

		Separating feet w/lower legs bent, on front	6
		CD#3/T13 [69 minutes] [Alexander Yanai #361]	6
DAY 11 MONDAY MAY 8, 2006	4		
ATM Lesson #031 – Katrin Smithback	4	Movie	6
Turning head, changing arms #1, on front	4	African Walkers	6
CD#3/T01 [43 minutes] [Amherst June 19, 1980]	4	not recorded	6
Discussion #020 – Katrin Smithback	4	Discussion #023 – Diana Razumny	6
Q & A and sharing from last segment	4	About movie and map of the training	6
CD#3/T02 [24 minutes]	4	CD#3/T14 [48 minutes]	6
ATM Lesson #032 – Katrin Smithback	4	ATM Lesson #038 – Katrin Smithback	6
Turning head, changing arms #2, on front	4	Closed eye while swinging, standing	6
CD#3/T03 [35 minutes] [Amherst June 19, 1980]	4	CD#3/T15 [33 minutes]	6
FI Exploration #013 – Katrin Smithback	4	Discussion #024 – Katrin Smithback	6
Describing movement without judgment	4	About eye lesson and teleceptors	6
CD#3/T04 [32 minutes]	4	CD#3/T16 [29 minutes]	6
Discussion #021 – Katrin Smithback	4	FI Exploration #015 – Katrin Smithback	6
Define scanning	4	On front, lift leg	6
CD#3/T05 [26 minutes]	4	CD#3/T17 [31 minutes] [DVD#2 Scene 1, 16 minutes]	6
ATM Lesson #033 – Katrin Smithback	4	DAY 14 THURSDAY MAY 11, 2006	7
Gluing the lung #1, on back, sitting, standing	4	Discussion #025 – Katrin Smithback	7
CD#3/T06 [minutes] [Alexander Yanai #201] Reading	4	Breathing and Stough video on breathing	7
directly from AY notes	4	CD#3/T18 [42 minutes]	7
Discussion #022 – Katrin Smithback	4	ATM Lesson #039 – Katrin Smithback	7
Experience of lung lesson	4	Seesaw breathing, attention to lower belly, on back, front,	7
CD#3/T07 [8 minutes]	4	all 4s	7
		CD#3/T19 [42 minutes] [<i>Potent Self</i> inspired]	7
DAY 12 TUESDAY MAY 9, 2006	5	Discussion #026 – Katrin Smithback	7
ATM Lesson #034 – Katrin Smithback	5	ATM elements/strategies	7
Turning head, changing arms #3, eye circles/weight, on	5	CD#3/T20 [46 minutes]	7
front & sitting	5	ATM Lesson #040 – Diana Razumny	7
CD#3/T08 [46 minutes] [Amherst June 19 & 20, 1980]	5	Spinal Chain, on back, front, all 4s	7
Eyes organize the body	5	CD#3/T21 [55 minutes] [Alexander Yanai #177]	7
ATM Teaching #01 – Katrin Smithback	5	Discussion #027 – Diana Razumny	7
Five minute scan	5	Relation between ATM & FI	7
CD#3/T09 [37 minutes]	5	CD#3/T22 [7 minutes]	7
ATM Lesson #035 – Katrin Smithback	5	FI Exploration #016 – Diana Razumny	7
Moving eyes, head, legs, tall and small, on front	5	Lifting head from elbows on back, touching spine on all 4s	7
CD#3/T10 [39 minutes] [Amherst June 23, 1980]	5	guided	7
FI Exploration #014 – Katrin Smithback	5	CD#3/T23 [58 minutes] [DVD#2 Scene 2, 8 minutes]	7
Touching spine while turning head, on front	5		
CD#3/T11 [30 minutes]	5	DAY 15 FRIDAY MAY 12, 2006	9
ATM Lesson #036 – Katrin Smithback	5	ATM Lesson #041 – Katrin Smithback	9
Baby rolls from eyes	5	Arms sliding under front #1, on front	9
CD#3/T12 [31 minutes] [Amherst inspired]	5	CD#3/T24 [71 minutes] [Amherst July 15, 1980]	9
DAY 13 WEDNESDAY MAY 10, 2006	6	ATM Teaching #02 – Diana Razumny	9
ATM Lesson #037 – Katrin Smithback	6	Mime Time movement description	9
		CD#3/T25 [17 minutes]	9

