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Day 1 Monday February 6, 2006

ATM Lesson #001 – Dennis Leri

Tilting to side, standing and sitting

CD#1/T01 [45 MINUTES] [SAN FRANCISCO TRAINING]

Sitting on chair, sensing contact of sit bones and feet. Tilt head to R/center, note pressure on sit bone. Repeat on L. Tilt R/L. Note shoulders, spine, ribs, shoulder blades. Stand, note gap between arms and torso. Tilt head to R, add sliding R hand down outside of R leg, allow L heel to lift. Walk, look for differences. Stand, lift R shoulder towards R ear. Note shoulder blades sliding, collar bone. Take R ear towards R shoulder. Take ear/shoulder together. Slide hand down leg again to note. Hold ear/shoulder together and slide hand down leg. Return to just sliding hand down. Sit rest. Stand, slide hand down again, slowly, return to upright quickly (think of L heel returning to floor with snapping back to upright). Return to slowly tilting and righting. Walk rest. Repeat on L side from beginning. Sit on chair, return to simple tilting of head, note differences from beginning. Return to standing, arms straight out to sides, palms down, R ear to R shoulder, keeping arms straight out to sides, pause. Arms out to sides, take R arm up to ceiling, tilt head and R arm (connected) to the R, keeping L arm out to side. Return to sliding hand down leg. Walk then sit. Repeat previous combinations of arms out to side, tilting w/head while sitting on chair. Stand, walk, repeat from standing combinations of arms out, tilting w/head, arm connected to head, etc. Stand, start to tilt but inhibit. Arms out to sides, arm one arm near head, other still out to side, tilt away from arm that's to ceiling. Repeat OS. Stand, tilt/slide hand down leg, one side, then other. Sit imagine tilting head to side, notice if different from beginning. Stand, slide hand down slow, return quick, alternate sides. Sit, note sit bones, tilt head to R few times then L few times then alternate, note differences between sides.

Discussion #001 – Dennis Leri

About tilting to side lesson

CD#1/T02 [25 MINUTES]

Beth, collarbone. Ashley. Tanya about lifting heel and connecting through whole. Marge, felt would fall over when arm was overhead. Dennis – knowing our limits. Kim's awareness. Dennis on preparatory acts. Maintaining attention. Quality of attention and amount of distinctions being made. Robert P. imagination getting goofy. Dennis – story of Amherst one-sided lesson and the effect. Interpreting the words, lessons give us remake connections through the movement Example -tilt head to side involves pelvis. "Insanity has certain limits" – people don't try to walk up walks. When we have an injury, like to the hand, all activities related to use of hand are also impair and we don't get the feedback. Example of moving just ring finger, differentiating. Basic

set of who you are is how you are organized. Two frames of reference – room and self. Same patterns of organization regardless of orientation in room. Marge about Roberts experience around imagining. Teacher gives instruction then student gives themselves instruction (interpretation).

FI Demo #001 ~ Dennis Leri

5 lines on skeleton

CD#1/T03 [16 MINUTES] [DVD#1 SCENE 1, (10 MINUTES)]

ATM Lesson #002 – Dennis Leri

Tilting to side continued with five lines, stand, sit, kneel

CD#1/T04 [30 MINUTES] [SAN FRANCISCO TRAINING]

Sitting. Think of distance from tailbone to top of head. Distance between two points and a length, however you think of it, as a line, skeleton, beam. Then the arms starting at 7th cervical to shoulder joint to middle finger or end of hand. Line can have bends. Joints can be points on the line. Then leg, from spine Demo with skeleton started late. Sitting, sense length of each arm one at a time, comparing length. Think of the line or the skeleton. Think central line to R hip joint down to knee, heel, R big/little toe. Same w/L leg, then compare. Tilt head, note central line. Stand, arms out to side, tilt head L/R. Arms out to sides, take pelvis only side/side. Arms out, head L/pelvis R. Slide hand down outside of leg, R/L alternately. Walk, arm out, take head/pelvis both to R then L. Arms down, explore shifting weight on one leg – pelvis going to same side or opposite side. Walk. Stand, arms out to sides, pelvis to R, head to L, note legs. Slide hand down leg on each side, play with variations of where weight goes on legs. Walk. Stand, arms out to sides, tilt head to R, turn palm up as you tilt. Repeat to L. Alternate R/L. Walk. Kneel on floor, toenails to floor, arms out to sides, take pelvis side/side, head goes opposite pelvis. Repeat w/head and pelvis going to same side, palm up on side tilting towards. Sit cross-legged, repeat same. Stand, arms out, tilt to side, palm up, look at hand turning up. Repeat kneeling, then cross-legged. Stand, slide hand down leg, side/side.

Discussion #002 – Dennis Leri

Q & A – Lesson sources

CD#1/T05 [7 MINUTES]

Tanya question about source of lesson. Alexander Yanai, Amherst, San Francisco, London, Esalen, Gaby Yaron & Mia Segal and few more.

ATM Lesson #003 – Dennis Leri

Folding forward #1, lifting head, knees/elbows towards each other, on back

CD#1/T06 [41 MINUTES] [SAN FRANCISCO TRAINING]

On back, scan with lines. Hands interlaced behind head, elbows forward, lift/lower head. Lift/lower head without

hands. Bend knees, stand feet, repeat lifting head with hands, note lower ribs going more towards floor. Change to lifting lower back with lifting head and compare. Return to lowering lower back to floor when lifting head. Legs long, change interlacing of fingers, lift head w/hands, compare. Repeat, elbows staying wide then return to elbows forward. Pause. Bend knees, hands behind head, lift feet from floor, leave lifted and lift/lower head. Knees bent, lift R foot, hold below knee w/L hand, thumb w/fingers, lift head, elbow knee towards each other, feel sides of back, exhale, eyes. Pause, switch hands so R hand below R knee, L hand behind head, elbow/knee towards each other. Feet standing, hands behind head, imagine lifting head/feet. Lift head, leave it up, straighten legs, then lower head. Repeat, bring legs up again, lift head, lengthen legs. Legs long, imagine lifting. Feet standing, hands behind head, imagine knees/elbows together.

ATM Lesson #004 – Dennis Leri

Arm reaching forward, rolling to side

CD#1/T07 [51 MINUTES] [SAN FRANCISCO TRAINING JUNE 16, 1975]

On back, palms together straight out in front. L arm straight forward, hand towards ceiling, turn arm around axis, leave in middle of range and reach hand/arm towards ceiling, elbow unbending, return. Pause, repeat, attn to shoulder blade sliding. Pause, repeat thinking of fingertips reaching forward towards ceiling, then add whole arm, note breath, head. Take arm towards ceiling and release so shoulder taps the floor, quicker, quicker, note breath. Reach arm towards ceiling again, continue so that it would roll you onto your R side without lifting head or pushing, thinking of skeleton, as if someone was pulling on your arm. Reach arm forward, allow head to roll to R, when shoulder returns to floor head returns to middle. Reach arm again, this time rolling head to L, returning to middle when shoulder returns. Then alternate, head once to R, once to L, note chest, breath. Reach, roll head, allow more of you to roll so the L hip comes away from floor. Try R hip lifting a few times then return to L. Lie on R side, knees bent, L on R, L arm out to side, hand to ceiling, start taking L shoulder/hip towards floor then return, as shoulder goes towards floor w/pelvis, legs start lengthening. Roll from side, to back, return to side, legs straight when on back, bent when on side, arm remains high towards ceiling. On back, palms together, compare. Think through other side a little then do a little, gradually transfer to other side. Attn to timing. Monitor breath, take hands towards ceiling, parallel, up/down with both arms. Note how many times arm move in relation to breathing. Pause then do twice as many movements of the arms relative to the breathing. Pause then do 3x as many moves of arms relative to breath. Stand/walk moment. "Don't try to organize the lesson, let the lesson organize you". On back, arms to ceiling, raise/lower R arm only, slow/quick, note connection into shoulder, collarbone, spine, breath. Repeat w/L arm, compare. Return to both, slow, quicker.

Return to slow lengthening both arms to ceiling, when shoulders return to floor, lift head, alternate head/arms lifting. Both arms forward, alternate arms lengthening. Both arms forward, lengthen one to roll to side, return then the other arm rolls you to the other side, continue to alternate. Eyes closed, come to stand, w/o clothes or hair adjustments.

Discussion #003 – Dennis Leri

Q & A

CD#1/T08 [34 MINUTES] {DVD#1 SCENE 2 (24 MINUTES)}

Charlene's question about thinking of skeleton and what about lesson plans, where to start. Dennis about setting rules/limitations. Orientation temporally and sensorily as a scientific experiment. Patterns trump muscles. Robert, why these lessons today? Demo with Robert. Orientation, manipulation and timing. Left/right, inside/outside abstract relationships. "I don't teach and you learn" is what's consistent in all lessons. Clarity of intension.

