Stand and look around to each side to compare. On back again, repeat OS. Stand, turn to look side/side. On back, rub palms then place palms over eyes, look at dark areas without trying, allow to darken. Bring hands down, raise eye brows few times, then just one then just the other. Raise eyes w/lifting eye brows. Then eyebrows down when eyes go up. Squeeze eyes tightly

together. Palm eyes again. Roll head side/side. Imagine cones starting at back of skull to eye sockets, look out through cones. Attn to R eye moving/looking to R ear, return. Then L eye to R ear. Repeat OS. Palm eyes. Take R eye around eye socket. Repeat L eye. Both eyes on one socket then other. R eye focused on tip of nose to R tear duct taking L eye out. Look straight up/down. Look down R leg w/R eye, L w/L. Imagine something above head

### ATM Lesson #250 ~ Dennis Leri

#### Lifting bent legs, on back

CD#17/T23 [Alexander Yanai] [45 minutes]

On back, knees bent, feet on floor, lift heels then fronts of feet, bring knees towards chest, all without changing chest, breath, lower back, etc. Then lift one leg at a time. Many variations of same.

## Day 111 November 7, 2005

### ATM Lesson #251 ~ Dennis Leri

#### Judo roll #4, prep with shoulder stand prep, on back and sitting

CD#17/T24 [Alexander Yanai #9] [56 minutes]

On back, lift bent legs, put fists under pelvis, bring legs overhead. Add lifting head when knees come over chest. Sit, legs bent, feet on floor, arms out in front, roll back, swing legs overhead. On back, arms alongside, swing legs overhead, pushing arms against floor, leave pelvis in air over for moment before returning. Start again, feet flat on floor, leave R foot on floor and push to help bring L leg over head first and then R leg follows. Repeat OS. Sit, stand L foot, R leg long, push L foot to start swing of R leg overhead, following with L leg. Stand R foot on floor, hold L foot w/L palm on inner edge of arch, fingers reaching to outer edge of foot, straighten/lengthen L leg up towards ceiling. Add lifting head w/R hand when leg lengthens. Repeat OS. Hold both feet, lengthen both legs, note area of pressure against floor along back side. Add a little rolling. Sit, soles together, hands behind head, hang head forward, fold/unfold torso. Sit, L foot standing, R leg long, lean on L hand behind, turn head to L, R hand behind head to hold L ear, lean on L hand, bring R ear towards L knee. Repeat OS. Sit, stand L foot, lean on R hand, face R, L hand on R ear, L elbow towards R knee. Repeat OS. Sit, soles together, hands behind head, hang head, fold/unfold torso. On back, hold both feet from inside arch, lengthen legs, roll back. Swing legs overhead, pelvis up, hands hold pelvis up, legs together, lift/lower legs, feet to ceiling/floor. Legs overhead again, lift lower one leg, pause, then other leg. Both legs up/down. Stand feet, fists under pelvis, swing legs overhead, compare to beginning. Stand.

### Talk #100 ~ Dennis Leri

#### Language, reading and teaching

CD#17/T25 [43 minutes]

Adam about speed reading, sub-vocalizing, compared to typing. Hearing music in head, sometimes it's the sound of instrument or his own voice. Evalyn Wood speed reading program. Pattern recognition. After lesson and not having language. Betty about FI being similar. Author, Italo Calvino, images and words. Ray question about how much to say. Ray about dance teacher requiring eyes closed. Style of teaching using demos during ATM. Can use externalizing attention and then bring it internal. Feldenkrais wanted people to get something but didn't want them to try. Go fast without hurrying. Lessons on the radio. Betsy question about Yochanan, talking to person during FI.

### FI Practice #133 ~ Dennis Leri

### Create side bending in variety of positions

CD#17/T26 [1 minute]

Groups of 5 - take what we've done in side lying into other positions - ack, stomach, chair, seated

### Talk #101 ~ Dennis Leri

#### Questions

CD#17/T27 [12 minutes]

### FI Practice #134 ~ Dennis Leri

#### Demo with Ray, kneeling over table

CD#17/T28 [40 minutes]

### ATM Lesson #252 ~ Diana Razumny

#### Walking #4

CD#17/T29 [Alexander Yanai #504] [38 minutes]

