

Day 1 Monday February 5, 2007

ATM Lesson #01 - Diana Razumny

Bell hand, sitting

CD TRACK 01 [12 MINUTES]

Start in sitting, hand on thigh, lift/lower center of palm, eventually fingers draw together and lift from leg. Jellyfish image. Continue hand movement as you go from sit to lying, and back to sit. Continuing the hand moves, imagine what you want from the 5-day workshop.

Discussion #01 - Diana Razumny

Overview

CD TRACK 02 [14 MINUTES]

Background on Bell Hand series, motor cortex calming, large brain area linked to hand, effects whole nervous system. Image of jellyfish undulation. This quality is anchor when touching in FI. Themes to be woven throughout the 5 days with picture board presentation: 1. Mobius to represent self/other, inside/outside, internal/external, me/you. 2. Four part body image - skull, ribcage, pelvis, spine. 3. Skeletal scan. 4. Spinaline - curves of the spine in relation to head, ribs, pelvis. 5. Sitting and sit to stand. 6. Joints. 7. Carriage of head. 8. Transitions and changing levels.

Art Exercise - Diana Razumny

Drawing

CD TRACK 03 [8 MINUTES]

Paper on wall at height of head, eyes closed, simple drawing of head, spine, pelvis.

ATM Lesson #02 - Diana Razumny

Skeleton Scan & Sit to Stand

CD TRACK 04 [44 MINUTES] SOURCE: ATM BOOK #1 (SIT TO STAND)

Skeleton Scan: systematically go through skeleton while lying on back. Sit to Stand: public lesson, notes supplied in booklet.

Discussion #02 - Diana Razumny

About ATM lesson

CD TRACK 05 [27 MINUTES]

Acknowledgment of pacing, amount of material, different levels. Comments about last ATM: tilting, perfection, awareness of habitual ways of thinking, judgment and/or objective thinking, Moshe: don't stop anything you're doing—bring self to point of choice. Handouts.

FI Practice #01 - Diana Razumny

Sit to stand

CD TRACK 06 [50 MINUTES]

All students observing Diana working with individuals. Pairs: watch and feel segments (head, ribs, pelvis) in standing and sit-to-stand.

Discussion #03 - Diana Razumny

About FI practice

CD TRACK 07 [10 MINUTES]

About FI practice. Also, add ribs to drawing.

ATM Lesson #03 - Diana Razumny

Foot to head, roll to sit, on back and sitting

CD TRACK 08 [50 MINUTES] SOURCE: ESALEN TAPE (SIMILAR TO ATM BOOK #8)

See notes at end of booklet.

Day 2 Tuesday February 6, 2007

ATM Lesson #04 - Diana Razumny

Pelvic Clock

CD TRACK 09 [57 MINUTES] SOURCE: ATM BOOK

Public lesson. See notes at end of booklet.

Discussion #04 - Diana Razumny

About ATM, Anatomy handouts & Body Image Drawing

CD TRACK 10 [23 MINUTES]

About ATM and others for practicum. Handouts from David Gorman's *Body Movable*: hyoid bone, skull/occiput, atlas/axis, pelvis, hip joint, jaw. Appreciating the sphenoid bone. Back to body image drawing to refine pelvis, hip joints, sacrum. These structures especially relevant in transmission of movement to head during pelvic clock lesson; also jaw/hip joint relationship. Pelvic clock lesson bypasses habitual hip joint movements by stabilizing leg and leading from pelvis.