Day 2 Tuesday February 7, 2006

ATM Lesson #005 – Dennis Leri

Folding forward #2, on back

CD#1/T09 [39 MINUTES] [SAN FRANCISCO TRAINING]

On back, hands behind head, lift head. Feet standing, lift head with hands, lift feet. Bring elbows to knees, bring diagonal elbow/knee together, alternate diagonals. Lift just head w/feet standing, note tailbone. Lower back into floor, lift head, leave head up, lengthen legs keeping lower back into floor. R hand behind head, L behind R knee, R knee towards R shoulder, lifting head. Hold in front of R knee, R hand behind head bring, bring knee/head towards each other. Switch hands, hand behind the knee, then same with hand in front of the knee. Return to beginning configuration, take head/knee towards each other, thinking of different parts of face/head. Return to both feet lifted, holding head, take knees/head towards each other. Repeat all on other side. Hold behind both knees, crossing arms in middle, fold. Hands behind head, lift bent knees, direct elbows between knees (can hold elbows with knees), roll side/side little. Repeat but with elbows and knees open.

Discussion #004 – Dennis Leri

Q & A – pain, cross motivation

CD#1/T10 [14 MINUTES]

Kristen question about doing lesson in imagination or other side if there is discomfort. PhD in pain. Moshe as ally with the pain because it's telling you something. The symptom is smarter than the person. If it could talk, what would it be saying? Question of not working when there is discomfort. Cross motivation.

FI Exploration #002 – Dennis Leri

Feeling along the spine

CD#1/T11 [6 MINUTES]

Have person lie on their front, partner feel along sides of spine. Listen them into listening as you touch them.

ATM Lesson #006 – Dennis Leri

Five lines with tapping, on back

CD#1/T12 [53 MINUTES] [ESALEN #1]

Little talk about letting lesson organize you. Story of Moshe in San Fran. Self image. Lessons are self-correcting. Think 5 lines. Lines are not against the floor but few inches inside of you. Imagine someone uses index finger at front and back at 5th lumbar transverse process and gradually walkway up on R, then down on L. Do few rounds on your own, can change directions. Add your eyes looking to where you are sensing each vertebra. Since line starting at C7, go out to R shoulder joint, allow eyes to track the line, down to elbow, wrist, hand. Repeat on L. Go to central line, out to R hip joint, down to knee, ankle, big/little toe. Same w/L. Get

overall sense of all 5 lines at once. Locate point little below navel and inside, place little sphere there, note the breath. Thinking of the central line and breath, lift head, bending the line, keeping the length. Lift R shoulder from floor few times, then quickly, keeping the lines. Note when you do it quickly if you loose the lines or hold your breath. Return to lifting/bringing head forward and feel if there is a bias from the shoulder lifting. Tap back of head on floor, note if you can keep the lines and not hold breath. Bring L shoulder forward, sensing lines, slow/fast, noting breath, lines. Do both shoulders at same time. Alternate lifting head/shoulders forward. Alternate lifting shoulders. Lift R hip. Lip by using R heel pressing floor; by squeezing buttock; then lift without either one of those. Pause, bend knees, remove feet from floor, take R hip from floor (rolling). Return to legs long and find way to lift R side of pelvis. Pause, bring L shoulder forward to note change. Repeat w/L hip then alternate L/R. Draw lines between corner of eye to ear, corner of mouth to ear, then corner of eye/mouth. Repeat on other side.

ATM Lesson #007 – Dennis Leri

Lying to side sitting with sweeping arm in arc

CD#1/T13 [47 MINUTES] DENNIS

On back, sweep L arm along floor overhead in arc, add bending the R knee out to R, allow L knee to come to soul of the R foot. Continue and have the R lower leg parallel with the R wall and the L knee comes to soul of the R foot. Make it reversible. Continue and find a way to bring yourself up to side sitting, leaning on R elbow, head stays close to the ground. Start with both arms overhead, continue with L arm sweeping across and use the L hand to help yourself up to sitting. Stay in sitting, palms on floor in front of lower R leg, slide hands on floor away from you, head/face near floor and from there go to lying on back. Pause on back, imagine repeating on other side. Eventually start swinging up to L side but not all the way at first. Note use of arms, head, pelvis. Swing around from side to side. Come up on R, lean on R hand, start lifting the R knee from floor to stand the R foot. Continue and lift the L knee so both feet come to standing and come into squatting without using the L hand. Repeat but use the L arm swinging out in front to help come onto feet. Start swinging up to sit on R, continue to squat, flip knees to L and go down on L to lying on back, circling around in one direction continuously. Then go part way in one direction then switch to go other direction, randomly changing directions. Swing up on either side and when you come to squat, continue up to standing.

FI Exploration #003 – Dennis Leri

Hand on top of head

CD#1/T14 [11 MINUTES]

Partners, one person on R knee and L foot, practitioner stands behind them and place one hand on top of their

head, and feel through their skeleton to the floor. Find just enough pressure without squishing them or so light as to irritate. Practitioners go to another. Then switch roles so people on floor become practitioners.

Discussion #005 - Dennis Leri

Q & A - orientation; capacity and awareness; common language

CD#1/T15 [38 MINUTES]

Students sharing. Dennis - rolling head is really orienting the person. Standing is a lot of random little movements.

Awareness may or may not develop with capacity.

Mathematics, language . . . Story of Moshe in Boulder.

Health - recovery from shock and living your dreams.

Day 3 Wednesday February 8, 2006

ATM Lesson #008 – Diana Razumny Rolling a ball along line #1 from right foot to left hand, on front

CD#1/T16 [60 MINUTES] [ALEXANDER YANAI #303]

On back, scan. On front, legs spread, arms up by head, extended comfortably, turn head to each side to find comfortable side. Imagine a metal ball on R foot rolling to knee along a line of pressure. On back, sense two legs after short exploration on front. On front, continue from knee to pelvis along line of pressure along back of R thigh. Pretending to feel the pressure of the ball along the back of the leg from heel to pelvis. Roll ball from back of L hand to elbow, eventually to shoulder. Imagine the pressure of ball on back of hand and how there would be a complimentary sensation of the front of hand and forearm against the floor. Roll to back to note changes from the ball rolling. Talk of self-image during rests. Roll ball from L hand to R foot. Scan on back. Roll ball from L hand to R foot few times. On back, arms long/spread overhead, legs spread, sense diagonal, L hand to R foot. Return to front side, roll ball from L hand via lifting L hand then elbow to roll it back to hand. Organize lifting L hand/arm in order to roll ball along diagonal. Return ball from R foot to L hand by organizing/lifting foot/leg. On back, arms/legs spread in "X", sense line along same diagonal. On front, R leg/L arm away from floor, lower arm/raise leg alternately, rocking across front, imagine rolling ball along diagonal. On back, "X" position, sense along diagonal. Note other diagonal. Stand, arms overhead, sense diagonals, walk. (notes from NC)

FI Exploration #004 – Dennis Leri Bringing leg forward, lifting from foot, finding neutral, on back

CD#1/T17 [20 MINUTES]

Pairs, have person on back, sit at their feet, look at orientation of their feet/legs, looking for a line up to their head from each foot/leg. Hold behind one ankle and lift their leg a little from the floor, find area of neutral where leg goes easy. Then take leg little side/side. Then find the middle range and make a small circle. Students sense hip joint.

Discussion #006 – Dennis Leri Q & A – leg lifting, feedback language, defining Feldenkrais, visual field, neutral

CD#1/T18 [36 MINUTES]

Students sharing about leg lifting. Robert P.- rotating vs. straight forward, Tres-observe vs. evaluation, Michael-one or two hands for lifting. Dennis – language and socializing. You don't know if someone is resisting, they may be protecting. Stay with the sensory motoric

part, higher/lower, lighter/darker, more basic impressions. You don't go to right/wrong, good/bad. Just what shows up operationally. Give feedback in a way they can make a change. Give them something they can act on rather than making it personal so you don't stop the conversation. Language in a way they can hear. Even if you aren't saying something about it, if you are thinking it you will end up in a war of wills. You can't win the war so drop into what you are actually sensing. The less judgmental we can be the more effective we can be. What to and not pay attention to. Visual field can dampen or override the auditory. Kim about neutral. Ester Thelen working with development, baby's stepping reflex goes away when baby goes through weight gain. Hungarian, Emi Pickler's work with kids of not interfering with their development. REI is the organization. Michael – looking for the way, methodology in ATM. Dennis- we come to it with our own organization, first impressions. Working with tissue of large man.

ATM Lesson #009 – Dennis Leri Body Measuring

CD#1/T19 [20 MINUTES] [ESALEN #31]

FI Exploration #005 – Dennis Leri Body Measuring in trios

CD#1/T20 [2 MINUTES]

Discussion #007 – Dennis Leri Gracovetsky DVD and ATM categories, intension, function

CD#1/T21 [65 MINUTES] {DVD#1 SCENE 3 (5 MINUTES)}

Patterns. Means where by you translate intention into action, the function is invisible. Intension, action, function. Not bodywork. Physics, martial arts. Heinrich Jacoby – teacher of piano. Jacoby thought you need conscious control for a certain kind of learning and then you just have to rely on what you've learned without the conscious effort. *Potent Self* has interesting exercises but not polished as ATM lessons. Making kinesthetic distinctions as well as cognitive ones. Don't need to know the cognitive because it's folded into the work but it can be interesting. Heinz von Forrester, cybernetics. Heinz article on Dennis' website. Story of Heinz and swords makers.