Stand, walk slowly. Bend forward, lower head, walk, arms hang/move however. Larger steps, arms move. Add-roll/push ball on R side w/each step, exhale with roll/push of ball. Imagine ball smaller so hand almost touches floor. Slowly straighten up, walking then repeat OS. Straighten up, walk, hands hold elbows behind back, note walk changes. With each R step, take arms back, away from back, still holding elbows. Take arms away when weight is on R leg. Continue but take arms to R and head L. Note walking isn't straight anymore. Bring L leg over to R or in front of R leg. Switch so when arms go R, step with L leg. Which leg takes more weight? What part of foot takes weight? When do you breathe? Return to stepping forward w/R leg, elbows to R. Walk simply, allow arms to move opp leg, then same side as leg. Bend forward, push/roll ball w/L hand on L. Note if hand is closer to floor. Push ball backwards, watch ball moving. Take both hands to ball on L and push it (like cicle), looking at ball. Walk simply. ROB, roll head, note side differences. Stand, hold arms behind as before, switch the crossing, take elbows L, head R, L leg steps forward. Switch to R leg forward. Note exhale w/arm move, belly expands. Walk, roll wheel forward on R side. R hand then both hands, then roll wheel backwards. (leg forward or back on R side when rolling???) Leave it, walk simply. Take R arm/leg forward to walk. Change so when R leg is forward take R hip backwards. Continue, attn to neck, face, tongue, breath, shoulder width. While R hip goes back, think L hip forward. Attn to parasitic arm/face moves. Note emphasis on L shoulder. Continue w/same walk, roll wheel backwards on R side. Attn tailbone back w/R hip. Both hands roll wheel backwards, feel L knee can drop towards floor. Walk simply. Repeat on OS - Take L arm/leg forward. Switch to L hip backward, add R shoulder comes forward. Continue walk, but take hands to roll wheel, few forward, few backward. Rolling wheel backwards, R knee can go towards floor. Walk simply then repeat. Stand, hop, open/close legs. Let arms open w/legs. Smaller hopping, switch arms to open when

legs close. Change arms to asymmetrical, R arm lifts w/open legs, L arm lifts w/legs closed. Return to both arms open/close w/legs open/close. Walk simply. Note arms.

## Day 112 November 8, 2005

### ATM Lesson #253 ~ Diana Razumny

#### Walking #5, crawl pattern on front and back

CD#17/T30 [Alexander Yanai #505] [41 minutes]

On front, elbow propped, pull body forward w/both arms. On back, arms overhead, long, pull on floor to crawl like on belly. Return to front, repeat crawling there to feel how then return to back and try again. Bend the knees after pulling floor w/arms. On front, extend arms, pull body, lift pelvis from floor, pull knees. Note relation of limbs, arms/legs, forearms/lower legs. On back, arms extended overhead, legs long, bend elbows/arms and then push, place legs. Elbows/knees in same place. Now, do legs first then arms. Faster. Where is the back in the movement? On back, pull arms first then legs. Attn to head, back, lower legs, thighs. Shoulders & head lift from floor. Legs first then arms. (confusion in AY notes at 4e. diagonal knee/elbow touching?) On front, crawl, elbow/knee tips touch. (AY 5.) ROB On front, crawl with just R arm/leg, then just L arm/leg. Alternate, note what moves first - arm/leg. On back, same thing as on front, same-side arm/leg crawl. Starts to roll you to one side, which side, long/short side? On front and check which side you roll. Where does head go? Like defending in judo/wrestling, place R hand/leg if someone comes from R side. On back, everything long, bend R arm/leg, turn/roll R, head goes R. Repeat OS (AY Moshe talks about defending oneself). Alternate sides. Stand, walk.

### Talk #102 ~ Dennis Leri

#### Tone, crawling lesson and phase shifting

CD#17/T31 [27 minutes]

Becka's question about tonus. Asking questions when giving FI. Eliza's question about homo-lateral and contralateral in relation to the crawling lesson just did. Orientation, no possibility of kinesthetic sensation without it.

### ATM Lesson #254 ~ Dennis Leri

#### Arm behind back, tilting pelvis

CD#17/T32 [Moshe Tucson] [40 minutes]

On back, stand R foot, slide R palm under low back, leave it there, take R knee L/R. Legs straight, press undulation from heels up to head and back down. Stand R foot, take shoulder up/down, forward back. Turn face to R in relation to R shoulder going forward/back. Do undulation w/R foot standing. Take shoulder slide R arm under more, take head/knee R/L in opposition. Repeat but w/L arm extended towards ceiling.

