

	Rolling pelvis #3, soles together, LOB, elbow propped	6		
	CD#5/T12 [23 minutes] [Amherst Via Dennis]	6		
DAY 21 MONDAY AUGUST 14, 2006	3		ATM Lesson #064 – Dennis Leri	7
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CD#5/T04 [50 minutes] [Alexander Yanai #378]	3		CD#5/T16 [55 minutes] [Alexander Yanai #382]	8
Bending the toes]	3		Continuation]	8
DAY 22 TUESDAY AUGUST 15, 2006	5		Discussion #039 – Dennis Leri	9
ATM Lesson #060 – Dennis Leri	5		Review earlier talk or week, groups of four	9
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Discussion #036 – Dennis Leri	5		DAY 25 FRIDAY AUGUST 18, 2006	10
Imitating exploration, demo w/Cheryl, self image	5		ATM Lesson #067 – Dennis Leri	10
CD#5/T06 [73 minutes] [DV#2 18-end; DV#3 0-19]	5		Tilting pelvis forward and back, on front, knees &	10
			forearms and sitting	10
FI Exploration #028 – Dennis Leri	5		CD#5/T18 [55 minutes] [Alexander Yanai?]	10
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			CD#5/T19 [25 minutes] [DV#3 25-30]	10
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Leg swing & footprint #2, flex/extend ankle/toes, on	5		Leg swing & footprint #5, straight leg swing, hold top	10
side	5		bent leg, on side	10
CD#5/T08 [56 minutes] [Alexander Yanai #380]	5		CD#5/T20 [58 minutes] [Alexander Yanai #383]	10
pillows and swings]	5		holding knee]	10
DAY 23 WEDNESDAY AUGUST 16, 2006			Discussion #041 – Dennis Leri	10
ATM Lesson #062 – Diana Razumny	6		Evolution of trainings	10
Leg swing & footprint #3, flex/extend ankle/toes, on	6		CD#5/T21 [20 minutes]	10
side	6		FI Exploration #030 – Dennis Leri	10
CD#5/T09 [61 minutes] [Alexander Yanai #381]	6		Rolling pelvis, on back	10
pillows right and left]	6		CD#5/T22 [15 minutes] [DV#3 30-45]	10
FI Exploration #029 – Dennis Leri	6		ATM Lesson #069 - Dennis Leri	11
Observing, language and imitating on hands and knees	6		Rolling pelvis #5, around clock, on back, elbow propped	11
CD#5/T10 [5 minutes]	6		CD#9/T23 [40 minutes] [a la Dennis]	11
Discussion #037 – Dennis Leri	6		DAY 26 MONDAY AUGUST 21, 2006	12
FI exploration and ATM	6			
CD#5/T11 [32 minutes]	6			
ATM Lesson #063 – Dennis Leri	6			