Day 4 Thursday February 9, 2006

ATM Lesson #010 - Dennis Leri Standing to lying, flopping knees to side, on back, sitting & standing

CD#1/T22 [38 MINUTES] [CHLOE SCOTT IN VIENNA]

On back, feet standing wide, tilt knees L/mid, then R/mid then alternate. Sit, feet standing wide, lean on hands, tilt knees to each side. Stand, lower head towards floor, knees bend a little so head goes lower than pelvis as bend in hip joints, then into squat so pelvis goes down, head goes up. To return, lift pelvis, head hangs, then come up. Walking rest. Stand, feet spread, squat, flop knees to side, hand to floor for support, swing head/torso around to lie on back. From back, swing L arm overhead, roll to R swing up to side sit, pause, lift knees so feet come to stand, come to squatting, imagine someone takes your L arm/hand to help bring you onto your feet. Repeat to other side. From back, swing up to side sit, keeping head low and come directly into squatting. Swing up on other side from back to squatting, reverse to lying then go to other side. Come from back to squat to stand, reverse, come up on other side.

Discussion #008 - Dennis Leri Eshkol notation & breathing

CD#1/T23 [10 MINUTES]

Looks like musical score. People who study the notation are able to see movement. Great mimics. Noa Eshkel was close friends with Feldenkrais. Robert S. - What is inhibiting and what is not? We'll do lesson of stopping the breath as a way to become aware of how we do it, on inhale or exhale. Use of attention to breath during movement

ATM Lesson #011 - Dennis Leri Seesaw breathing #1, coughing, barking & mooing, varied positions

CD#1/T24 [69 MINUTES] [ESALEN #14]

On back, knees bent, feet on floor, pull in/push out belly. Inhale, hold breath, repeat belly in/out. Hold belly in and breathe in/out. Co-ordinate inhale w/pulling in belly, exhale as push belly out. Note shape of chest in co-ordination of this breathing. Stand, pull in belly w/inhale. Sit, repeat inhale while pulling belly in. Add chest expanding as belly is pulled in. Stand, feet apart, hands on thighs near bent knees, breathe in/pull belly in. Same on hands, knees and top of head. On back, pull belly in/breathe out. Bend knees, hands on belly, cough, feeling belly. Same with laughter. Belly in/air out. Sit, belly in/air out. Laugh w/hands on belly. Bark. Stand, bend forward, arms hanging, belly in/air out. Laugh while hanging, bark. Stand up, lean back to look up to ceiling, laugh/bark. On hands and knees, belly in/air out. On hands, knees, top of head, 10 times breathe out while

drawing belly in. Knees bent, hands interlaced behind head, lift head, elbows forward, belly in/air out. Hands behind head, feet standing, roll up spine to lift pelvis in air. Start w/head in air, lift pelvis, leave both in air, belly in/air out. Stay in rounded position as before, lift pelvis little higher so hands/head return to floor, do breathing. Lie on R side, repeat breathing. Count on exhale. Cough, all air out then count. Breathe in and count. Explore breath on belly. Same on hands/knees. Repeat on back with knees bent. Bark, moo. On side, explore moo, switch sides, repeat. Sit, soles of feet together, lean back on hands, belly out/air out, moo. Repeat w/back arched, head back. Sit, lean on R hand, L palm to ceiling, push belly out as push palm to ceiling. Repeat with belly in. Sit, soles together, lean on hands, belly/air out. On back, bend knees, hands on thighs near knees, push air/belly out. Same position take top of head towards floor as push hands on legs. On knees, air/belly out. Top of head on floor, cont. On back, breathe in once while belly is out, once while it's in. (notes taken from N. Carolina segment1, same lesson)

Discussion #009 - Dennis Leri Breathing lesson

CD#1/T25 [18 MINUTES]

Districts in Paris metaphor. Tanya - Breathing through mouth or nose? Stories of Moshe giving lessons to force the breath into certain areas. Making breathing (autonomic) conscious and can cause panic. Marge's experience of the breath lesson. Michael - breathing shapes itself. Charlene - cranial sacral. Kristin Linkletter system *Freeing the Natural Voice* tongue fixed behind lower teeth and talking. Moshe about that and creating a learning experience.

ATM Lesson #012 - Diana Razumny Rolling a ball along line #2 - from right foot to left hand, on front

CD#1/T26 [72 MINUTES] [ALEXANDER YANAI #305]

Imagine someone presses on R heel, along lower leg to knee, switch to iron ball, clear/continuous. Stand the toes, continue up to buttock, feel how clear line gets fuzzy at buttock. Ball on back of L hand (arm extended overhead), face to R, to elbow, to shoulder. Can imagine person pressing. Continue to shoulder blade, note lack of clarity of where to go. Return to leg, lift lower leg little to help ball roll, continue to buttock, note how R shoulder blade engages. Continue, ball to shoulder blade, knee bent, note shape of self to create ball rolling to shoulder. Where do you cross the pelvis? When ball gets to shoulder, lift shoulder to roll back to spine and then to R hip again, continue to heel. Ball on hand, lift hand to roll to wrist, elbow, shoulder blade, reverse. Think of the hand/arm lengthening as it helps ball rolling. Start at hand again, keep on going down, cross spine etc down to foot. Turn head to R, lengthen L arm at elbow, roll ball, lifting arm a bit to help, feel all along the way, knowing where ball is at all times. Lift arm/leg, start

ball at waste, middle of back, keeping bow, lift/lower, arm/leg. Stand, walk, L arm/R leg, all places ball rolled? On front, face to L, repeat ball rolling starting at L heel, to knee, pelvis, spine, R shoulder blade, elbow, forearm, hand. Reverse, lifting fingers to start the ball rolling, wrist, elbow, shoulder, back, pelvis, thigh, knee, lower leg, foot. Lift leg, roll from heel to hand, lift arm, roll from hand to heel. Lift arm/leg a little and roll ball foot/hand. Back/forth, rolling along arc formed by arm/leg lifting, groove, trough for ball. Place ball in mid of arc between hand/foot, start rocking little, lifting/lowering hand/foot, gradually rolling ball littler farther each time. Stand, walk. On front, arms extended a bit, legs spread, chin on floor. Ball on neck, lift head little to roll the ball down between shoulder blades, back to neck. Note what's necessary for chest, head. Continue, rolling down spine to pelvis, sternum lifts. Return ball to neck by moving pelvis, belly forward, tail lifts. Back and forth neck/pelvis. Lift the legs a little to roll the ball. Return to previous of lifting pelvis. Ball at lower back, lift L arm/R leg, roll ball from middle point gradually working up to hand/foot Repeat w/R arm/L leg. Keep the line clear/continuous. Return ball to lower back, chin on floor, roll ball up/down middle, head/pelvis.

Discussion #010 - Dennis Leri

Q & A - study between segments

CD#1/T27 [38 MINUTES]

Tanya - what should we do between classes. Michael - what about overlapping FM with other modalities. Brian - finding something you like and not wanting to let go. Marge - will we hear what you're thinking while doing FI? Dennis story about graphic artist story and poetry. If you have a question about FI lesson you observe, wait until tomorrow to ask so you have time to really think about it. Michael - is there a method we will learn to do lessons?

Day 5 Friday February 10, 2006

ATM Lesson #013 – Dennis Leri

Tilting bent knees, to side sit, squat, stand, from front

CD#1/T28 [48 MINUTES] [SAN FRANCISCO TRAINING?]

On front, hands/arms in push-up near shoulders, head turned to one side, bend knees, tilt lower legs side/side. Repeat but with legs “tied” together, allowing knee to lift that you tilt away from. Repeat with head to other side. Knees bent, take one knee away from floor so foot goes towards ceiling, repeat with other knee, head turned to side where knee is lifting. Legs long, roll pelvis side/side. Forehead on back of hands, knees bent, lift one knee then other, foot goes towards ceiling. Repeat, take lifted leg across middle when it lifts. Hands in push-up, look over shoulder, let legs tilt away from face, eyes looking for foot as it tilts away from you. Face to L, hands push-up, tilt knees R, lift L knee, take L foot back to R, come to side sit. Repeat, leading with eyes/head looking over shoulder. Stay in side sitting and flop the knees to other side, go down on other side, reverse, returning to front side. Go side to side, coming to side sit, rolling across belly. Go up to side sit then into squat to stand, reverse. Repeat on other side and then alternate side/side. Little quicker side to side, going across belly and coming to stand each time.