### FI Practice #135 ~ Dennis Leri

#### Kneeling over table

CD#17/T33 [minutes]

Prepping position and then general sensing of person.

### Talk #103 ~ Dennis Leri

#### Discussion of FI practice, groups of 5

CD#17/T34 [minutes]

### ATM Lesson #255 ~ Dennis Leri

#### Judo roll prep #5

CD#17/T35 [Moshe Tucson] [minutes]

On back, stand feet, L hand behind head, lift R foot, R hand behind R knee, bring elbow/knee towards each other mainly from organizing torso. Repeat w/head turned to R. Repeat OS. Slide R forearm behind both knees, L hand behind head, elbow/knees towards each other. Repeat OS. Hands/knees, R cheek on floor, stand toes, make circle around cheek. Repeat OS. Hands/knees, R arm out to R on floor, head under gap to L, lift L knee, rolling towards shoulder. Add lifting one knee then other. Next, stay w/knees up, walk feet around to R so end up on both shoulders, chin to chest. Repeat OS. Stand, walk.

## Day 113 November 9, 2005

### ATM Lesson #256 ~ Diana Razumny

#### Walking #6, crawl pattern on front and back

CD#17/T36 [Alexander Yanai #506] [41 minutes]

Stand, feet together, take hip joints back, slide hands on thighs, back stays straight, legs stay straight. Add lifting front of one foot, then other foot. Walk. Stand, interlace hands behind head, open elbows, looking straight ahead, do small moves of elbow opening back/return. Note back w/elbow moves. Add taking hip joints back w/elbows moving back. Continue, add lifting front of L foot, note a little lowering of R elbow and slight turn. Try lowering L elbow instead, compare. Return to allowing R elbow to lower. Pause, switch finger interlacing and repeat OS - lifting front of R foot. Alternate R/L foot lifting. Return to simply taking elbows back, note change. Add taking hip joints back. Add lifting front of both feet. Walk. Stand, legs together, backs of both hands on back of pelvis (separated, not overlapped), take hip joints back, keep back and legs straight. Only go as far as easy for backs of legs. Continue, alternate lifting front of feet. Stand, hands behind as before, take elbows back a little, take hips back, lift both feet from floor. ROB note any place that feels worked. Stand, slide hands down thighs, slowly erect, take hips back, hands slide on thighs, compare to beginning of lesson. Alternate lifting front of feet, then both feet. Walk. Stand, legs parallel but open, hands on thighs, take hips back. Continue, alternate lifting front of feet then both. Hands behind back again, take hips back, lift front of R foot, turn on heel so toes go out to right, return foot facing forward. Just the R leg turns out, torso stays forward as before. Repeat OS, then w/both feet. Walk. Stand, legs together, R hand on R shoulder blade, L on L, lift elbow up/back/open. Continue, touch head w/upper arms while taking elbows back. Hold head between arms/elbows, take elbows backward, note back, chest, belly, hip joints. Stay w/head between arms/elbows, take hip joints backward. Continue, add a little movement of elbows back as you tilt forward, hips going backward. Add alternately lifting front of feet then both feet, rocking on heels. Arms down, simply take hip joints backward, hands slide on thighs, take hands towards floor. Note anything different. Repeat w/legs a bit spread.

### FI Practice #136 ~ Diana Razumny

#### Kneeling over the table

CD#17/T37 [22 minutes]

Demo with Maryska

### Talk #104 ~ Diana Razumny

#### Discussion of FI practice

CD#17/T38 [20 minutes]

### FI Practice #136 continued ~ Diana Razumny

#### Kneeling over the table continued

CD#17/T39 [28 minutes]

## Day 114 November 10, 2005

### Talk #105 ~ Dennis Leri

#### FI thinking

CD#18/T01 [30 minutes]

Counting, registering indications/distinguishing, making distinctions and then order them serial or spatially. Shape on board with line down middle (like torso) to demonstrate short/long sides. Thinking - creating balance? The person's image can be opposite of what you see. Rather than thinking of doing opposite of what someone is doing you go with it so it indirectly gives them sense of length on short side as they come out of more shortening. Clarifying one side (like mirror article) really well then you can take the idea to the other side. At first can literally transfer what you do on one side to the other after amplifying what they are doing. Can use twisting to clarify the spine and then return to flexion either to side, front or back. Cause and effect thinking is too simple for human system. Story of man with back problems and Moshe had him prepare to jump and it brought him into a stance where he didn't have back pain. Brian: ordering parts and pieces and shape. Function is a means by which you transfer intention into action.