ATM Lesson #042 – Katrin Smithback	9	FI Exploration #021 – Katrin Smithback	11
Gluing lungs #2, varied positions	9	Lifting shoulder #2, on back	11
CD#3/T26 [48 minutes] [Alexander Yanai #202] Read from AY notes	9	CD#4/T11 [20 minutes] [DVD#3 Scene 2, 14 minutes]	11
ATM Lesson #043 – Katrin Smithback	9	ATM Lesson #049 – Katrin Smithback	11
Tilting crossed legs & triangle arms, on back	9	Gluing lungs #3, on back & front	11
CD#3/T27 [48 minutes] {Awareness Through Movement Book #5}	9	CD#4/T12 [minutes] [Alexander yanai #203]	11
FI Exploration #017 – Katrin Smithback	9	DAY 18 WEDNESDAY MAY 17, 2006	12
Differentiated/undifferentiated	9	ATM Lesson #050 – Diana Razumny	12
CD#3/T28 [60 minutes] [DVD#2 Scene 3, 60 minutes]	9	Tilting crossed legs with continuous eyes, on back	12
DAY 16 MONDAY MAY 15, 2006	10	CD#4/T13 [40 minutes] [Alexander Yanai #266]	12
ATM Lesson #044 – Katrin Smithback	10	FI Exploration #022 – Diana Razumny	12
Frog legs #1, noting lower back, on back	10	Rolling head with shoulder lift, on back	12
CD#4/T01 [46 minutes] [Alexander Yanai #117]	10	CD#4/T14 [91 minutes] [DVD#3 Scene 3, 13 minutes]	12
Discussion #028 – Staff	10	ATM Lesson #051 – Katrin Smithback	12
Judgmental language	10	Pelvic clock, soles together, on back & sitting	12
CD#4/T02 [49 minutes]	10	CD#4/T15 [26 minutes] [Alexander yanai #416]	12
ATM Lesson #045 – Katrin Smithback	10	Discussion #030 – Katrin Smithback	12
Frog legs #2, rolling head between hands, on back	10	Posture	12
CD#4/T03 [37 minutes] [Amherst June 18, 1980]	10	CD#4/T16 [72 minutes] [DVD#3 Scene 4, 22 minutes]	12
FI Exploration #018 – Katrin Smithback	10	DAY 19 THURSDAY MAY 18, 2006	13
Observing ways of head rolling	10	ATM Lesson #052 – Katrin Smithback	13
CD#4/T04 [30 minutes] [DVD#2 Scene 4, 17 minutes]	10	Gluing lungs #4, on back & front	13
ATM Lesson #046 – Katrin Smithback	10	CD#4/T17 [minutes] [Alexander yanai #204]	13
Frog legs #3, rolling head between hands, on back	10	Discussion #031 – Katrin Smithback	13
CD#4/T05 [17 minutes] [Amherst June 18, 1980 continued]	10	Breathing lesson	13
FI Exploration #019 – Katrin Smithback	10	CD#4/T18 [minutes]	13
Lifting shoulder, on back	10	FI Exploration #023 – Katrin Smithback	13
CD#4/T06 [16 minutes] [DVD#2 Scene 5, 12 minutes]	10	Tilting leg and pelvis, on front	13
DAY 17 TUESDAY MAY 16, 2006	11	CD#4/T19 [minutes] [DVD#3 Scene 5, 19 minutes]	13
Discussion #029 – Katrin Smithback	11	ATM Lesson #053 – Katrin Smithback	13
Learning, choices and sensory overload	11	Holding chin from behind head, sitting & lying	13
CD#4/T07 [14 minutes]	11	CD#4/T20 [minutes]	13
ATM Lesson #047 – Katrin Smithback	11	FI Exploration #024 – Katrin Smithback	13
Rolling up over elbow to sit, on back	11	Turning head side/side, on front	13
CD#4/T08 [54 minutes] [Alexander Yanai #3]	11	CD#4/T21 [minutes] [DVD#3 Scene 6, 13 minutes]	13
FI Exploration #020 – Diana Razumny	11	ATM Lesson #054 – Katrin Smithback	13
Feedback process with head rolling	11	Henpecking, on back, front & sitting	13
CD#4/T09 [56 minutes] [DVD#3 Scene 1, 13 minutes]	11	CD#4/T22 [minutes] [alexander Yanai #129]	13
ATM Lesson #048 – Katrin Smithback	11	DAY 20 FRIDAY MAY 19, 2006	14
Arms sliding under front #2, on front	11	ATM Lesson #055 – Katrin Smithback	14
CD#4/T10 [36 minutes] [Amherst July 15, 1980]	11	Tilting legs in/out, on back & sitting	14
		CD#4/T23 [41 minutes] [Mia & Gaby San Francisco 1978]	14

Discussion #032 – Katrin Smithback	14
Hip joints and lesson	14
CD#4/T24 [7 minutes]	14
FI Exploration #025 – Katrin Smithback	14
Lifting shoulder & turning head, on front	14
CD#4/T25 [25 minutes] [DVD#3 Scene 7, 18 minutes]	14
Discussion #033 – Katrin Smithback	14
Lifting shoulder FI	14
CD#4/T26 [9 minutes]	14
ATM Lesson #056 – Katrin Smithback	14
Sitting rotation (dead bird)	14
CD#4/T27 [30 minutes] [ATM Book #10]	14
FI Exploration #026 – Katrin Smithback	14
Reviewing all things done on front	14
CD#4/T28 [11 minutes]	14
Discussion #034 – Staff	14
Homeplay & Closure	14
CD#4/T29 [20 minutes]	14
ATM Lesson #057 – Katrin Smithback	14
Come to side sit from front	14
CD#4/T30 [30 minutes] [Master Moves]	14

Day 11 Monday May 8, 2006

ATM Lesson #031 – Katrin Smithback

Turning head, changing arms #1, on front

CD#3/T01 [43 MINUTES] [AMHERST JUNE 19, 1980]

Scan on back. On front, scan, turn head side/side. Face L, upper arms straight out from shoulders, elbows bent at 90, L arm up directed overhead, R arm down. Change head/arms. Stay looking L, L arm up, R down, slide arms in direction fingers are pointing. Stay facing L, arms at 90, lift one elbow, the other then both. Return to sliding arms, one up/one down. Return to start position, leave elbows on floor, straighten arms and switch which arm is up/down and same time change head to other side. Note timing, speed up little. ROB. On front, forehead on R palm, L hand on back of head, lift L elbow little, roll head w/L hand. Pause, add taking eyes opposite head rolling. Forehead on floor or backs of hands, nose towards floor, eyes facing floor, imagine looking deep into the floor at horizon far away, eyes closed, look up/down. Repeat, eyes moving more quickly, attending to breath remaining slow/easy. L hand on back of head, forehead in R palm, roll head side/side, move eyes up/down. Try different variations. Return to original movement of switching head side/side while changing direction of arm, straightening arms to change which is up/down, keeping elbows on floor.

Discussion #020 – Katrin Smithback

Q & A and sharing from last segment

CD#3/T02 [24 MINUTES]

Groups of 4 share what's happening with you about training or otherwise. Brian: Moshe trying to get a clear intent for the person. Katrin: the movements don't matter, it's how you do them, bringing curious to the lesson. Noticing what you are doing, finding the parasitic moves that aren't congruent with the intention. Ashley: skiing was different, interested in eyes. Kristin: eyes and not doing too much. Anne: doing movement at home and getting dizzy and new experience of really being with self. Katrin: movement suggestions. Having a conversation with yourself. Tres: including eyes in ATM and is visualizing right way. Katrin: questions are more interesting than answers. Finding what's "right" for you.

ATM Lesson #032 – Katrin Smithback

Turning head, changing arms #2, on front

CD#3/T03 [35 MINUTES] [AMHERST JUNE 19, 1980]

On front, face R, R arm up, L down, bend knees, feet up towards ceiling, sense where/how your feet are then look and check if matches your feeling. Same position, lower legs stay perpendicular to floor, move feet in variety of ways. Continue a movement of the feet, without changing movement of feet, turn head and change arms to other side. Pause, return to same combination of movements but change what you do with feet, add legs straightening and staying long. Knees bent, face R, R arm up/L down, tilt lower legs L. Legs slowly to L, return quickly to middle. Leave legs tilted L, move pelvis back to floor, create wave movement. Straighten legs and do the wave.