ATM Lesson #014 – Diana Razumny

Rolling a ball along line #3 – along arms, chest & back, on front & back

CD#1/T29 [40 MINUTES] [ALEXANDER YANAI #306]

On back, arms out to sides, palms up, think ball in R palm, roll from hand along inside of lower arm to elbow. Continue rolling ball towards R shoulder/chest. Move chest in way to roll ball back to hand then move hand to roll back along arm to chest. Stand, walk, sense. On back, repeat on L side. Roll ball into indentation on chest near shoulder on one side then roll it side to side, moving in way to help – note: sternum, chin. Then from hand-to-hand via arms/chest. Stand, walk, sense. On belly, arms out, palms down, face R, ball on back of R hand, roll along arm, increasing until on back of shoulder, then across to L shoulder, down L arm/hand. Use lifting hand/arm to help roll L/R. Roll ball L/R, add turning head towards lifting hand. Stand, walk. On back, arms out, join ankles/knees, imagine ball at ankles in groove between legs, roll ball to knees, reverse. Continue rolling up leg to pelvis, moving feet, knees, pelvis to help the rolling. Stand, sense, walk.

Discussion #011 – Dennis Leri

Q & A – rolling ball

CD#1/T30 [13 MINUTES]

Tres – where is the middle of my arm for rolling the ball. Dennis – these lessons came before the 5 lines. Doing one-sided lessons and having an intension of transferring to other side. A person’s internal image being different than what you see from the outside. If we did manipulate anything it would be the self-image. Doing FI, how do you intervene with something if someone has a complaint, information to help them effect themselves in area of what bothers them. Construct a clear movement so they feel a unitary movement, simply, not connected with complaint.

FI Exploration #006 – Dennis Leri

Observe person sliding leg to stand, knee out to side

CD#1/T31 [34 MINUTES]

Groups of four, 2 people watch 2 people slide each leg up to stand and notice how they do it differently with each leg at their pelvis, ribs, head. Looking for smooth or easy. Sometimes they make a more extreme movement on one side and they feel it’s more difficult. So have them make the two sides more symmetrical in amount. Noticing differences. Working with the easy side and making it better. Or teach the “good” side the limitations of the other side. The difficulty is in the self-image and that’s what we are doing when working with skeleton, etc, to affect the image, clarifying it. Impose limitation on the good side. Just explore what they are doing and improve what they are doing. Effect how they are hindering themselves as well. The “good” side is only good at the expense of the “bad” side. Charlene – this is awareness through movement and not movement through awareness. Brian – definition of what good is differs. Dennis – qualifying what we are looking at. Some people think you have to have a clear intension of how to work with someone and it can override being with the person. Sometimes listening to the person or looking at them you don’t have a sense and then when you touch them you have an idea of what to do with them. FI doesn’t have a clear structure like ATM. To learn FI you give one-on-on ATM and intersect with the person’s movement. Pam (identified as Tom) asks question about acute pain. Dennis – ways of coping with pain. Shira – unexpected things happen. Dennis – story of Feldenkrais smoking cigarette while other practitioners are working with woman with discomfort. Once you’ve done too much, any more is just more too much. You finish an FI with a person with earning curve on the rise, the person leaves and goes and figures it out on their own.

FI Exploration #007 – Dennis Leri

Holding elbow & shoulder, on side

CD#1/T32 [25 MINUTES]

Have student on side, sit at their head, student stands “top” hand on floor in front of their chest. Have one hand on their shoulder, other on their elbow, sense the two hands through their upper arm bone, move upper arm through space forward/back. Feel into their hand to

the floor. Feel 3 people then switch roles. Repeat earlier practice of student kneeling on one knee and foot, practitioner stand behind and place hand on head to feel down through to knee on floor.

ATM Lesson #015 – Dennis Leri

Folding #3, on back

CD#1/T33 [49 MINUTES] [SAN FRANCISCO TRAINING]

On back, lift each long leg. Bend knees, stand feet, lift head, note effect on breathing. Feet standing, hands holding back of lower ribs, take them towards the floor, lift head. Feet standing, interlace hands behind head, imagine someone holding back of lower ribs, back broadens as you lift your head. Try lifting head w/elbows open to compare to bringing elbows forward. Hands behind head, lift/leave head up, feel breath. Knees bent, hold below R knee w/L hand, R hand behind head, direct R elbow to L knee. Leave elbow/knee towards each other then quickly do little moves of bringing them little closer together. Repeat w/attn to back on R side. Switch hands and repeat. Lift long leg, compare to beginning. Repeat variations holding L knee. Lift both knees and hold knees from behind, lift head, bring knees towards shoulder, head between knees. Sit, stand feet, knees wide, bring head between knees, and note how far head comes forward. Return and repeat on back. Hands behind head, lift head/knees, leave lifted, bring R knee towards R elbow then toward L elbow, alternately. Repeat quickly. Repeat w/L knee. Hands behind head, feet standing, lift/leave head up, alternate lengthening one leg then the other, noting lower back, lower ribs to floor. Lift knee, hold behind each, bring knees towards shoulders. Hold legs again, bring knees towards shoulder, lift head, take mouth towards knees alternately. Repeat, add knees coming towards mouth when mouth goes towards knee. Then take forehead towards knees alternately, pause, add knees also come towards forehead as forehead goes towards the knee. Bring knees/elbows towards each other, squeeze knees w/elbows then elbows w/knee, hold, roll side/side. Legs long, think of lifting each long leg, taking lower back/ribs towards floor. Then actually do it. Legs long, lift/leave head up, note breath. Reflect on the week. Stand walk, take time before leaving.

Day 6 Monday February 13, 2006

ATM Lesson #016 – Dennis Leri

Folding #4, rolling to sit holding behind knee, from back & sitting

CD#2/T01 [49 MINUTES] [SAN FRANCISCO TRAINING?]

On back, bend knees, interlace hands behind head, lift head/knees towards each other. Feet standing, seesaw breathing. Repeat seesaw breathing while holding exhale out. Seesaw breathing while holding head/knees up. Knees/elbows together, roll side/side little. Sit, feet standing, cross arms, hands behind opposite knee, round back backward slowly towards rolling onto back. ROB. Sit, repeat rolling back as before, explore taking head back as you begin to roll back. Also explore having arms long or bent while rolling back. ROB. Sit, same position, as you roll back, lengthen the legs towards front of room, bend them again as you come up towards sitting. ROB. Repeat and rock a little forward/back at the point that you start to fall rather than roll smoothly. Switch which hand is on top and repeat. Reduce momentum, make it gradual in both directions as much as possible. ROB. Sit again, interlace hands behind R leg, L foot stays standing, roll back while holding leg, return. Use chin tucking to chest to help. Explore coming up a little to one side or other, same going back. ROB, repeat w/L leg. Explore difference between arms being long or bent. Explore use of head. ROB. Sit, cross arms again, holding behind knees, roll back towards back, return to sitting. ROB. Sit, R hand behind R knee, L behind L, (from outside of leg) start rolling towards back. ROB. Sit, feet standing, have hands right behind knees but don't actually touch the legs, just keep the arms as if holding and the start going back towards back. ROB. Sit, have palms facing thighs just above knee with little cushion of air between hands/legs, roll back towards back and return. ROB. Sit, arms straight out in front, fingers pointing towards front wall, roll backward then return rolling up/forward. Stay sitting, leave legs long, arms forward then as you roll onto your back bend the knees and straighten them as you return to sitting. On back, cross arms and hold behind knees, start pushing feet down towards front wall to bring you up to sitting. Allow knees to bend as you reverse to lie on your back. ROB. Sit, hold R ankle w/R hand, L w/L, from between knees, roll back, separating feet wide to bring feet overhead behind you then bend the knees to bring you back up to sitting. Can use momentum and then play with not using momentum. ROB. Stand feet, hands interlaced behind head, lift head/legs, knees/elbows together, alternate diagonal elbow/knee towards each other while head/knees are lifted. Slowly come up, eyes closed. Walk w/eyes open.

Discussion #012 – Dennis Leri

Q & A – materials, orientation, variable speeds

CD#2/T02 [26 MINUTES]

CD's and transcripts. Brian – in lessons, self-referencing vs. to the room. Robert P. – lesson was difficult and couldn't find what he was doing to make it difficult. Martial artist can go really fast and really slow, variable speeds. Moving without preparatory movements. In lessons, we do a little prep to move rather than have that direct connection of nervous system to skeleton. Marge – about references again, looking to others. Dennis – fine, but not as imitating. Mirror neurons for learning and empathy. We don't use external models in ATM. After lessons, feel the strangeness for a while to explore outside of our habits.