		CD#6/T12 [27 minutes] [dv#4 32-56]	15
FI Exploration #031 – Dennis Leri	12		
Observe rolling pelvis and feeling spaces, on back	12	ATM Lesson #075 – Diana Razumny	15
CD#6/T01 [1 minute]	12	Sitting on chair with one sit bone off chair #1	15
		CD#6/T13 [45 minutes] [Alexander Yanai #508]	15
Discussion #042 – Dennis Leri	12		
ATM/FI, FI in Israel, pressure of “rightness”, ancient practices	12	Discussion #046 – Dennis Leri	16
CD#6/T02 [73 minutes]	12	About ATM lesson	16
		CD#6/T014 [6 minutes]	16
ATM Lesson #070 - Dennis Leri	12		
Rolling pelvis #6, leaning on elbows, on back	12	DAY 29 THURSDAY AUGUST 24, 2006	17
CD#6/T03 [61 minutes] [Amherst 1980]	12		
ATM Lesson #071 – Diana Razumny	12	FI Exploration #034 – Dennis Leri	17
Leg swing & footprint #6, hold top bent leg, lift/lower head/leg, on side	12	Finding trochanter, rolling whole leg	17
CD#6/T04 [65 minutes] [Alexander Yanai #392 holding knee]	12	CD#6/T15 [14 minutes] [dv#5 0-13]	17
		ATM Lesson #076 - Dennis Leri	17
DAY 27 TUESDAY AUGUST 22, 2006	13	Lengthening straight leg, arms overhead #2, on back	17
		CD#6/T16 [62 minutes] [Alexander Yanai #269]	17
ATM Lesson #072 – Diana Razumny	13	Discussion #047 – Dennis Leri	17
Leg swing & footprint #7, roll to front, hold legs behind, on side, elbows & knees	13	Built-in breakdowns, breakdown responses, change and attentional effort	17
CD#6/T05 [47 minutes] [Alexander Yanai #393 Continuation]	13	CD#6/T17 [64 minutes]	17
Discussion #043 – Dennis Leri	13	FI Exploration #034 continued – Dennis Leri	18
Work vs. Effort, a vs. the, definition of terms, self image and parasitic movements	13	Finding trochanter, rolling whole leg	18
CD#6/T06 [38 minutes] [DV#4 0-6]	13	not recorded, instructions at end of discussion	18
FI Exploration #032 – Dennis Leri	13	ATM Lesson #077 – Diana Razumny	18
Observe rolling pelvis and feeling spaces, on back	13	Leg swing & footprint #8, swing leg on side and standing at chair	18
CD#6/T07 [20 minutes] [DV#4 6-25]	13	CD#6/T18 [50 minutes] [Alexander Yanai #394]	18
Discussion #044 – Dennis Leri	13	DAY 30 FRIDAY AUGUST 25, 2006	19
FI exploration	13		
CD#6/T08 [24 minutes]	13	ATM Lesson #078 – Dennis Leri	19
ATM Lesson #073 - Dennis Leri	14	Sitting on chair with one sit bone off chair #2	19
Rolling pelvis #7, on back, sitting and leaning on elbows, standing, on knees	14	CD#6/T19 [61 minutes] [Alexander Yanai #509]	19
CD#6/T09 [44 minutes] [Amherst 1980]	14	ATM Lesson #079 – Diana Razumny	19
DAY 28 WED AUGUST 23, 2006	15	Leg swing & footprint #9, swing leg on side and standing at chair	19
		CD#6/T20 [62 minutes] [Alexander Yanai #395]	19
ATM Lesson #074 - Dennis Leri	15	FI Exploration #035– Dennis Leri	19
Lengthening straight leg, arms overhead #1, on back	15	Review all from this segment	19
CD#6/T10 [56 minutes] [Alexander Yanai #268]	15	CD#6/T21 [2 minutes]	19
Discussion #045 – Dennis Leri	15	Discussion #048 – Dennis Leri	19
Faux Integration, unlearning & nervous system’s language of patterns	15	About learning the method	19
CD#6/T011 [34 minutes] [DV#4 25-32]	15	CD#6/T22 [36 minutes]	19
FI Exploration #033 – Dennis Leri	15	ATM Lesson #80 - Dennis Leri	20
Push from foot, through straight leg to head, on back	15	Lengthening straight leg, arms overhead #3, on back	20
		CD#6/T23 [50 minutes] [Alexander Yanai #270]	20

**Day 21 Monday August 14,
2006**

**ATM Lesson #058 – Dennis Leri
Rolling pelvis #1, soles together, sitting**

CD#5/T01 [58 MINUTES] [AMHERST A LA DENNIS]

On back, long scan. Sit, lean on hands behind, soles of feet together, roll pelvis forward/back. Repeat without leaning on hands. Explore leaning on hands when far back then close to pelvis, then comfortable place. Note direction of fingers, try with fingers pointed backwards then forwards to note difference. Tilt top of pelvis forward, stick belly out, chin moves away from throat, then reverse. ROB. Sit, lean on hands, soles together, stay looking down so chin is to chest, roll pelvis forward/back keeping chin/head down. Return to allowing head to move w/pelvis. ROB. Sit, lean, soles together, slide feet side/side. Stay with feet to R, roll pelvis forward/back again, note asymmetry then make rolling over sit bones symmetrical. ROB, scan. Sit, repeat on other side. On back, knees wide, soles together, roll pelvis forward/back. Note chin does opposite to what happened in sitting. Stop head from moving while rolling pelvis then allow to move again. Knees open, L ankle on R, roll pelvis, note knees. Reverse ankle crossing, repeat. Return to soles together. Sit, lean, soles together, roll pelvis forward/back, note head. Bring R knee towards floor, lift R hand, leaning on L, head stays forward. Return to both hands on floor. Repeat but lift L hand while R knee goes to floor. On back, think through on other side, then sit and do. On back, soles together, tilt legs side/side so knees/thighs go towards floor alternately. Repeat in sitting. Repeat original simple move of rolling pelvis forward/back, head/spine moving with pelvis.

**Discussion #035 – Dennis Leri
Books, stories, here & there, now & then,
orientation**

CD#5/T02 [46 MINUTES] [DV#1 0-47]

Michael: reading "Body and Mature Behavior". Tres: Reading "Potent Self". Dennis: Cross motivation and Coue. Story about Moshe working with man who taught him how to build a computer. "FI is to bring a person to place of being able to form a clear intension." "ATM is when you lean and I don't teach." In morning lesson learning very basics of balancing. Child goes between being stable and mobile then organized. In lesson, using the torso and the arms. Finding our way back to how we learn and develop. Having conscious control is a beginning but then have to let it go. We're here in the training to develop our craft. Scans, sensing between two heels, the sensing or relationship is weightless, it's not the sensation itself. Self image in terms of "heres and theres". "Now and then" like beginning and end of lesson. Abi: comparing left and right. Orientation in space and time. In relation to the room "Without kinesthetic

awareness there's no sense of orientation," MF. Going from intentionally scanning and then it's ongoing without conscious effort. Metaphor of reading: letters; words, sentences, paragraphs. Flexion and extension in the morning ATM. Coming to stand, coming up. Bob about precise language. Society imposed brain damage. Story about teaching in hospital for veterans, Arlyn Zones and jumping jacks.