FI Practice #02 (guided) - Diana Razumny

Hip joint, jaw and eyes

CD TRACK 11 [45 MINUTES] [DVD#11 SCENE 1]

Demo: Cheryl. Sitting observation of circling clock with interest in 4-part body image. Imagine wall coming to touch back, relation of head from this line for clue as to height of pad under head when on back. Practitioners bell hand before touching partner. On back, roll head; lift/hold leg, right angles at hip and knee. Practitioner one foot on table, partner's ankle rested on thigh. Circle in hip joint. Rest legs bent open to sides on soft roller. Observe as student rolls pelvis around clock. Cup head with both hands behind skull, have them roll pelvis up/down while practitioner rides along, thinking of atlas/skull connection. Observe movement of upper skull away from jaw, jaw away from skull. Hold head as before, student does pelvic clock, sense for head clock while holding head. Pelvis moving 12/6 on clock, holding head again, have them move eyes with, then opposite movement of pelvis. Return to pelvic clock, riding along on head as before, compare transfer of movement from pelvis through spine to head. Return to circling leg and hip joint to compare. Return to holding head, have them open/close mouth. Leave mouth open, take jaw side/side. Make circles with jaw. Ride along head as student circles pelvis. Hip joint circles. Sit at head, observe head, eyes, jaw as student circles pelvis. Roll head. Observe sitting: spinal curves & clock-circling.

Discussion #05 - Diana Razumny

About pelvic clock FI practice

CD TRACK 12 [8 MINUTES]

Also: giving feedback

FI Practice #02 continued - Diana Razumny

Hip joint, jaw and eyes

CD TRACK 13 [53 MINUTES]

Switch roles.

Discussion #06 - Diana Razumny

About pelvic clock FI practice

CD TRACK 14 [18 MINUTES]

ATM Lesson #05 - Diana Razumny

Folding, head to knee, sitting on chair

CD TRACK 15 [37 MINUTES] SOURCE: LONDON #24

See notes at end of booklet.

Day 3 Wednesday February 7, 2007

ATM Lesson #06 – Diana Razumny

Spinal Chain

CD TRACK 16 [47 MINUTES] SOURCE: MOSHE SAN FRANCISCO?

See notes at end of booklet.

Discussion #07 – Diana Razumny

Anatomy handouts & Body Image Drawing

CD TRACK 17 [27 MINUTES]

Handouts: Mabel Todd *Thinking Body* & Gorman *The Body Moveable*—spinal curves and angles at transitions between curves. Gorman's Degrees of freedom of spinal column in flexion, extension, rotation and side bending. Shoulder girdle and joints from *Anatomy of Movement* by Blandine Calais-Germain. On drawing added side view, plus the angled lines at the transitions between curves. Relationship of sensation of self (proprioception) and visualization from knowledge of anatomy. Feldenkrais: starting with sensation, leaving it an open experience for discovery, staying within own experience.

FI Practice #03 (guided) – Diana Razumny

Touch sides of spine with finger tips, sitting on chair, head leaning on table

CD TRACK 18 [40 MINUTES] [DVD#11 SCENE 2]

Demo: Leanore. Have person sitting. Apply pressure down from top of shoulders to note any tendency to move towards flexion or extension. Watch the person flex/extend while sitting. Notice the 4 transition areas of spine where the curves switch directions. Student sits on chair, resting head and arms on props on table (starting place is neutral back—not flexed or extended). Practitioner sits behind, placing fingertips to the sides of the spinous process at each vertebra, giving resistance for the person to push against (through flexion) and help them define that vertebra. Then practitioner follows the spine in, keeping the same amount of contact as much as possible while the person extends in the spine. Return to observing, note any change. Observe sit to stand. Discussion about FI.

FI Practice #03 continued – Diana Razumny

Touch sides of spine with finger tips, sitting on chair, head leaning on table

CD TRACK 19 [32 MINUTES]

Switch roles for above. Discussion about FI and boundaries.

ATM Lesson #07 – Diana Razumny

Four points, stand to sit to lie

CD TRACK 20 [62 MINUTES] ESALEN NOTES #4

See notes at end of booklet.

Day 4 Thursday February 8, 2007

ATM Lesson #08 + ATM teaching - Diana Razumny

Sitting Rotation

CD TRACK 21 [47 MINUTES] SOURCE: ESALEN TAPE

Notes issued to everyone with a section highlighted to practice and put into own words. Handed notes in and then in sequence, take turns teaching each step of lesson. See notes at end of booklet.

Discussion #08 - Diana Razumny

About ATM teaching

CD TRACK 22 [23 MINUTES]

Learnings, observations, and questions about the ATM teaching.