### FI Practice #137 ~ Dennis Leri

#### Kneeling over the table continued

CD#18/T02 [38 minutes]

Demo with Betty leaning over table. Partners practiced.

### ATM Lesson #257 ~ Dennis Leri

#### Circling long lifted leg #1, on back

CD#18/T03 [Alexander Yanai #268] [53 minutes]

On back, stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations alternate sides: straight leg lifts/lower; stays lifted and goes L/R; lift straight leg then circle; lift and lengthen through heel; leave straight leg lifted and lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Do that same thing but with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, attn to knees moving little in up/down plane. Make small quick circles.

### ATM Lesson #258 ~ Dennis Leri

#### Judo roll, shoulder stand prep #6

CD#18/T04 [31 minutes]

Sit, arms out in front, roll back, feet overhead and swing back up to sitting. On back, legs bent, lift legs, bring hands to support pelvis up in air, knees towards nose. Lift knees away from face, lower legs hang down as knees go up towards ceiling. On back, feet standing, roll pelvis up/down. Support pelvis in air w/hands, knees up to ceiling, lower legs hanging down, feet towards butt, do same movement of pelvis/tailbone. Support pelvis, knee up towards ceiling, bend/unbend knees so feet go towards ceiling. Repeat one leg at a time. On back, walk shoulders towards feet to be able to hold ankles. Pelvis in air again, keep knees bent, lift lower knees to face/ceiling, feet stay near butt. Pelvis up, legs straight up to ceiling, lower feet towards floor overhead, back to ceiling. Repeat but without support of hands, arms on floor overhead. Pelvis up, legs parallel to floor, imagine putting pants onto one leg then other, using arms/hands. Pelvis in air, legs overhead, arms overhead, spread legs, toes to floor. Repeat w/legs close together, bend one knee and other, thinking of taking knee to floor near head. Stand

### Talk #106 ~ Dennis Leri

#### Bell hand and such

CD#18/T05 [14 minutes]

Bell hand. Structure forms the movement. Embryonic development and the grasping movement. Opening and closing as fundamental movement. Bell hand changes overall quality. Working with foot as a way to effect the whole. Story of man with stroke. Eric Bleckshmidt

## **Day 115 November 11, 2005**

### **ATM Lesson #259 ~ Diana Razumny**

#### **Walking #7, standing, walking with hands behind neck and crawling pattern on front**

CD#18/T06 [Alexander Yanai #510] [54 minutes]

Stand, hands behind neck, walk. Same-side leg/elbow forward. Opp elbow/leg forward. Bent forward, look at floor. Look at horizon. Attn: shoulder forward w/elbow. Walking on heels: Looking at floor; Looking at horizon, knees bent. Without moving elbows. Walk simply. Note differences. ROB. Stand, non-habitual interlace behind neck, elbows wide, walk, Note nose moving in space (lower/higher), which foot forward? R elbow/leg forward at same time. Eyes w/head & elbows few times then opposite. Eyes w/head, walking on heels. Attn: looking at floor w/one foot coming forward. Lower arms, walk. All 4's, slow crawl: R slips back, hip to floor. In place, slowly come up, note how, weight shift. R elbow comes to floor (L leg bends up ready) Crawl slowly, each time R leg slips back, note timing, R elbow, L knee. Switch to L elbow/R hip. Return to R elbow/hip. Faster crawl? Stand, walk. ROB. On all 4's, walk, Repeat slipping crawl w/L leg. In place, note bent elbow. Slow crawl w/same-side hand/knee forward. L leg slips back. In place. ROB. On elbows/knees, slip R/L knee alternately. Stand, interlace fingers, extend arms, overhead, walk on tips of toes. Note looking down/forward relation to each leg. Change interlacing, palms together, walk on heels. Lower arms, walk normal. Change interlacing, arms extend up, henpecking w/each step. Switch interlacing, continue pecking quickly. Lick something in front w/tongue. Walk normal, then quickly.