FI Exploration #008 – Dennis Leri

Amplifying what you do

CD#2/T03 [18 MINUTES]

Lie on back, imagine ink on back of you and if you got up, what kind of image would you imprint on floor. Sense contact of two sides of pelvis. Increase more pressure on side that already has more. Amplify or exaggerate inherent tendency. Note what happens to lower back on opposite side and add a little more of that. As you do that, notice what you do with your rib cage. Think how you would say out loud what you are doing. Amplify what you are doing with the rib cage that goes along with what you did with pelvis and lower back. Amplify what you do with your chest. Feel what you do with the knees and do a little more of it intentionally. Do the same with the feet. Imagine someone does something from your feet to go along with taking one side of the pelvis more into the floor. Notice shoulders and amplify there a little to help turn the pelvis in the way you found it goes. Same with the head, face, eyes. Come to stand. Get into groups of 4. Two people watch two people do what they just did on the floor and describe what they see happening. Second part is one person on the floor describes what they are doing and the person lying next to them does what they hear the person describing.

ATM Lesson #017 – Dennis Leri

Circling bottom arm, on side

CD#2/T04 [65 MINUTES] [ALEXANDERYANAI #495]

Scan on back. On R side, upper leg straight down from pelvis, knees bent so lower legs are behind, R arm straight out in front, palm up, L hand standing on floor in front of chest. Move R arm little up/down, back of hand slides on floor. Note shoulder. Repeat with R palm down. Arm straight out in front, palm up, slide arm straight forward and back a little. Repeat w/palm down. Return to palm up and taking arm up/down. ROB. On R side, R arm straight out in front, palm up, slide elbow towards waist so elbow can go under side. Stand L hand on floor

again, slide straight R arm up/down. On L side, repeat series. On R side again, R arm straight out in front, take arm up towards head. Leave arm up and think you're standing on your L knee and you want to reach overhead w/R arm. The lengthening R arm connects in to the L knee. Come onto both knees, reach R arm overhead to ceiling, feeling arm lengthening connects to L knee. Then R arm lengthens to connect to R knee. Go back and forth few times. On L side, flex/ext feet behind you, leave flexed, circle L arm under head, palm turns down, head returns to floor, reverse arm. Continue and think of standing on the R knee. Feet stay on the floor, flexed. Repeat on other side. Come to stand on knees, flex/ext ankles/toes. Return to R side, same position, think of standing on both knees while circling arm up around and behind until palm may turn up again, reverse. Repeat on L side. On R side, start w/arm straight out in front, bring R elbow under waist, arm goes behind, continue, palm turns a different times, continue until make complete circle, allow head to turn to look behind when arm is behind, thinking about standing on one knee, the other or both. Eyes follow hand. Reverse direction of circle. Repeat on other side. On back, arms crossed on chest, fingertips of each hand towards floor, reach alternately, rolling chest, fingertips touch floor but you think of the fingernails. Change arms over, continue. On R side, circle R arm as before in each direction, thinking of fingernails. Repeat on OS.

through open mouth, alternate exhaling through mouth and nose on one breath out, hold exhale out. Repeat noting difference when exhaling through mouth and nose. Roll to front side, hands overlapping, forehead on back of hands, repeat last cycle of breathing. Attention to lower torso expanding on exhale. Do 5 cycles then lie on right side, repeat, same on left side then rest on back. On back, knees bent, exhale slowly through nostrils 10 times. One hand on chest, other on lower belly, feel movement of breath. Stand with eyes closed, note breath.

ATM Lesson #018 - Diana Razumny **Breathing #2, holding exhale, lower belly** **expanded, on back, belly, side**

CD#2/T05 [44 MINUTES] [ALEXANDER YANAI#17]

On back. Attention to breath. Knees bent, feet standing, one hand on chest, other on belly, note movement of breath. Three segments to notice, lower abdomen, middle and upper chest. Hands on lower belly down where legs meet torso, note movement of breath there. Switch attention to only exhalation. Expand lower torso on exhale, ballooning out in all directions. Break exhale into three parts. Hold between 1st and 2nd exhale for 10 seconds and then between 2nd and 3rd, hold 3 seconds, exhale all the way out, wait until the inhale comes. Rest with legs long. Feet standing, hands on lower belly again. Repeat 3 part exhale, ending with a cough on third part of exhalation. Exhale completely through mouth wide open quietly, expanding lower belly, close mouth and hold belly/air out, collect saliva, swallow when you feel the need to inhale, sending saliva down to lower belly, inhale through nostrils, repeat cycle 30 times. Rest with legs long. Repeat but reverse - Inhale through open mouth, exhale through nose, expanding belly. Repeat, closing off left nostril, exhaling only through R, hold exhale out, swallow then allow air to come in. Repeat 5 times then switch to left nostril for 5 times. Legs long, exhaling, distribute attention, note when feel impulse to inhale and move attention out to whole of self, note what's happening. Feet standing, hands on lower belly. Inhale

Day 7 Tuesday February 14, 2006

ATM Lesson #019 – Dennis Leri

Tilting arms, head and pelvis, arms out to sides, standing, sitting, kneeling

CD#2/T06 [56 MINUTES] [SAN FRANCISCO TRAINING]

Stand, slide hand down outside of leg, one side then other. Arms straight out at shoulder level, palms down, take one arm up, one down. Add taking head towards arm that is coming up. Walk. Repeat tilting arm while out to sides, let head to side of lowering arm, let pelvis move opposite. Tilt arms/head opposite, note which way pelvis shifts. Tilt R arm to floor, L to ceiling, pelvis L, head R. Then switch to pelvis/head going same direction, arms go opposite. Walk, repeat, arms out, take pelvis L, head L. Arms out, pelvis to L, tilt arms/torso so R arm goes lower, L arm up, take head towards arm. Arms down, take head/pelvis both to L then both to R. Repeat w/arms out to side, tilt arms so head/pelvis go towards arm that's up. Arms out, take head to R, tilt R arm down, pelvis to L. Continue, only take head opposite of what you were doing. Walk, ROB. Stand, arms hanging down, caress down R leg with R hand, let head be carried w/shoulders, L heel lifts. Continue but let head tilt also so cervical bends. Note difference of weight being on front or back of foot. Repeat on other side, L hand down L leg. Tilt side/side, walk, ROB. Stand on L foot/R knee, arms straight out to sides, palms down, keep arms parallel w/floor, take pelvis L/R, arms/head stay stationary. Repeat but head/pelvis move opposite directions (torso like stick). Repeat but with pelvis/head going to same side. Repeat but head/pelvis go opposite directions and tilt arm, arm higher on side pelvis goes towards. Note hip joints. ROB. Come to kneel with legs switched, repeat the different variations as you remember them. Sit, legs crossed, tilt head side/side, ear to shoulder. Repeat w/leg crossing switched. Lean on hands behind, repeat head side/side. Continue, emphasize C7/T1, base of neck, goes opposite side that top of head tilts, then same side. ROB. Sit, legs crossed, lean on hands behind, tilt head side/side again, lift hip on side head tilts towards. Repeat with leg crossing switched. Stand, arms straight out to sides, look up/down, arms rotate around axis, palms up/back when head looks up/back, palms moving forward then back when head goes down, add tailbone going back w/head then forward w/head. Walk. Repeat but take head opposite arms/torso. Repeat original move, face down/forward w/arms rolling forward, add taking eyes opposite. Return to original then take head opposite and then the eyes opposite the head. Walk. Caress hand down one side then other, lifting opposite heel. Arms out to sides, tilt arms relative to torso. Repeat, tilt head twice for each time one cycle of arms tilting side/side. Repeat w/3 times. For each one tilt of head, move arms twice. Slide hand down outside of leg, return heel to floor w/a snap.

Discussion #013 – Dennis Leri

Q & A – strategies, right way to breath

CD#2/T07 [12 MINUTES]

Brian about previous strategies. Right way of breathing? Lessons have value for everyone but people find some lessons more valuable to them. Used to be trainings didn't teach FI in first 2 years. Shira about holding breath being a bad thing. Good for being under water. Swallowing extends ability to stay under water. So holding can be useful depending on situation. We're interested in organization rather than flexibility.

ATM Lesson #020 – Dennis Leri

Breathing #3, exhale with abdomen pulled in, varied positions

CD#2/T08 [59 MINUTES] [ALEXANDER YANAI #20]

On back (story about eye doctor and vague letters), watch breath. As you quiet down, you can observe more. Bend knees. Note when exhale begins and how you exhale. As you exhale, draw belly in (throughout lesson). Note symmetry of belly shape when drawn in. Inhale however. Pause w/knees bent. Torso as 6 sided box, top/bottom, sides, front/back. Note breath. Repeat drawing belly in w/exhale, allow chest to expand/lift (throughout lesson). One hand on belly, one on chest. On front, forehead on back of hands, repeat breath cycle and awareness. Bend L knee little and draw L hip back, repeat breathing/awareness. Repeat on OS. On back, feet standing, hands interlaced behind head, elbows forward, stay w/head lifted, repeat breathing cycle, note head lowers a little when inhale. On knees/head/hands, repeat breathing cycle. On back, feet standing, breath cycle. Arms long overhead on floor, note arms could extend little during exhale. Pause then roll up spine, pelvis lifting, note shoulders/arms changing as pelvis goes higher. Stay w/pelvis high, repeat breath cycle. Stand one foot, other leg long, lift hip on standing foot side, arms overhead, repeat breath cycle. On hands/knees, head hanging so back of neck is long, repeat breath. On hands/knees, bring R foot to standing, lower R elbow to floor, head hangs, repeat breath cycle. Pause, switch sides. On back, breath cycle. On hands/knees/head, repeat breath cycle, note head rolls towards back of head. Repeat, add toes tucked for running then add knees lifting from floor. Stay w/knees lifted a little and repeat breath cycle, allow head to roll towards back of head during exhale. ROB. Stand, spread feet, bend knees, lean hands on knees, arms straight, pelvis lower a bit like sitting back, draw abdomen in on exhale, exhale little more, hold out until have to inhale. Repeat 10 cycles of this breathing. Stand, note breath. Walk a little.