FI Exploration #013 – Katrin Smithback

Describing movement without judgment

CD#3/T04 [32 MINUTES]

Groups of 4 observe people lying on front and turning head along with arms moving. Use descriptive language without judgments. Gathered in large group to discuss qualities of movement vs. value judgments. We can have optimal in the background but everyone is different. Compliments are just as harmful as criticisms.

Discussion #021 – Katrin Smithback

Define scanning

CD#3/T05 [26 MINUTES]

Small groups then large group. Create list: where you start & what you emphasize, based on ATM and where they feel the difference; compare differences: weight, length, pressure, space, distance, color, volume, density, side to side, L/R, front/back, vivid, comfort, discomfort, feeling parts connected to other parts or to whole; breath, language (careful with images); orientation to environment in relation to internal/external; snapshot before/after; feeling differences; 5 lines; timing of scan quick/slow; in different positions; lying still or moving; measuring; standing & noticing how things are stacked; things haven't liked or felt jarred by in scan; floor coming up to meet you; noticing things moving vs. not moving. Scan: in beginning, during rest & at end.

ATM Lesson #033 – Katrin Smithback

Gluing the lung #1, on back, sitting, standing

CD#3/T06 [MINUTES] [ALEXANDER YANAI #201] READING DIRECTLY FROM AY NOTES

Discussion #022 – Katrin Smithback

Experience of lung lesson

CD#3/T07 [8 MINUTES]

Context of AY lessons being taught in Israel in the 50's.

Day 12 Tuesday May 9, 2006**ATM Lesson #034 – Katrin Smithback****Turning head, changing arms #3, eye circles/weight, on front & sitting**

CD#3/T08 [46 MINUTES] [AMHERST JUNE 19 & 20, 1980] EYES ORGANIZE THE BODY

Scan on back, attention to eyes. Sit cross legged, close eyes, take eyes to R so L eye is to the inside corner, the L to the outside corner, start making a little arc up/down, eventually create half circle around the R side. Gradually increase past top/bottom of circle, crossing over middle to other side by small increments. Lean back on hands, continue circling one direction then the other. Keep eyes closed, come onto back and then onto front, bring arms into position of elbows bent, one arm up, one down, looking towards arm that is up, switch arms/head to other side. Attend to your eyes as you change head/arms. Continue arm/head changing but think of the eyes looking down through floor, head moving around eyes. Move eyes up/down while changing head/arms. Sit cross legged (legs non-habitual cross), eyes closed all along, lean on hands, take eyes L/R. Then leave head turned to R and take eyes L/R, then L, then center again. ROB. Legs long or bent, take eyes L/R, add head moving w/eyes. Without interfering with head rolling and breath, speed up movement of eyes so they move more times L/R than the head. Head resting, take eyes together/apart in imagination then actually do it. Continue with eyes, and bring legs to standing, roll to L side/middle few times, then to R side then side/side. Continue and initiate from different parts of yourself. Just roll side/side in any way you like, keeping eyes closed. Keep eyes closed, come to standing, stay standing and slowly open eyes with intention of allowing the world to come into your eyes rather than reaching out to see

ATM Teaching #01 – Katrin Smithback**Five minute scan**

CD#3/T09 [37 MINUTES]

Groups of 3: 2 students, 1 teacher. Teacher gives a 5-minute scan.

Michael: movement or not? Position change or reference movement. Why do scan?: create baseline, feel self, settle, have something to compare. Was 5 minutes long/short? Yes. As student or teacher. Brian: level of specificity. Systematically moving from bottom up or general to specific. Scan as a whole lesson. Hypnotic induction. Quality of voice for different. Marge: paying attention to the people to help develop the scan. Having injury as a practitioner can be very interesting. You become interested in the process.

ATM Lesson #035 – Katrin Smithback**Moving eyes, head, legs, tall and small, on front**

CD#3/T10 [39 MINUTES] [AMHERST JUNE 23, 1980]

Personal scan on back. On front, arms by head, knees bent, feet in the air, sense feet then look to compare. Flex/ext ankles. Move feet together/apart. Have base of big toes

touch without heels touching. Then heels touching and not the front of the foot. Keep R leg stationary, take L foot to R leg and note where you touch. Repeat OS. Legs long, roll legs so heels come together/apart, add eyes looking up/down, add lifting/lowering R knee, continue all and slowly turn head to other side then other. ROB.

Continuously imagine making self small/tall, roll onto front side, flex/ext feet, then bring feet together/apart, all along thinking small/tall. Continuing small/tall, come to standing.

FI Exploration #014 – Katrin Smithback**Touching spine while turning head, on front**

CD#3/T11 [30 MINUTES]

Groups of 3: 2 observe 1 person lying on front and turning head side/side while changing arm positions up/down. Then observers place hands someplace along spine while they turn head side/side. Discussion in large group at end. James about some things being consistent. Michael about heat playing a part in being prone. Brian about things changing even without having intension to change something. Sensory motor feedback loop. Gaining trust. No agenda or expectations.

ATM Lesson #036 – Katrin Smithback**Baby rolls from eyes**

CD#3/T12 [31 MINUTES] [AMHERST INSPIRED]

On back, folded, roll side/side, lead w/eyes/head. On front, legs bent, head up, look L/roll R, continue rolling front/back.