### **FI Practice #138 ~ Diana Razumny**

#### **Kneeling over the table continued, shoulders and head, (guided)**

CD#18/T07 [53 minutes]

### **Talk #107 ~ Dennis Leri**

#### **Some strategies of FI practice**

CD#18/T08 [76 minutes]

Sharing about guided FI practice. Story of student who wanted a magic box with instructions for FI. Mia's style of working. Moshe's skill in engineering and such allowed him to quickly and do something very relevant for the person. Gaby would use an activity, gather data, find important places to address and clarify there. Another strategy can be looking at large movement and zeroing in to smaller piece of it. Or, take small piece and let it grow into something larger. Story about styles of poetry. Refers to five lines lessons and Moshe's suggestion of giving up any sense of performance. Same with FI, don't have to have an external critic.

Example of story of being trapped in a subway car and how would you manage living together. The training program and ATMs do help with finding ways to negotiate with other people. Quantitative vs. qualitative. Betty about beginnings and endings in FI. Example of Mark giving Donna Ray project of giving ATM lesson and start inserting hands on directives. Story of Robert Spenser being coordinator in Dennis San Diego training. Shannon shared. Bob about boundaries.

### **ATM Lesson #260 ~ Dennis Leri**

#### **Judo roll, shoulder stand prep #7**

CD#18/T09 [33 minutes]

On elbows/knees, head on floor, hands at top of head, roll on head. Stop head from rolling, still bring pelvis head ward. Have knees asymmetrical. Hands/knee, slide arm through gap, stand toes, lift knees, roll onto shoulder. Repeat w/head going through gap but other arm straight out to side, arm rolling. On back, bring pelvis up and support w/hands, legs bent, bring one knee to nose then other, then towards sides of head, then both knees to one side and the other, press head against floor. Sit, hook big toes w/index fingers, roll back, feet overhead, widen legs when over head, chin stays to chest. Hands/knees, toes standing, head through R gap, R arm straight out to R, walk feet around to L towards head. Repeat OS. On back, throw feet overhead, put one hand in bridge, other out to side, bring one knee to floor, continue so come up, then reverse. Hands/knees, head under gap, other arm out to side, walk knees up and lift feet to roll and immediately reverse to roll forward. On back, swing feet overhead, take feet to one side then other, knees come to floor, one arm straight out to side, other hand standing.

## Day 116 November 14, 2005

### FI Practice #139 ~ Dennis Leri

#### Returning to home in different positions

CD#18/T10 [4 minutes]

Stand tilt to one side and come back quickly to middle. Idea of coming home. Groups of 5 explore same idea in sitting, standing and lying on side.

### Talk #108 ~ Dennis Leri

#### Returning home project

CD#18/T11 [12 minutes]

### ATM Lesson #261 ~ Dennis Leri

#### Circling long lifted leg #2, on back

CD#18/T12 [Alexander Yanai #269] [57 minutes]

Start with reference of returning home of any sort while standing. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. Return to soles together, circling pelvis. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, R knee to floor, repeat w/L knee then alternate R/L. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

### Talk #109 ~ Dennis Leri

#### Ways of thinking about FI

CD#18/T13 [24 minutes]

Brian shared about lesson as part of series. Ruth's experience of difficult to start but ended well. Dennis, never no when lesson is going to be difficult or produce favorable or unfavorable results. Susannah's sense after lesson. Kathleen's experience of lesson. Dennis, how to think about lessons through gauges. In FI you are shaping the environment, like artificial floor or being at sit bone when on side. Ways of thinking rather than how to loosen something. After lesson person is pretty much the same but you can move them in a little different direction. Our toolbox is not outside of ourselves.

### FI Practice #140 ~ Dennis Leri

#### Supporting "home"

CD#18/T14 [5 minutes]

Look at shape of breathing as home as you through supporting their shape. Support their organization or perturb. Clarifying image on one side then take to other side. First feedback shape of home for them by bolsters or moving/holding

### ATM Lesson #262 ~ Diana Razumny

#### Splits

CD#18/T15 [Alexander Yanai #511] [43 minutes]