Discussion #014 – Dennis Leri

Q & A – math teacher, taking care of yourself, re-organized in sleep

CD#2/T09 [27 MINUTES]

Stories – Dr. suggested syllabus. It's really about trusting you to take care of yourself. Robert S. – organization in sleep. Dennis – bed. Pam – Not hearing/understanding. Dennis – being a little out of sort from new organization without integration. Charlene – doing funny moves, surrounded by the enemy. Dennis – fruitless to try to stop the judgment. Bring yourself into the activity. Hold the whole of yourself in your field of attention and let the lesson organize you. Student fills in the content of the ATM instruction. Reorganize an activity, not the "problem" area. Dennis gave whole lesson just making woman more comfortable while lying on front side.

FI Exploration #009 – Dennis Leri

Bring hand to head

CD#2/T10 [46 MINUTES] [DVD#1 SCENE 4 (38 MINUTES)]

Student on back, head support little so plane of face is like when standing. Sit at their head, observe them. Dennis skeleton demo, handhold and trajectory of hand to head. Demo with Barbara. Students practice then Demo with skeleton and Tanya. Went on riff about bringing shoulders to connect with Tanya's middle. Advance level.

ATM Lesson #021 – Diana Razumny

Flex/extend foot, lines from heel to toes, on front

CD#2/T11 [42 MINUTES] [ALEXANDER YANAI#304]

Stand, feel contact of each foot. On back, sense length of spine, legs from spine tail to head, to hip joints and down. Arms from spine at C7, shoulders, down. On belly, arms near head, bend R knee, foot to ceiling, flex/extend ankle. Repeat with head turned away from bent R leg. Repeat with head turned R, note. Bring foot parallel, look over shoulder to see if it is. Foot parallel, imagine board on foot, slide front of foot on imaginary board so ball of foot moves L/R. Look over R shoulder to see if foot stays parallel. On back, stand feet, slide ball of foot L/R, pivoting around heel. Stop with foot in middle, lift/lower inner/outer boarder. Return to sliding ball L/R. On front, bend R knee, foot parallel to ceiling, watch foot, move front of foot L/R. Bend R leg, foot parallel, take heel L/R, note breath, jaw, neck, chest. Repeat while watching foot. Return to flex/extend ankle. Repeat, think of imaginary line of pressure from heel to big toe. Repeat, line from heel to little toe. Repeat thinking of both lines, heel to big/little toe. Imagine the two lines, take ball of foot L/R, keeping sole parallel to floor/ceiling. Repeat, watching foot. Leg bent, sense point on back of heel, imagine clock, circle heel around clock. Go: counter clockwise; lower half of

clock/circle. Extend foot so heel is nearer floor to identify bottom mid point of circle, look at foot, move heel along lower half of circle. Start w/heel closest to floor, create quarter of circle towards inside (midline) think of big toe. Make other lower quarter circle to outside, think of little toe. Repeat quarter circles, evolving them into half circles. Make lower half of circle, thinking of toes next to big/little toes then the middle toe. lines from heel to big/little toes. Making half circle, go from toe to toe, tracking each in space w/movement of heel. Repeat, looking at foot. Simply flex/extend ankle, then keeping sole parallel, toes/heel L/R. Stand.

Day 8 Wednesday February 15, 2006

ATM Lesson #022 – Dennis Leri

Hand behind back, rolling/tilting, on back

CD#2/T12 [51 MINUTES] [TUSCON 1981]

On back, bend R knee, foot on floor, lift R hip, slide R hand, palm down, under low back. Take R knee/head little to R, return, keeping knee/nose oriented in same direction throughout movement. Whole torso moves a little, R side moving towards L. Rest in this position, hand behind. Lengthen R leg gently, press along back towards the floor starting w/heels then knees, pelvis, lower back, middle back, shoulders, head then reverse, creating the changing pressure along back side against the floor from head to heels. Take R shoulder little up towards R ear then down towards hip. Then take shoulder forward/back. Continue, add taking face little to R when shoulder blade goes back into floor, return shoulder/head back to neutral/starting place. Bring L shoulder forward/back, add previous shoulder/head movement. So when L shoulder comes forward, R goes back. Pause, lift R hip, slide arm through little farther if comfortable then take R knee L/R, move head opposite the knee. Roll pelvis little L/R. Bring L arm forward, towards the ceiling, reaching, taking knee to R w/reach, head rolls along w/arm reach, return all to center, repeat. Lengthen R leg, bring L foot to stand, L knee forward, alternately lift shoulders, rolling pelvis L/R w/shoulders. Pause, legs long. Stand R foot again, take head/knee R, bring L shoulder forward, so torso rolls little to R. Stand L leg, lift L side of pelvis to slide L hand under back also then w/both legs lengthened, roll pelvis L/R. Bend L leg, foot standing, lift L hip a little to bring L arm through a little farther, lengthen legs, roll pelvis L/R, note how using feet/pelvis. Bend knees, lift feet from floor, knees over chest, roll pelvis L/R. Return feet to floor, take tailbone away from floor little few times. Lengthen legs, press heels then backs of knees, and so on up to head and return wave of pressure back down to heels again. Bend L leg, (this one not for everyone) hold R wrist w/L hand, lift L hip, as you roll towards R side, pull R arm so you end up lying on R side/R elbow. Go very easily/gently then return to back. Return to back, bend both legs, lift pelvis, very slowly bring arms out from behind to along side you, return pelvis, lengthen legs, feel R arm. Bring R arm towards ceiling, think of drawing a spiral with fingertips, starting with small circle, gradually getting larger until arm is circling horizontally then reverse it to bring the arm perpendicular to the floor again. Bend L knee, roll little to R, L arm behind back, return hip to floor, turn head/knee to R/center. Repeat a few variations on this side. Another variation when bringing shoulder up/down, add sliding/tilting head side/side. End with both feet standing, lift pelvis, leave lifted, slide both arms under, one pulling the other, holding at elbows if possible, sliding arms through side/side. Add sliding head/shoulders

side/side, pelvis going opposite direction, back of head stays on floor, face to ceiling.

FI Exploration #010 – Dennis Leri

Review leg lift, upper arm move, hand to face

CD#2/T13 [8 MINUTES] {DVD#1 SCENE 5 (4 MINUTES)}

Review lifting leg while on back. Review holding upper arm between two hands at elbow/shoulder while on side. Review taking hand to head/face while on back.

Discussion #015 – Dennis Leri

Q & A – use of self in FI, rap on traumatic experiences

CD#2/T14 [56 MINUTES]

Story of Dennis' photos of MF working and his organization. Brian – difficult lifting leg so switched to doing something different. Dennis – just know what you are doing and as much as possible stay with what the project is. Making small variations. Ability to sense bladder filling. Brian – do I stick with my own organization as far as how much I can do with a person. Dennis – ATM/FI cross-pollinate. Athletes can do more than the coach and coach can still be useful in what they can see. Everyone has gaps in their attention. Kristin – movement of arm. Michael – referring to Dennis' demo with Tanya. Dennis describing his process. Color blind helps him see shapes more, plus he was a graphic artist. A job as a dynamiter as a kid. Story of being on a job blowing up granite and watching patterns form in the dust. Similar in observing someone's "pattern" or habit. Fundamental process of the NS. Example of shoulder near the ear and taking the shoulder nearer the ear and hold, change happens globally throughout the NS. Michael – what are we looking for as to when to rest? Monitor yourself in terms of attention, stop when it wanes and come back to it. You are feeling for novelty and nuance. Ashley – FI/ATM can access traumatic experiences. Presuppositions, "stored in the body". Situations elicit those experiences. Alvin Noe and Evan Thompson, Briton Oregon work with perception. We have sets and we refresh when it's novel. Rather than the NS storing, our world is our repository, our storage place. The experience is true but then you ask, how does that come about. Something can elicit that situation, in our thought environment or external environment. Rather than fixate just allow the movement. Sometimes you have content-free emotions. Milton Erickson – hypno-therapist/psychiatrist. He used naturalistic trance. We all do it always. Find a way to wake someone up in the middle of a trance. Story of recover memory movement. Woman who grew up wealthy. Erickson created an internal parent for the woman. Stephen Gilligan, Ericksonian therapist. Each person has their own resources they need to reconfigure a situation so they become healthy or move beyond. There isn't a science for behavioral change because