Day 13 Wednesday May 10, 2006

ATM Lesson #037 – Katrin Smithback
Separating feet w/lower legs bent, on front

CD#3/T13 [69 MINUTES] [ALEXANDER YANAI #361]

On back, scan sensing legs, moving up to head. On front, bend legs, knees/feet together, hands by head, extend R arm on floor overhead, L hand standing, face L, take R foot to R. Note hip joints. Repeat OS. Stop, observe 4 people, describe one thing w/o judgment. Return to lesson. On front, arms straight out at shoulder height, palms down, face to L, knees/feet together, open/close feet/lower legs. Continue the legs moving, turn head side/side. R arm extended overhead, face L, L hand standing, L leg long, R leg bent, take R leg R towards floor. Go as far as is easy, stay and then find how to move rest of you to bring R foot closer to the floor to the R. Repeat OS. Return to both legs bent, face R, L arm long overhead, R for push-up, keep legs together and tilt both to L, stay there and separate R foot from L. Repeat OS. Return to arms out to sides, knees bent/together, feet apart, keep configuration of legs and tilt legs to side/side. Repeat w/head turned to OS. Face R, L hand for push-up, R arm extended overhead, knees bent, push L arm, tilt legs R, keep face to R. Stay w/R foot near floor on R and take L foot away/towards R foot. Repeat OS. Both hands for push-up, knees together/bent, feet apart, look over one shoulder, legs tilt to opposite side keeping the “v” shape. Repeat but w/o allowing pelvis to roll. Arms straight out, open close feet as before, compare to before. Repeat w/head to other side. Face R, R arm extended, L for push-up, knees bent/together, separate feet, keep configuration, tilt legs side/side. Switch head/arms, repeat. Arms for push-up, knee bent/together, open feet, look over shoulders alternately.

Movie

African Walkers

NOT RECORDED

Discussion #023 – Diana Razumny

About movie and map of the training

CD#3/T14 [48 MINUTES]

ATM Lesson #038 – Katrin Smithback

Closed eye while swinging, standing

CD#3/T15 [33 MINUTES]

Stand, turn to look around self, close one eye, continue turning, shift weight to one leg, the other, then turn opposite leg shifting towards. Stand 10 feet from someplace to focus on a point, swing everything L/R and then keep the one eye on the point. Shift weight to one foot and swing, then other foot, then shift to foot opposite direction you’re swinging. The shift weight to same side as swinging towards. Stroll with same eye open. Keep head/eye focus forward on point and swing everything else under changing your focus between open/close. Repeat the previous variations of weight shifting while keeping eye closed and going back and forth between open/closed focus. Walk a little then continue walking with both eyes open. Return to

wall/point, close other eye and do all variations at wall with this eye open. At wall, both eyes open, focus on spot, keep head/eyes stationary, focus on spot eliminating rest of visual field. Let everything swing, head/eyes included, feel/compare the turning.

Discussion #024 – Katrin Smithback

About eye lesson and teleceptors

CD#3/T16 [29 MINUTES]

Students sharing experiences. Katrin about opening focus while practice hands-on. Narrowing focus of one sense, the rest seem to follow by also narrowing. Developmentally, babies can see but don’t yet organize what they see. Story of someone starting blind and gaining sight through surgery. Couldn’t interpret what he saw until he touched it. What we see is only 20% of our experience of seeing, the rest goes on in your brain. Head carries teleceptors with 2 of everything so we move our head/neck in order to locate smell, sound, sight. Ability of head to turn has great importance. Exploration in sitting: turn head to look L/R keeping eyes and head together while turning head. Note quality. Then lead with eyes to turn head and note difference. Eyes organizing movement. Michael about emotional responses. Every movement has emotional and mental connection to it. Compulsive responses can be interrupted. Michael, what’s too much. Training setting is a lot of new and unusual, non-habitual behavior so a lot is being asked of student.

FI Exploration #015 – Katrin Smithback

On front, lift leg

CD#3/T17 [31 MINUTES] [DVD#2 SCENE 1, 16 MINUTES]

Demo with Tres and skeleton.

**Day 14 Thursday May 11,
2006**

Discussion #025 – Katrin Smithback

Breathing and Stough video on breathing

CD#3/T18 [42 MINUTES]

Intro to video by Stough on breathing. He was a voice instructor. Counting to 10 exercise on the exhale without any force, slurring the sound of the numbers then allow the inhale to just happen. Excursion of the diaphragm and the air being “pulled” into the lungs through the muscular movement. Getting the air out is the important part because the inhale just happens on it’s own from the biological impulse to survive. Video with commentary from Katrin and Stough. Beliefs, ideas, concepts can get in the way of allowing the breath. Breath and posture is taken care by the nervous system and we interfere with it. Many ways to breathe, depending on activity, position, individual. FM provides explorations of a variety of use of breath so that there are more possibilities so we can do what we want.

ATM Lesson #039 – Katrin Smithback

Seesaw breathing, attention to lower belly, on back, front, all 4s

CD#3/T19 [42 MINUTES] [*POTENT SELF INSPIRED*]

On back, feet standing: inhale, expand belly; expand chest on exhale; collapse chest on inhale; collapse belly on exhale. Inhale, hold breath then do movement of expanding belly/chest alternately. Fingers at pubic bone, just above, expand belly on exhale, fingers sensing movement at lower belly, thumbs are near belly button. Cough to help locate lower belly coming forward then push that area forward without the cough, on the exhale, and the thumbs dropping back towards the floor. Roll pelvis little with imaginary ball rolling up towards head from lower pelvic floor. Keep pelvis rolled a little and repeat the movement of lower belly expanding. Hands at sides on lower ribs, expanding/narrowing with breath. On front, arms/head comfortable, feel movement of breath. Seesaw movement. Hold breath w/seesaw, feel back/sides of lower belly. On back, one hands on side of lower ribs, other fingertips on lower belly at pubic bone, expanding lower belly on exhale, chest on inhale. On hands/knees, note breathing, imagine cylinder. Round back backwards and do the seesaw breathing. Arch, look up, spine sink forward, repeat seesaw. Hold exhale, seesaw movement. On back again.