Sit, legs spread, lean on R hand behind, bend L leg back. On R elbow, L hand to R temple, lift head/arm to L. Repeat OS. L arm extended L, eyes on hand, arm/head for/back. Small, quick. Arm/head opp directions. R arm straightened, L arm extended over R leg, move L arm/R leg same time/same direction. Then opposite directions. ROB. Repeat OS. On R elbow, hold R ankle w/L hand, straighten/swing L leg to R leg On R hand, L hand to R knee, slide bent L leg back, watch L heel Repeat OS. On R elbow, L hand on R temple, side bend Note ease. Repeat head tilt while leaning on R hand. Note knee sliding, hips opening, when belly expand helps. When head/arm lift, straighten L leg, bring legs towards ea. Spread legs again when bend to R side ROB Repeat OS. On R hand again, spread legs as much as possible, R hand stands closer, stand L hand between legs Hands to sides of straight leg, press hands to lift pelvis little Continue towards coming onto L knee. Lean back on hands behind, slowly turn to L, rotating over hip joints bend R leg back, Repeat on this side, hands to sides of L leg. R leg straight, L behind, hold R ankle w/both hands. Lift pelvis, turn, bring both hands to floor in middle, switch to face L leg, both hands to L ankle. Legs spread, hold R ankle w/both hands, move leg tiny bit to R then do same w/L leg. Stop, stand, walk, fell hip joints.

## Day 117 November 15, 2005

### ATM Lesson #263 ~ Dennis Leri

#### Opening hip joint with side bending, on back

CD#18/T16 [Alexander Yanai #270] [62 minutes]

On back, feet stand, roll pelvis up/down, thinking lower back lift/lower. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift R side pelvis. Do other side. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. Stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. Stand one foot, repeat the side bend from before, take hand that was overhead down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, bend down to R side to hold in front of R knee, L arm extended overhead on floor, lift/lower L arm. Leave arm down and lift R knee, then lift arm, head and knee together. On back, stand R foot, hold in front of R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat OS. Repeat, add arm that's overhead on floor slides more overhead towards overhead. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly.

### ATM Lesson #264 ~ Dennis Leri

#### Judo roll #8

CD#18/T17 [32 minutes]

Hands/knee, head arm under gap. Repeat OS. Cheek on floor, stand hands/elbows, circle cheek. Repeat OS. Return to head through gap on L side, R arm straight out to side, toes for running, lift lower L knee, imagine line from L big toe to R shoulder, move towards coming onto both shoulder blades. Repeat OS. Return to having head through gap, lift both knees, start walking feet around on floor to be overhead so you are on both shoulders. Bring legs all the way over to other side, bend knees to floor. Repeat OS. Sit, feet standing, roll back, go towards one shoulder, arm out to side, other hand comes to stand by head/shoulder, Go to each side, continue over. Hands/knees again, head through, arm out to side, roll forward.

### Talk #110 ~ Dennis Leri

#### Judo roll lesson, perception and Moshe stories

CD#18/T18 [29 minutes]

Brian about eye sight and vestibular system. Question about using eyes in ATM. Alva Noe and perception in Santa Cruz. Foreground/background and refreshing. Story of double exposure of photos of Moshe. Tai Chi play between Moshe & Dennis. Use movement because it's the least

defended aspect of our self. Actor friend identified Moshe as a great actor.

### FI Practice #141 ~ Dennis Leri

#### Hips and shoulders, hand to knee, on back

#### (guided)

CD#18/T19 [5 minutes]

Partners: Observer person in standing. Have them lie on back, support head or knees as needed. At their head, bring one shoulder little forward and check the pathway that easiest. Note direction the shoulder joint goes in terms of a diagonal. Do each shoulder then alternate noting differences. Look for the folding on each side and the angle each shoulder travels. Feel under the lower back. If it's lifted, do it more by pressing hips down/back, or tilt pelvis to flatten back. Sides could be, then go with that. Think of the diagonal shoulder and taking hip towards shoulder. Return to shoulders, explore taking shoulders forward with hips in mind. Take the easy shoulder forward and wait a little then let it down. Go to legs, stand one foot, lift foot from front of bent knee, thinking into the hip joint. Leave that leg stand a moment. Lift that knee, foot away from table, have person bring opposite hand to front of the knee, fix hand there and pull knee down towards you noting what happens with the shoulder, ribs, head. Play with angle of bringing the knee down. Lengthen leg, return to shoulder and notice any changes in relation to the diagonal hip now. Go to other shoulder and compare now. Repeat with other legs. Return to alternating shoulders. Return to pelvis moves. Return to shoulders. Have them stand, walk.

### Talk #111 ~ Dennis Leri

#### Share about this segment, groups of 6

CD#18/T20 [1 minute]

### ATM Lesson #265 ~ Dennis Leri

#### Four points

CD#18/T21 [16 minutes]

Stand, hands to floor, head hanging: lift R hand/foot same time; repeat L side; alternate L/R; lift both feet same time; alternate lifting both hands/both feet; all four away from floor. ROB. On hands/feet, bring R knee through gap of L hand/foot, pelvis comes down on R side of pelvis, pivoting L foot, return to 4 points. Repeat OS, ROB, then alternate side/side. 4 points, take R knee through to L, roll on back, come back up to 4 points. Go down w/R straight leg through, repeat then throw legs over head. Repeat OS. Alternate side/side that way.