everyone has their own strategy. You deconstruct the light and form of the image, like changing image from the past into a cartoon. Erickson was a master of observation. David Grove - Regress to a moment in time prior to the traumatic situation. ATM/FI elicits conditions that sustain our organization. Metaphor of parent/child separation at a county fair and they see each other and orient towards coming back together. Resilience and flexibility to have options. So many inter-related components and ways to work with them. When you do work using your attention all kinds of experiences can emerge that we either did or didn't know were there. Cultural box for it is to do psychological work. True for some people. Gilligan - getting a person to think life has a purpose and whatever happens to them is oriented to that purpose. Looking at habits, bundle of habits "letting loose the bundle" Tibetan Buddhism - habits as machine sucking our vitality after the original usefulness, the mechanism of paying attention takes effort. When you cultivate that mechanism, you can ask who is recognizing when you are not paying attention? Certain point it becomes easier to pay attention than not. It can be a shock when you don't have preparation for the impersonal. Definition of the unconscious. NS is a repository for all of our experiences. In trainings it's to be expected that things come up because of the intensity. Doesn't happen as often in just 1 hour a week ATM class. If things come up, talking to someone can help.

ATM Lesson #023 - Diana Razumny **Rolling a ball along line #4 - along arms,** **chest & back, on front & back**

CD#2/T15 [51 MINUTES] [ALEXANDER YANAI #307]

On back, legs long/together, roll imaginary ball from above knees to pelvis, back to knees. Ball below knees, roll towards feet, back to knees, moving feet/knees/legs in way to help. Repeat, using knees pressing to floor. Continue rolling to pubic bone and back to feet, create kind of undulation from pelvis to feet to create the rolling. Arms straight out to sides, imagine ball at throat, roll to public bone and return, lifting head, tilting pelvis, moving as needed. Repeat w/one hand on throat, one on belly. Bend knees, stand feet, hands interlaced behind head, ball on navel, lift pelvis, roll ball to throat, lift head, roll to pelvis. Bend knees, lift feet, knees towards chest, lift head to roll ball to belly, lift knees more towards chest to roll ball back to throat. Repeat w/arms straight out to sides. Legs long, arms straight out to sides, roll ball from ankles all the way to throat and back again. Arms out to sides, palms up, roll ball from R hand up arm to "little recess" of deltoid on chest and reverse. Arms/legs spread in "X", imagine the line of pressure from R hand to L foot then roll ball from R shoulder to L hip and return, use lifting of head/hip. Start ball at R shoulder, cross to L hip, down L ankle, return. Add rolling from shoulder up to R hand, back down to L foot, leg moves to help ball rolling. Lift R

arm/L leg a little, lift/lower arm/leg in that shape to rock on the diagonal to roll the ball. Think through other diagonal, then do. Arms out to sides, legs together, roll ball from ankles to throat. Rest w/arms down, sense 5 lines, stand

ATM Lesson #024 - Dennis Leri

Lengthen through heel, on back

CD#2/T16 [50 MINUTES] [ALEXANDER YANAI #268]

On back, stand R foot, lift R hip, lengthen L leg through heel then shorten. Repeat OS. Stand R foot, lift R hip, arms overhead/spread, lengthen/shorten diagonal line from L heel to R arm, do quickly. Repeat OS. Bend both knees, lift pelvis, arms behind back, lower pelvis and L leg, R knee bent, lift R hip, L leg rolled out, lengthen through L heel/leg. Repeat OS. Stand R leg, hip lifted, L leg rolled out, lift/lower L leg. Pause w/hip on floor. Lift L leg, leave it up, lift/lower R hip while L leg is in the air. Quick/easy. Repeat OS. Repeat last sequence with arms behind lower back. Stand R leg again, arms overhead on floor, lift/leave L leg up, move L leg R/L. Quickly, pause same position. Lift/lower L leg now to sense ease. Repeat OS. More variations: Same position, circle straight lifted leg. Arms overhead or behind back. Feet standing, lift pelvis, arms behind back or arms overhead. Return to circling straight leg while pelvis is lifted from floor. Arms overhead on floor, feet standing, circle pelvis around clock each direction, note circling of head.

Day 9 Thursday February 16, 2006

ATM Lesson #025 – Dennis Leri

Sliding one leg in/out of standing hands,
sitting

CD#2/T17 [53 MINUTES] [ALEXANDER YANAI #377]

Sit, R leg bent back, L leg straight forward, two hands on floor to each side of L leg. Keep hands on floor, bend L knee and slide the L leg to the R of the R hand/arm. Repeat OS. R leg back, L leg straight forward, hands to each side of L leg, slide L leg in and outside of the L arm/hand. ROB. Repeat OS. Sit, R leg bent back, L leg between hands on floor, L leg to the R of R hand, leave it there a moment then go from there to take the L leg outside the L leg, alternating side/side. ROB, repeat OS. On front, hand in pushup, look to R, slide R knee up, several times, sliding head/knee towards each other. Repeat, as knee bends, L knee bends and trails behind. Repeat, bring both legs up towards chest on R side. Repeat but have L knee slide under the R so it comes closer to the chest. Repeat, and bring both legs through and up to sit with leg straight out in front, feet pointed in direction where head was, legs between the two arms. Repeat series on OS. Sliding legs up on R, bring L leg through the 2 hands. Repeat OS. Alternate side/side. Sit, return to original move.

Discussion #016 – Dennis Leri

Q & A – leg lesson, stretching, no failure
in lessons

CD#2/T18 [28 MINUTES]

Kim – how reversible does the movement in the lesson need to be? Adapt so the position makes it a little more possible. Charlene – reaching forward in long sitting was easier, hamstrings got stretched. Dennis – Moshe thought stretching was stupid because it was tearing the muscle rather than reorganizing yourself. Our movement is limited because of our organization, not because of short hamstrings. Story of woman in Israel about stretching. Shira – limitations, hard to figure out how to organize. Dennis – not difficult. Moshe's knee injury and way of recovering and developing awareness of what helped the knee. If you walk well or poorly, if you don't know what you are doing, it's a habit and you don't have options. Moshe realized who he was as a person was tied together with all his habits. Not identifying problem as external to "self" or "me". Changing the frame gives you more access. Marge – feeling something impossible, adjusted by changing position then going in reverse. Don't want to work against yourself, although you may start out like that initially. Shira – when movement is mechanical. Dennis – become aware. Story of woman sat out of lesson because thought she'd already done the lesson. Shira – what about misinterpretation? Lesson organizes you as you go with your best hunches about the lesson. No reason to change our behavior until it

doesn't work anymore. You can't fail in the lesson. More self determined.

FI Exploration #011 – Dennis Leri

Sensing along spine, ribcage, lifting
shoulders and rolling pelvis demo

CD#2/T19 [17 MINUTES] {DVD#1 SCENE 6 (13 MINUTES)}

Pairs – one person lying on side, sit behind and feel along spine, contour of ribs, repeat on other side then on back lift shoulders alternately. Switch roles and then get together with another pair to compare notes. Demo on skeleton of rolling pelvis while on back.

Discussion #017 – Dennis Leri

Q & A – avowed dreams, Coue, jujitsu

CD#2/T20 [11 MINUTES]

Tres – avowed dreams? Moshe studied Coue's work – therapeutic hypnosis. Form a clear intention. Working against something rather than moving towards what they want. Moshe, combat and jujitsu. Adapting to person's innate reaction. Involved in the Haganah, secret organization of defense in Israel. People try to create static posture for computer work and it's not the approach. When your life doesn't have any particular meaning, little things become big things.

ATM Lesson #026 – Dennis Leri

Lengthen through heel on back #2, on
back

CD#2/T21 [49 MINUTES] [ALEXANDER YANAI #269]

Bend R leg, stand foot, lift L leg (turned out a little), circle L straight leg, thinking of heel making circle. Reverse direction. Same position but with arms long overhead, leave R hip away from floor, hold L leg up in one place and lift/lower R hip. Repeat, quick/ease. Repeat OS. Soles together, pull belly in, lower back to floor, reverse, push belly forward, lower back lifts, note knees open/close a little, feel through spine to head/chin. Same position plus arms overhead on floor, circle pelvis around clock. Explore how close heels are to pelvis. Same position, lift R bent leg, R knee towards R shoulder. Repeat, leave knee up towards shoulder then tilt to R to bring R knee towards floor and back again, L side of pelvis lifts, rolling R. Same position, leave R knee up in space and towards R shoulder, stand L foot and lift/lower L side of pelvis, rolling pelvis R while R legs stays same distance from floor. Same position, make circle w/R knee. Repeat OS. Stand feet wide, tilt knees inward, alternate taking one knee in closer to floor. Leave both tilting inward, lift R foot little. Repeat but slide inside of R foot on floor. Repeat OS. Same position, knees tilted inward, lengthen R knee away from your head. Repeat OS. Then alternate lengthening knees away from head then both at same time. Arms overhead, soles together, roll pelvis up/down, note knees open/close. Leave knees open, take one knee closer to floor and away from head, then do other side, then alternate

side/side. Return to R foot standing, L straight leg lifted/turned out, lift/lower R hip keeping L leg up. Repeat OS.