Discussion #026 – Katrin Smithback

ATM elements/strategies

CD#3/T20 [46 MINUTES]

Small groups: brainstorm parts/strategies found in all ATMs. Example of something found in some ATM would be one-sided lessons. Large group list: attend to orientation, exploration; take care of self; if it’s not forbidden it’s allowed; attend to differences/changes; emphasis on awareness; lack of competition/achieving; find own way of moving; attend to process not goal; no demo; differentiation are in some; end of lesson has attention;

ATM Lesson #040 – Diana Razumny

Spinal Chain, on back, front, all 4s

CD#3/T21 [55 MINUTES] [ALEXANDER YANAI #177]

Start w/partner, observing each other round back backwards while sitting on floor. On back, feet standing, lift pelvis, each vertical. Interlace hands behind head, lift head, each vertical Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vertical move. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vertical. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vertical. Lift head, look up, push belly out, note vertical. Lower head, look under pull belly in. Note if can slide forehead along floor while looking under. If not, come on elbows a bit so forehead can slide along floor. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vertical. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vertical. Rest on back. On back, stand feet, lift pelvis like beginning, note vertical. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine

Discussion #027 – Diana Razumny

Relation between ATM & FI

CD#3/T22 [7 MINUTES]

What ATM & FI have in common: Sensing self, Going slow, Doing small, Distributing effort, Moving attention, Imagination, Rest, Make distinctions, Compare/Differences, Track/ref. Move, Non-habitual moves, Novel moves, Note breath, Non-goal orientation, Non-judgmental, Non-competitive, Curiosity/Exploration, Comfort w/not knowing, Honoring self, Stay within comfort/ease, Quality vs. quantity

FI Exploration #016 – Diana Razumny

Lifting head from elbows on back, touching spine on all 4s guided

CD#3/T23 [58 MINUTES] [DVD#2 SCENE 2, 8 MINUTES]

Demo w/Teri. Pairs: Student on back w/feet standing, practitioner sitting at head, student interlace hands behind head, elbows forward, practitioner observe them lifting head w/hands. Practitioner place hands at elbows and ride along while they lift head, gradually take over the work.

Stay where head lifts easily, student lifts pelvis, practitioner feels when starts to push into their hands at the elbows and start lowering head. Alternate. Student - all 4s, round back backwards, practitioner note high point, place fingers to sides of spine there, follow them as they let spine sink/move forward, give resistance for them to round back in that place. Repeat at "low" point when spine sinks towards floor (forward). Ref move of watching them round their back while sitting.

Day 15 Friday May 12, 2006**ATM Lesson #041 – Katrin Smithback**

Arms sliding under front #1, on front

CD#3/T24 [71 MINUTES] [AMHERST JULY 15, 1980]

ATM Teaching #02 – Diana Razumny

Mime Time movement description

CD#3/T25 [17 MINUTES]

ATM Teaching Game – Groups of 4 – 1 teacher, 1 mime, 1 student, 1 silent observer. Mime chooses daily activity to mime – starting and going slow, come into position, wait till teacher describes, when student gets it, move on to the next position/movement, slowly add to the complexity – set up conditions if chair or mat is needed. Teacher – describes without demonstration and without metaphor or analogies using body parts, relationship of body parts, directions/orientation. Student – just do what you understand the directions to be without looking behind you. Silent Observer – stand behind and to side of mime to see the whole scene, if you see the teacher start to demonstrate raise your arm, wave if necessary. Short discussion in large group at the end.

ATM Lesson #042 – Katrin Smithback

Gluing lungs #2, varied positions

CD#3/T26 [48 MINUTES] [ALEXANDER YANAI #202] READ FROM AY NOTES

ATM Lesson #043 – Katrin Smithback

Tilting crossed legs & triangle arms, on back

CD#3/T27 [48 MINUTES] {AWARENESS THROUGH MOVEMENT BOOK #5}

On back, feet standing, R leg crossed over L, tilt legs R, explore inhale/exhale. Feet standing, palms together, arms straight in front, tilt triangle of arms to L. Return to cross leg tilt, note differences. Repeat OS. R leg over L, leave tilted to R, hands interlaced behind head, elbows together, lift/lower head, note movement of legs. Repeat OS. Feet standing, lift/lower head w/interlaced hands, inhale as you lower, lift on exhale, note area of back pressing into the floor so head becomes lighter. Continue w/breath independent of movement. R arm across chest to reach under L armpit towards shoulder blade, L arm reaches across to hold R shoulder, R hand lifts R shoulder to roll L then L hand lifts L shoulder to roll R, roll side/side, legs long then stand feet and continue. Continue, keeping head/eyes fixed forward looking at a spot in front of you. Allow head/eyes to roll with shoulders, then have head/eyes to roll opposite the shoulders. Return to cross-leg tilts to compare to beginning.

FI Exploration #017 – Katrin Smithback

Differentiated/undifferentiated

CD#3/T28 [60 MINUTES] [DVD#2 SCENE 3, 60 MINUTES]

In groups of 3 explore the difference between a differentiated movement and an undifferentiated movement.

Day 16 Monday May 15, 2006

ATM Lesson #044 – Katrin Smithback

Frog legs #1, noting lower back, on back

CD#4/T01 [46 MINUTES] [ALEXANDER YANAI #117]

On back, note the curves of spine. Bend/straighten legs. Leave L leg standing, slide R leg long then bend and bring to stand, knee bends out to side. Leave R leg standing, slide L leg a little long and then bend without bringing to standing so the lengthening and bending is in a middle range. Pay attention to the lower back and how little involvement there can be exploring each leg one at a time and then both at the same time. Stand feet, hands interlaced behind head, lift head w/hands, not change of spinal curves when lifting head. Leave head lifted and begin sliding R leg long and then bend, bend/straighten in mid range, knee to outside, noting breath or unnecessary activity with L standing leg. Repeat w/other leg then do both legs at same time. Hold R knee w/R hand, L hand behind head, bring head/elbow R knee towards each other. Repeat w/arms switched. Both hands behind head, R knee/elbows tog/apart. Both hands around R knee, head/knee tog/apart. Return to just sliding R leg up/down, note difference. Repeat OS. Knees bent softly out to sides, slide one leg up/down, then other, then both. Stand feet, slide one leg up/down, then other, note changes from beginning.

Discussion #028 – Staff

Judgmental language

CD#4/T02 [49 MINUTES]

ATM Lesson #045 – Katrin Smithback

Frog legs #2, rolling head between hands, on back

CD#4/T03 [37 MINUTES] [AMHERST JUNE 18, 1980]

On back, roll head with R hand on forehead, explore 3 variations of how hand contacts forehead. Repeat with L hand. R hand behind head, leave elbow out to side, slide hand on floor so when hand goes L your head rolls to face R. Repeat w/L hand behind head. R hand on forehead, L behind, move both hands to roll head, elbows move towards/away from each other. Sit, roll head w/all the above variations. Sit cross-legged, R leg in front of L, roll head between hands continuously and switch legs so the L is in front. Explore speed of head rolling in relation to legs. Switch hands and repeat. On back, L hand on forehead, R behind, roll head, note breath, change rhythm so there are several breaths w/one roll of head, the reverse relationship. Switch hands, repeat. Return to original moves of hands rolling head.