## Day 118 November 16, 2005

### ATM Lesson #266 ~ Diana Razumny

#### Walking series #8, crawling on one side

CD#18/T22 [Alexander Yanai #512 [57 minutes]

On front, L arm down along side, R arm up by head, bend/straighten L knee like crawling. Leave L leg bent up, turn head to face L. Stand R elbow over hand, circle L arm under belly, chest, head. Back of hand on floor. Both arms near head, bend/straighten L leg. Leave L leg bent up to side, circle L arm again, other direction. L leg bent up to side, reach L arm long overhead, pull along floor as for crawling. Crawl on L side only. ROB, Stand, walk note R/L. On belly, repeat all above OS. ROB On front, on elbows/forearms, alternate crawling movement of legs. Quickly, note head turns L/R. Slowly, attn to head/spine turning. Repeat but with hands/elbows standing. Quickly. On front, R hand/arm by head, face to L, L arm down, bend/straighten L leg. Alternate bending legs. Bend legs equal amounts, smaller, quicker. Now only R leg, quickly. Then only L leg, quickly. Alternate again. Switch arms/head, repeat OS. Stand hands, crawl legs, quickly. On elbows/forearms, repeat. Try once w/elbows standing, once w/elbows down, compare speed/ease. On back, knees bent up over belly, arms in air overhead, bring elbows towards knees, have knees move away so hips/knee straighten a little. Think if you were on belly you would be crawling. On front, crawl like you were on your back. Crawl 2xs forward/backward. Try on back again. Stand, walk.

### FI Practice #142 ~ Diana Razumny

#### Bring arm across towards opposite hip, on back (guided)

CD#18/T23 [61 minutes]

### Talk #112 ~ Dennis Leri

#### Sleeping, trance, words and learning together

CD#18/T24 [55 minutes]

Brian's question about letting people sleep. Allowing or not, awareness or not. Trance states. Story of woman with pain in neck. Words - green is green; Mr. Green, Mr. Green is blue. In our context, arm is not the same as arm. Arm isn't arm. Words and marketing Feldenkrais as difficulty. Betty on learning from each other and study's in the future. Kathleen on "seems minor but can be big". If you have a thought or intension it can retranslate. Bob about describing the FM to a doctor.

### FI Practice #142 continued ~ Dennis Leri

#### Bring arm across towards opposite hip, on back continued

CD#18/T25 [11 minutes]

### ATM Lesson #267 ~ Dennis Leri

#### Judo Roll #9 with 4 points

CD#18/T26 [36 minutes]

On back, bring legs over head towards floor, knees near head on each side and then both knee to each side of head. Stay with weight on shoulders, taking knees side to side and bring one hand into standing bridge, the other arm straight out to side. Alternate side/side. Hands/knees, head through L gap, roll up onto shoulder, toes for running, lift knees. On back, bring knees overhead to one side or the other, make bridge with arm on side opposite the knees, arm straight on side knees go, roll across that shoulder of the straight arm.

## **Day 119 November 17, 2005**

### **ATM Lesson #268 ~ Dennis Leri**

#### **Folding, holding foot with hand #1, on back and sitting**

CD#18/T27 [Alexander Yanai] [53 minutes]

On back, stand feet, R ankle on L thigh, hold R foot w/L hand around outside edge, R hand behind head, lift head/foot towards ceiling. Hands interlaced behind head, stand feet, lift R foot to ceiling, lift head, circle leg. Repeat OS. Sit cross legged, hold R ankle w/ L hand from under and R knee w/R hand wrapped around outside, lift/lower leg w/ help of hands, head towards knee. Repeat OS. On back, stand feet, knees together, feet wide apart, slide knees alternately in/down, lengthening out knee. Hands behind head, feet/knees together, lift legs, bend/unbend knees, lift head/feet towards ceiling. Repeat with legs, change arms to lengthen to ceiling when legs are lengthening. On back, Repeat original move of head/leg lifted, circling leg. Repeat lifting foot/head towards ceiling with help of hand on each. Repeat, thinking of directing elbow towards knee. Sit, cross R over L, bring head/mouth to leg, going from ankle to knee, like lips could caress lower leg. Hold R leg like before, straighten L leg, foot resting on thigh, bend knee sliding foot so leg comes towards head. Repeat OS.