FI Practice #04 (guided) - Diana Razumny

Rotation, preceded by anatomy review and skeleton demo

CD TRACK 23 [48 MINUTES] [DVD#11 SCENE 3, SCENE 4]

Knee and elbow joints from *Body Moveable*. Upper arm bone (humerus) widens at elbow, creates "handle". Below elbow, ridge of ulna another "handle", potentially to push through shoulder. Similarly, holding below knee to direct pressure into hip joint. Demo with skeleton.

Demo: Karen. Observe person sitting and turning to look around. Sit in front of them with index and thumbs in front of knee at top of tibia to give feedback of direction knee is moving. Have them push forward with one knee few times. Then withdraw the other a few times then combine the two so pelvis is turning. Repeat, reversing which knee is coming forward/backward. Have them lie on side (opposite the easy turning side), knees/hips @ right angles, hold top of fibula with thumbs, index and middle fingers to roll it, suggesting to the pelvis to roll back and forth, similar to pushing through front of knee into hip joint. Think through the whole of them with the different references to the skeletal scan, 4-part body image, curves and transitional points of spine. Sit in front of head, hold wrist and ulna "handle" to push and pull. Go to head, have them place their palm (top arm) on their forehead, fingers pointing down towards table. Hold your hand on their hand and your other hand on their elbow, ride along as they roll towards their back from their head, then take over and roll them. Could also reverse it so they roll to look down towards table. Return to knee and elbow, roll to compare. Option of rolling with one hand on knee/elbow and other behind on pelvis/shoulder blade. Roll from both elbow and knee. One hand on shoulder, one on hip—roll opposite directions. Again, watching, sensing through the whole of them twisting. Return to the sitting and holding at front of knee while they look around side-to-side, pushing forward with one knee, withdrawing the other. Additional demo: had Karen turn to one side, stay, from there alternate lifting sides of pelvis.

FI Practice #04 continued - Diana Razumny

Rotation

CD TRACK 24 [42 MINUTES]

ATM Lesson #09 - Diana Razumny

Tilting legs, prone - Carriage of the Head

CD TRACK 25 [55 MINUTES] SOURCE: ATM BOOK #7

See notes at end of booklet.

FI Practice #05 - Diana Razumny

Based on Carriage of the Head

CD TRACK 26 [21 MINUTES]

Students worked with Diana—ideas for doing FI based on last ATM. How work with self will show up in FI.

Day 5 Friday February 9, 2007

ATM Lesson #10 - Diana Razumny

Holding foot, lengthening leg, on back and sitting

CD TRACK 27 [55 MINUTES] SOURCE: ESALEN NOTES#11

See notes at end of booklet.

Discussion #09 - Diana Razumny

Anatomy handouts, Body Image Drawings, review, and closure

CD TRACK 28 [18 MINUTES]

Wrist and ankle joints. Plus the Arthrometric Model of joints on a circle with zones for each kind of joint. Quote "Let the beauty we love be what we do." Rumi Looked at all body image drawings. Review of picture boards.

FI Practice #06 - Diana Razumny

Based on the week's ATMs

CD TRACK 29 [12 MINUTES]

Groups of 3: brainstorm FI practice based on ATMs and FI practices we've been doing. With one person do LOB; with one do LOSide, with one person do LOFront. Sit to stand as reference.

ATM Lesson #11 - Diana Razumny

Compilation of transitions from lessons during the week

CD TRACK 30 [42 MINUTES]

Not a real ATM. Just a collection from all of the ATMs taught during the 5 days.

Quotes from the week:

"We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us -- how we can take it, what we do with it -- and that is what really counts in the end."

■ Joseph Fort Newton

"Getting in touch with your true self must be your first priority."

■ Tom Hopkins

"A critic is a legless man who teaches running."

■ Channing Pollock

"The body is a sacred garment."

■ Martha Graham

"Let the beauty we love be what we do"

"Let yourself be silently drawn by the stronger pull of what you truly love."

■ Rumi