FI Exploration #018 – Katrin Smithback

Observing ways of head rolling

CD#4/T04 [30 MINUTES] [DVD#2 SCENE 4, 17 MINUTES]

Demo Kim. In trios, observe each other doing the different movements of rolling the head that was done in the ATM. Larger group meets at end for discussion.

ATM Lesson #046 – Katrin Smithback

Frog legs #3, rolling head between hands, on back

CD#4/T05 [17 MINUTES] [AMHERST JUNE 18, 1980 CONTINUED]

On back, roll head w/each hand on forehead, then w/back of hand on forehead, then hand behind head. Add rolling R leg in/out, w/head then opposite. Do frog leg movement w/R leg, rolling head w/L hand then R hand. Change speed of head/leg so they don't match, one moves faster than other. Do just frog leg quickly, add L hand on forehead, rolling head slowly. Roll head w/L hand slowly, bend/straighten R leg in sync with head rolling.

FI Exploration #019 – Katrin Smithback

Lifting shoulder, on back

CD#4/T06 [16 MINUTES] [DVD#2 SCENE 5, 12 MINUTES]

Slide hand, palm down, under/behind shoulder near joint, pivot over finger tips to lift, look for easy pathway. Lift other shoulder then start with easy lifting shoulder, hold it there and then add lifting other shoulder noting the point where the 2 shoulders creates a mid point in the chest somewhere. Hold until the person says to stop. Demo Michael and skeleton.

**Day 17 Tuesday May 16,
2006**

Discussion #029 – Katrin Smithback

Learning, choices and sensory overload

CD#4/T07 [14 MINUTES]

From *Master Moves* talks about learning by doing 3 different ways and having choices. Photo of Helen Keller, Gram Bell and Rational Psychology Institute in Germany, research of stimuli and sensitivity and the decrease. Was 300 sounds distinguishable. Higher threshold for senses to gain satisfaction.

ATM Lesson #047 – Katrin Smithback

Rolling up over elbow to sit, on back

CD#4/T08 [54 MINUTES] [ALEXANDER YANAI #3]

On back, imagine rolling up to sit. Hands interlaced behind head, translate head side/side. Leave elbows open, slide head/arms to R so R elbow moves in arc down and towards your side. Alternate R/L. Have L arm at 45 degree angle from side, on floor, roll head to look, slide R arm behind head to hold head near L ear, start rolling towards L so head/arm lift a little so weight starts going towards L elbow. Feel for when the quality shifts. Look for reversibility. Repeat OS. L arm at 45, lengthen R arm forward towards ceiling, allow head to roll L, weight coming onto L elbow, legs fall into “z sit” position, shoulders lift from floor, elbow stays down and then reverse it. Both arms towards ceiling, lengthen R arm, roll up onto L elbow, reverse, come up on other side, alternate. Start w/legs softly bent up in front over chest, arms extending forward, rolling side/side, coming up to sitting on each side, rolling across back w/arms/legs in the air as roll to other side. Continue so that you come up onto your knees. Continue but keep head/shoulders lifted as roll across back but it’s more across pelvis, speed it up. Roll to R, come up onto knees, switch legs in kneeling, go back down on L side

FI Exploration #020 – Diana Razumny

Feedback process with head rolling

CD#4/T09 [56 MINUTES] [DVD#3 SCENE 1, 13 MINUTES]

Guided somatic identification of thoughts/feelings. Demo of head rolling w/Michael. For propping, example in sitting, hang head back and turn head, hang head forward and turn head, head on top of spine and turn. Flat hand rolling, less about you, more about them feeling their movement. Explanation of feedback during FI practice. Artificial structure of communication as exploration to set up for open lines of communication in future FI practices in partners. Categories of feedback: pressure, pace, degree, direction. Practitioner asks, “How was that pressure?” Student replies, “I would be curious to feel more/less pressure.” Or “I could easily attend to my sensation of the movement.” Practitioner repeats if wants firmer/lighter and then asks, “Would you like it even lighter?” etc. Do that in each category. Students, actually access feeling of curiosity before you say you are curious. Practitioners access curiosity when listening to what they say. This structure is to help with building blocks towards useful feedback in future practices.

ATM Lesson #048 – Katrin Smithback

Arms sliding under front #2, on front

CD#4/T10 [36 MINUTES] [AMHERST JULY 15, 1980]

FI Exploration #021 – Katrin Smithback

Lifting shoulder #2, on back

CD#4/T11 [20 MINUTES] [DVD#3 SCENE 2, 14 MINUTES]

Demo w/Ashley and skeleton. On back, review of anchoring fingers tips and lifting shoulder by using back of hand and then showing back of hand on table, finger tips at spine of the shoulder blade to hook fingers and lift, using knuckles anchoring/pressing against table to lift fingers.

ATM Lesson #049 – Katrin Smithback

Gluing lungs #3, on back & front

CD#4/T12 [MINUTES] [ALEXANDER YANAI #203]

Day 18 Wednesday May 17, 2006

ATM Lesson #050 – Diana Razumny Tilting crossed legs with continuous eyes, on back

CD#4/T13 [40 MINUTES] [ALEXANDER YANAI #266]

On back, scan for side/side. Cross R leg over L, tilt legs R. Awareness of chain reaction of skeletal, sliding of torso relative to shoulder girdle. As the knees tilt let head follow to R, both return to center each time. Allow eyes to see horizon in continuous way. Repeat with L eye closed. Then w/R eye closed. Note diff in turning w/ea eye. Return to both eyes open, repeat. Leave legs tilted R, L arm across chest, R hand on elbow or shoulder, pull R allow head/eyes to follow. Same position, but bring head/knees to middle, then return head to L, knees to R again. Eyes following continuously. Repeat with R eye closed. Then L eye closed. Repeat w/both eyes open. Tilt legs R, turn head L, pull L arm across chest w/R hand, both eyes open following with head. Stand, walk, turn, compare sides, repeat few moves on other side. Stand feet, lift pelvis high, slide arms under chest, lower pelvis, cross legs? Tilt legs R, head/eyes to R, return all to middle, both eyes continuous quality. When knees are R, note a tug on L elbow then return to center. Take arms out, rest w/arms/legs long. Repeat but take head L when knees go R. Repeat with crossing of legs and arm switched. Stand feet, hug chest, hands to shoulder blades, cross R leg over L, tilt knees to R, leave there, take shoulder girdle R as head/eyes go L. Repeat w/arm and leg crossing switch to other side.