ATM Lesson #027 – Diana Razumny **Movement of opposition, lifting head, arm and leg, on back, sitting & standing**

CD#2/T22 [47 MINUTES] [ALEXANDER YANAI #333]

On back, legs spread, arms at sides, lift head, chin towards throat. Note: Pressure against floor. Front/back of chest. Explore lifting head by taking chin away from throat. Note: If what presses this way is different. Lift head w/chin going backwards. Note: What presses? Extend R arm overhead, lift little. Note: Shape of chest/torso, pressure to floor of spine, shoulder blade, ribs. What moves in opposite direction as arm lifts, opposition move. Lift R leg with same idea, feeling for opposition movement. Note: Pelvis, chest, spine, lower back/ribs, pressing and to L. Lift R arm, leg and head. Note: Easier when lifting all three than each one. Sit, take face forward, think of chin sliding forward. Note: Back moves backwards. Stomach muscles tighten. Sitting, take top of head back, then think it only. Note: Torso shape change, chest, spine, belly, tailbone. Stand, legs spread a bit, hang arms forward, like monkey, take face forward. Note: stomach muscles, back moving back, Repeat, imagine someone pulls crown of head towards ceiling. Note: Changing shape of spine, direction of pelvis moving. On back, Imagine 5 lines, ball for head. Lift head. Strings pulling ball/lines. R arm overhead, lift. Lift R leg. Lift head, R arm/leg. Use idea of strings shrinking to represent muscles shortening. Stand, extend R arm overhead, take R arm/leg forward (like on floor), feel back goes back. Try not letting it go back. Note head. Head comes forward w/arm/leg. Try stopping it. Stand, take face/chin forward SMALL AMOUNT Note: Whole back goes back. Pelvis? Pubic bone? Front shortens. Hands on belly, repeat. Possible to not move belly??? Lie on back, compare R/L sides. Stand, R arm overhead, R arm/leg forward, foot comes to floor in front. Do few times w/o walking. Both arms up, take back backwards as arm/leg come forward, place foot. Soften knee so more like walking. Walk w/o arm overhead, feel for the spine going back as before but w/o straight arm/leg. Use the back going back to initiate the stepping. Go slow, gradually increase speed allowing the idea to become softer yet present.

Day 10 Friday February 17, 2006

FI Exploration #012 – Dennis Leri Rolling pelvis, on back

CD#2/T23 [21 MINUTES] (DVD#1 SCENE 7 (17 MINUTES))

Pairs – one person lying on back, other sit or kneel to side, place hands/palms on iliac crest to roll the pelvis headward, lower back moves towards floor. Then slide flats of fists down near hip joints to roll pelvis footward, lower back lifts. Note movement through torso to head. Demo with Kristen.

Discussion #018 – Dennis Leri

Q & A – rolling pelvis, normal, average, weight lifting, unknowingness

CD#2/T24 [65 MINUTES]

Brian – FI exploration. High-level biomechanical instruction is not FI. It's not technique. Robert P. – what is FI if not biomechanical. Mark's biography of Moshe, first part for practitioners. Robert P. – how do I know if I'm disintegrating? It's going to be hit and miss, especially in beginning. Example giving lesson to someone who stands on left leg. You are organizing towards simple functions of life. Story of working with group of people with MS. Topic of control, giving them total control of lesson. Marge – biomechanics vs. FI, what we are doing in hands-on where studying variations on normal. Dennis – Average, not normal. Normal is a super person, moving equally in all 6 directions. Average college students as a gauge. Marge – working with lower end. Dennis – from FM perspective everyone is ideally organized. Presupposition that people choose what they perceive as their best choice, given their choices. FM expands the domain of choice. Dennis – we all come with pathology, learning how to learn, matters of degree, not kind. Marge – biomechanics? Dennis – take a different direction. Story about practitioner who would destroy PT beliefs. Larry Goldfarb's style, language of science. First order of cybernetics – have experiment and observe effects on a system. Second order of cybernetics is observing a system. The coupling of the observe factors into the experiment. There's not a distinction between observer and observed. Human interaction is about understanding. When we look for someone's neutral, it's how they live in the world. We need to develop our own sensitivity. I'm the one that is feeling the differences when I'm touching someone else. On Dennis' website, article on Heinz von Foerster. Criteria of a good carpenter? Someone can follow the whole list and not be a good carpenter. In FI you are reflecting to the person what they are doing, how they are organized and live. Charlene – getting a sense of how someone's pelvis move, without judgment. Are you happy with whatever organization they have? Dennis – first I just understand and clarify what I feel. Charlene. Never an end point in terms of possible self-development. There are other end

points – learning curve, comfort, the 45-minute session. Example of people who like to lift weights and they injure themselves then come for FI. Story of Jeff Smith who uses gym with Feldenkrais. Good athletes don't dissociate during sport. Michael about Dennis website article, risk of "know thy self". Dennis – inhabiting unknowingness is a concrete experience that is a state of alertness and vitality. Gives opportunity to do something different. Story marital artist criticizing FM because it doesn't have a "form" like Tai Chi.

ATM Lesson #028 – Dennis Leri Lengthen through heel on back #3, on back & side

CD#2/T25 [49 MINUTES] [ALEXANDER YANAI #270]

On back, knees bent, feet stand, push through to head, rocking pelvis. Do w/one leg long then other. Stand R foot, turn L leg out, lift/lower R side of pelvis. Repeat OS. On R side, knees bent, lift top/L leg, note hip joint. Repeat OS. On back, stand R foot, R hand over top of head hand holding L temple, L leg long, L arm long overhead, slide head/shoulders to R and lift R hip, push belly out. Pause, repeat, stay in the side bent position and lift/lower R hip, then quicker. Repeat series OS. L foot standing, slide shoulders/head down to L, hold L ankle or higher w/L hand, lift/lower L hip. Repeat OS. On front, bend knees, slide head/shoulders to R, stay, reach to hold R ankle w/R hand, L arm overhead, lift/lower L arm/head. Pause, lift R knee from floor then add L arm/head w/knee lifting. ROB. On back, R foot stand, hold R lower leg w/R hand, lift R hip, roll head to R w/ hip lift. Repeat OS. Stand R foot, hold ankle, L arm overhead, lift hip and turn head to R this time. Repeat OS. Same position w/R foot standing, start w/hip lifting and end w/looking up at L hand reaching. OS. On back, tilt/roll pelvis up/down, feel spine to head, chin. Soles together, roll pelvis up/down, quicker.

ATM Lesson #029 – Diana Razumny Movement of opposition #2, lifting head, arms, legs, on front & knees/forearms

CD#2/T26 [41 MINUTES] [ALEXANDER YANAI #334]

On back, arms overhead on floor, lift both arms, again w/head. Lift both legs then legs, arms, head same time. On front, arms overhead on floor, lift arms, head, head and arms. Throughout lesson, attend to changing shape of torso. Lift legs, lift arms, head and legs. On knees and forearms, lift R arm, then L leg then R arm and L leg. Stay w/arm/leg lifted, rock forward/back. Repeat on other side. On front, arms by sides, palms up, press backs of hands, lift legs. Arms overhead, lift arms, head, legs, all three. Stand, lift arms in front, feel shape of spine/torso.

Discussion #019 – Dennis Leri

Q & A – lesson of back going backwards

CD#2/T27 [14 MINUTES]

Marge – memory of being stuck upside down in kayak.
Dennis – about lesson of back moving backwards. Brian – about thumb together with fingers. More primitive not to use “opposing” thumb. Reaching Moshe’s books? Body and Mature Behavior was the only one written as a book. Moshe wasn’t every happy about the book Potent Self. Kim – Potent Self new version with Mark Reese’s forward is really good. Plus the avowed dreams idea is clear. Also the cross motivation is covered well.

ATM Lesson #030 – Dennis Leri

Breathing #4, on back

CD#2/T28 [33 MINUTES] [ALEXANDER YANAI #435]

On back, exhale powerfully as you draw belly in. Then do 15 slowly. Don’t need to think about the inhalation, it just comes. Bend knees, hands on lower belly, push belly/lower back out in all directions on exhale, 15 times powerfully through nose quickly. Powerfully exhale 15 times pushing out and 15 pulling in alternately, allowing inhale to come in as it will. Do 30 again but slowly, alternating between pushing out in all directions with the exhale and then pulling belly in towards the spine on the exhale, allowing inhale to come in spontaneously. On R side, knees bent, hands on ribs to feel shape of breath while on the side and then return to the powerful exhaling, quick, through nose.