### **FI Practice #143 ~ Dennis Leri**

#### **Hand to knee, on back**

CD#18/T28 [11 minutes]

Partners: Bring hand to opposite knee and use it to clarify clavicle, shoulder girdle, upper thoracic and neck. Stay with the same leg and switch the arm to same side as knee.

### **ATM Lesson #269 ~ Dennis Leri**

#### **Folding, holding foot with hand #2, on back and sitting**

CD#18/T29 [Alexander Yanai] [43 minutes]

On back, stand feet, hold R foot w/L hand, R hand behind head, lift lower head/foot, imagine the circuit that circles from hand to foot, down leg, around behind back to diagonal shoulder, and back down arm to hand and foot again. Feel changing shape of the circuit as foot/head lift/lower. Repeat but with thumb between big/second toe. Switch hands so R hand holds R foot, repeat lift/lower head/foot, thinking of changing shape of circuit. Stay with head/foot up, make small/quick movement. Repeat OS. Return to first side, hold L foot w/R hand, L hand behind head, start a rolling to sit then roll back throwing legs overhead. Repeat OS. Hold both feet with hands, roll back, feet overhead to floor then up to sitting.

## Day 120 November 18, 2005

### ATM Lesson #270 ~ Diana Razumny Walking #9

CD#18/T30 [Alexander Yanai #513] [43 minutes]

Alternate crawl legs, head side/side. Head on hands, bend both legs up middle, pelvis lifts. Repeat w/legs together, touching. Hands/arms on floor in order to pull body, pelvis lifts a little, pull/drag body to hands. Add lifting head/shoulders, don't lift pelvis like before. Arms extend then bend to pull body. Repeat pulling body w/arm, helping w/feet. Push w/toes without bending knees or lifting pelvis. Side sit, hands on floor forward, pull body forward, arms straight, change knee in front. Pull forward. Stop, walk. ROB LECTURE (piece on side sitting to show how legs differentiate) Pull w/arms and bend knees under body LECTURE goes into crawl like reptile. Crawl on belly w/R arm/leg then L arm/leg like lizard, head in middle. ROB Hands/knees, crawl w/same side hand/knee exactly same time. Feel timing changes to arm starts first. LECTURE Hands/knees, R arm/L leg. Try exactly same time. Notice lag tendency. Both arms forward, drag both knees. Now with knees spread coming to sides of knees. Go back to knees between hands. Stand, walk, note relation of arms/legs.

### ATM Lesson #271 ~ Dennis Leri Judo roll #10 with four points

CD#18/T31 [27 minutes]

Stand, hands to floor, lift hand/foot on one side, other, etc. Stand, 4 point, take knee through to roll back then up, reversing. Repeat OS. On back, throw legs over head, imagine putting pants on one leg with both hands then other leg. On back, arms out to sides, legs overhead, take legs side/side. Roll all the way over to come onto knees and reverse. Stand, 4 points go down with one knee, roll back, come up, repeat OS. 4 points, alternate bringing knees through gap, add a hop in middle to switch to bring other knee through. 4 points again, alternating and then at one point add the rolling back on back, reverse, have the hop in middle

### Talk #113 ~ Dennis Leri People in/out of training

CD#18/T32 [24 minutes]

Robert comments on how different the responsiveness is of people are who aren't in the training. Shannon about combining FI and ATM. Story of baseball and Barry Bonds getting lesson.

### Talk #114 ~ Dennis Leri Whatever, stories

CD#18/T33 [42 minutes]

Stream of . . . . . stories.

### FI Practice #144 ~ Dennis Leri Groups of 4 review

CD#18/T34 [1 minute]

### ATM Lesson #272 ~ Dennis Leri Quiet torso, active legs

CD#18/T35 [Alexander Yanai][43 minutes]

On back, bend knees, interlace hands behind head, lift head, note back. Head down, bend/straighten each leg individually then same time. Lift head w/hands, repeat leg bending/straightening, attn to lower back. Hold one knee, other hand behind head, bring head/knee together, Switch hands, same knee, Repeat w/other knee. Hold each knee with both hands, bring head to knee with arms long. Repeat OS. Slide legs up/down sloppily keeping torso quiet.