FI Exploration #022 – Diana Razumny Rolling head with shoulder lift, on back

CD#4/T14 [91 MINUTES] [DVD#3 SCENE 3, 13 MINUTES]

Demo w/Kim. Guided exploration – Person on back, feet standing, lift one shoulder at a time, note differences. Roll head each way changing your hands, compare sides. Notice eyes under eyelids. Student open eyes, focus on point in front while head is being rolled. Pause. Tilt legs L and leave to L w/support (opposite one-sided lesson) Return to rolling head, compare sides again. Bring R hand to L shoulder, lift R shoulder few times holding R hand in place. Keep R shoulder lifted, roll head to R towards/away from lifted shoulder. Pause, lift R shoulder again, roll head towards R shoulder, leave head/shoulder together (undifferentiated), lift/lower shoulder keeping head same distance from shoulder. Bring head to middle, lower shoulder, arm by side, return to simply rolling head. Bring knees back up to standing over feet, roll head, lift shoulders alternately, compare to beginning.

ATM Lesson #051 – Katrin Smithback Pelvic clock, soles together, on back & sitting

CD#4/T15 [26 MINUTES] [ALEXANDER YANAI #416]

On back, stand feet, roll pelvis up/down. Sit, soles together, leaning on hands behind, roll pelvis forward/back,

imagine clock under pelvis, 12 in front, 6 behind. Push belly forward towards R knee around 2 o'clock, roll around to 6, return to 2. Go towards 10, alternate between & 2. Go between 12/6. Lean back on elbows/forearms, roll between 12/6, pushing belly forward towards 12. Note knees open/close w/rolling of pelvis. Alternate between 10/2 again. On back, soles together, roll pelvis between 12/6, pushing belly out/down towards 12 when roll there. Feel the ball of the pelvis and head. Sit, soles together, lean on hands, pelvis towards 12 then around the clock to 1 etc. all the way around to 12 again. Note parts of clock. Lean on elbows/forearms, circle clock clockwise then counterclockwise. Repeat on back w/soles tog. Stand feet, roll pelvis up/down, compare to beginning. Sit, soles together, lean on hands, roll pelvis forward/back. Stand, walk.

Discussion #030 – Katrin Smithback Posture

CD#4/T16 [72 MINUTES] [DVD#3 SCENE 4, 22 MINUTES]

Examples of "good posture" by variety of experts. Words to describe good posture from students. VIDEO – Medicine Man video with Dr. Stephen Langer. Biological necessity, able to move without preparation for survival. Reproduction, self-preservation, self-maintenance. Able to use cardinal direction – right, left, up, down, forward, back. Think of jumping a little and your adjustments will bring you into a better posture. Just knowing you can do something even though you may not need to makes a difference in how you feel about yourself, your self-image. Older people's world tends to shrink. Reading from *Body and Mature Behavior* and *Potent Self*. Movement exploration – stand w/legs wide apart and feel what movement/direction is available without preparation. Bring legs together where you feel support of your legs, imagine moving forward without reorganizing yourself then start to move forward and feel if you had to do something first. Go ahead and move forward in space. Stand, think of behind you and moving straight backwards without prior preparation. Stand, find a place where you could move either forward or back. Stand, think of moving to right, forward, back. Same to the left. Then up/down. Jump.

Day 19 Thursday May 18, 2006

ATM Lesson #052 – Katrin Smithback

Gluing lungs #4, on back & front

CD#4/T17 [MINUTES] [ALEXANDER YANAI #204]

Discussion #031 – Katrin Smithback

Breathing lesson

CD#4/T18 [MINUTES]

FI Exploration #023 – Katrin Smithback

Tilting leg and pelvis, on front

CD#4/T19 [MINUTES] [DVD#3 SCENE 5, 19 MINUTES]

Demo with Barbara. On front, work with leg on the side they are facing, if that's comfortable for them. Roll straight leg in/out. Lift the leg slowly and notice the easy pathway, tilt leg towards middle, note when pelvis gets involved then tilt to the outside. Sit on the back side of their head side, reach around to hold pelvis starting with your forearm on pelvis to start the rolling then bring hand under to lift/roll pelvis towards you, noting leg and torso response. Add holding bent leg on that side and tilt lower leg inward with the rolling of the pelvis as an undifferentiated movement. Add holding pelvis in the lifted position and taking leg back towards their outside to differentiate at the hip joint. Return to just tilting bent leg and note involvement of pelvis etc. Return to just lifting leg and rolling it while it's long.

ATM Lesson #053 – Katrin Smithback

Holding chin from behind head, sitting & lying

CD#4/T20 [MINUTES]

Sit, explore L side of face w/R hand, reaching arm around/behind head. Bring hand somewhere near chin, bring L hand forward on the floor, sliding it forward. Then side sit, "z sit", use your L hand for support and reach forward then up with the R elbow. Reverse legs and continue. ROB On back, stand feet, hold head in same way, take head/arm to R/return, keep face towards ceiling. Straighten legs, bend both knees to R, feet to L then straighten, combine that with taking head/arm to R, add sweeping L arm in arc overhead and to the R side so you could eventually come to sitting with R leg in front, L back, keeping L hand on floor whole time. Go up/down. Sit w/R leg in front, L back, R arm on chin again, hang head/arm towards floor then lift lower elbow a little feeling the connection down into the pelvis then take elbow R/L, start going down towards going onto back. Play w/orientation, head at one end when lying on back, facing foot end when sitting. ROB. Start again from the back, keeping elbow on the floor as much of the time as possible from back to sitting. Sit with legs switched but still holding head w/R hand/arm. Direct R elbow towards floor in front of L knee, eventually go all the way onto back then reverse. From back, come up on one side, return to back and come up on other side, holding head w/R arm whole time. Continue but when sitting, flip knees to

other side and go down on other side so it's a complete circle. On back, imagine rolling up to sit on each side without hold head. Do a few moves and feel how it is.

FI Exploration #024 – Katrin Smithback

Turning head side/side, on front

CD#4/T21 [MINUTES] [DVD#3 SCENE 6, 13 MINUTES]

Demo with Robert S. Bring one hand to forehead, other slides on floor up to back of head near ear, have person lift head to slip hand under so thumb and index form a "v" shape, finger tips are near jaw. Place hand that was on the forehead on the other side of the head in same way, have person turn their head and follow along. Eventually have them give you a little of their weight at different points in the turn so you can take over the turning for them.

ATM Lesson #054 – Katrin Smithback

Henpecking, on back, front & sitting

CD#4/T22 [MINUTES] [ALEXANDER YANAI #129]

On back, bring head forward. On front, propped on elbows, looking to horizon take head/face forward, note head getting taller/shorter. On back, knees bent, roll pelvis, take head forward when lower back is on floor. Hands on lower ribs, take head forward, ribs go down/back, hold ribs down as head lowers back to floor. Sit, soles together, hands behind head, take head forward, back rounding backwards, pelvis rolls back, chin comes forward/down. On front, on elbows, forearms parallel, rubber band from chin to floor pulling forward/down, bring shoulder blades together/apart. Sit, soles together, lean on hands, look up, take shoulder blades together/apart, take chin forward/back. On front, on elbows, one arm extended forward on the floor so all the weight is on other elbow, do same move. Repeat OS, then peck on back, on elbows. "X" on back, large stone to belly, arms/legs/chin lift, head falls back. More on front/back. Lift chin to come to sit.

Day 20 Friday May 19, 2006

ATM Lesson #055 – Katrin Smithback

Tilting legs in/out, on back & sitting

CD#4/T23 [41 MINUTES] [MIA & GABY SAN FRANCISCO 1978]

On back, scan, hip joints. Roll each leg in/out, one at a time. Bend knees, stand feet, tilt R leg out to R/return. Note pelvis response to leg. Tilt R knee R, at same time, slide R foot to L. Tilt R knee in/L, slide R foot out/R. Alternate tilting knee in/out, sliding foot opposite. R foot standing, tilt knee in/out like beginning, note differences, compare to L knee tilting in/out. Repeat w/L knee. Tilt both knees in/out then side/side. Keep knees towards ceiling, roll pelvis L/R. Lower legs to side, leave there, hands behind head, lift/lower head. Add knees lifting when lifting head, lower knees to side when head lowers. Repeat OS. Soles of feet tog, knees open to sides, non-habitual interlacing of hands behind head, lift head, note knees. Lift/lower head/knees same time. Sit, soles tog, hands behind head, roll pelvis back, back round backwards, head lowering towards space between knees, add looking up with head, rolling pelvis forward. Lean on hands behind, feet standing, tilt knees R, look up to R, as knees return to middle, look down, go to other side, alternate side/side. Continue with legs keeping head/eyes on horizon. Note if moving forward. Continue w/o moving forward and then bring hands from floor and continue. Then allow the walking forward, then walk backwards. On back, legs long, scan, roll legs, locate hip joints. Stand, locate hip joints, bend knee, lifting leg to feel hip joint. Walk.

Discussion #032 – Katrin Smithback

Hip joints and lesson

CD#4/T24 [7 MINUTES]

Importance of clarifying hip joints. Barbara about psoas. Michael overusing low back and upper back not as involved. All parts equally unimportant when moving.

FI Exploration #025 – Katrin Smithback

Lifting shoulder & turning head, on front

CD#4/T25 [25 MINUTES] [DVD#3 SCENE 7, 18 MINUTES]

Person lying on front, lift from front of shoulder on face side. Add other hand on back of neck to rotate head/neck a little towards the shoulder that's lifting. Lift shoulder on back side of head. Turn head to other side, repeat.

Discussion #033 – Katrin Smithback

Lifting shoulder FI

CD#4/T26 [9 MINUTES]

ATM Lesson #056 – Katrin Smithback

Sitting rotation (dead bird)

CD#4/T27 [30 MINUTES] [ATM BOOK #10]

Sit, R leg bent in front, L leg back, L arm up in front of face, lean on R hand, look at L hand as you turn around to the R. Stay turned, eyes look R/back to hand. Repeat w/one eye closed then other then both open. Turn R, stay, take eyes L/return to hand. Do original move, turning

around to R, note change. Turn around to R, put both hands on floor to R, turn head/shoulders L/R. Continue, turn head/shoulders opposite directions. Return to original turning to R. ROB Sit, hands on floor to R, focus on something in front of you, turn head/shoulders R/L keeping eyes fixed on point. Play with variations of head/shoulders/eyes moving same/opposite directions. R hand on floor, L on top of head, tilt head/neck L/R, note pelvis, ribs. Return to reference turning.

FI Exploration #026 – Katrin Smithback

Reviewing all things done on front

CD#4/T28 [11 MINUTES]

Approaches to explore/review all we did w/person lying on the front: Observing sensing w/touch; following person while they move (going for a ride); moving the person; waiting/holding; attention to the breath via observing, sensing, following; undifferentiated/differentiated moves; reference beginning and end. Stop, look and listen. Pairs – each take 20 minutes to explore.

Discussion #034 – Staff

Homeplay & Closure

CD#4/T29 [20 MINUTES]

ATM Lesson #057 – Katrin Smithback

Come to side sit from front

CD#4/T30 [30 MINUTES] [MASTER MOVES]

On front, explore direction head is turned, arm up on side of face, other arm down along side. Face to R, R arm up, L arm down, bend knees, feet in the air, tilt legs L, keep legs together. Have both arms up by head, tilt attached legs again and look to see the feet in the air. Add taking feet to L as before but only as far as you can still see the feet. You can stand your R hand to help and look over your R shoulder. Continue towards coming to sit. Repeat OS. Return to looking R, tilting legs L, start sending R leg back farther behind you so legs separate by sliding R leg along L, coming into "z" position. Repeat OS. Alternate side/side, coordinate with the whole group.