**FI Exploration #027 – Dennis Leri
Rolling pelvis, stopping movement where
they stop**

CD#5/T03 [30 MINUTES] [DV#2 0-18]

Observe Kristen, Brian and Barbara doing movement of sitting with soles together. Demo with Barbara in side sitting and bending forward. Clarifying the intension is one way - looking for what the person is doing and then seeing what they need. Another way is to go opposite, in this case flexion instead of extension. Barbara with soles together, leaning back on hands, holding her head stable while she rolls her pelvis and then let it go so there is more movement. If you see a place that isn't moving, there is activity in the brain stopping the movement. By holding the head we're doing what the system is doing. Demo with Kristin and Brian as well, showing what they aren't doing/moving. Practice seeing what you feel and feel what you see. Groups of three.

Discussion: Need to listen to the person first. Brian: wherever you touch something where they aren't moving they start moving. Loop of where we are in space and what we are doing. James: coming to stand and position of tailbone. Dennis demo of asymmetrical and dynamic rather than artificial straight movements for coming to stand. Back to practice in same groups.

**ATM Lesson #059 – Diana Razumny
Leg swing & footprint #1: flex/extend
toes, ankle, knee & hip, on front & back**

CD#5/T04 [50 MINUTES] [ALEXANDER YANAI #378 BENDING THE TOES]

On back, bend knees, stand feet, lift R leg/foot in air, bend toes up/down. Note: breath, jaw, neck, chest. Repeat w/L leg/foot. R leg in air, bend ankle w/o bending toes. Repeat w/L leg/foot. R leg in air, bend ankle and bend toes up. Bend toes down, straighten ankle. Attn: breath, jaw, mouth, neck, chest. Repeat w/L leg. On belly, legs spread, bend knees, inside edge of feet touching, bend toes up/down. Face L, stand hands, bend toes up/down. Attn: hands, neck, chest, face, breathing. Same position, bend ankles w/o bending toes. Attn: same parts. Add bending toes. Quicker. Repeat 4 & 5 with face to R. Attn: face, neck, jaw, hands, shoulder blades. Rest on back. On back, R leg in air, bend/straighten R knee w/o ankle/toe bending. Attn: breath, chest, face, jaw, neck making no changes there. Repeat w/L leg in air. R leg in air, bend knee, ankle and toes up and then straighten, bend toes down. Attn:

breath, face, eyes, mouth, neck, chest, hands. L leg. On belly, face L, spread/bend knees, touch inside edges of feet, straighten/bend legs. Stay w/feet near floor, bend/straighten ankles w/o toes. Same position, stand hands, bend/straighten ankles, add toes bending up/down. Attn: breath, face, jaw, mouth, neck, chest. On belly, face R, knees bent, inside edge feet touch, bend/straighten knees, stay straightened, bend ankles, add bending toes up, add bending knees, so everything bends/straightens. Attn: breath, neck, arms. Same position, stand hands, bend/straighten everything. On belly, face R, legs long and joined, roll pelvis R/middle. Attn: breath, neck, hands. Extend R arm, continue. Quickly. Repeat w/L hand standing, then pelvis swings R/L. Face L, extend L arm long, stand R hand, roll pelvis L. Stand both hands, face L, roll pelvis. Face R, roll pelvis. Quickly w/o disturbance to breath. Stand, walk.

**Day 22 Tuesday August 15,
2006**

ATM Lesson #060 – Dennis Leri

Rolling pelvis #2, soles together, on back

CD#5/T05 [36 MINUTES] [AMHERST VIA DENNIS]

On back, soles together, explore comfortable distance between knees, take knees side/side, note 3 variations of head with knee tilts. Keep head in middle then let it go with, then opposite the leg tilting. Move head opposite legs, note movement of eyes then take eyes opposite head rolling. Then allow head to go with knees, eyes opposite the head again. Allow head to move the way that's easiest for you with tilting the knees, note belly. Soles together, R hand/forearm under lower back, tilt pelvis/legs side/side again. Change arms, repeat. Both arms under lower back, repeat. Arms overlapped under/behind back, soles together, roll pelvis up/down. Arms by sides, soles together, roll pelvis up/down, note knees together/apart. Roll pelvis down so lower back is off floor, roll head up/down then allow head to roll with pelvis rolling up/down. Legs long, hand on chest, one on belly, seesaw movement between belly/chest. Soles together, roll pelvis down, repeat seesaw movement. Quickly. Soles together, lower back flattened to floor, roll head up/down then add pelvis rolling again. Roll pelvis so lower back is against floor, chin away from chest, seesaw. Stand feet, lift pelvis, arms under, lower pelvis, soles together, knees open, roll pelvis up/down, allow head to move. Soles together, tilt legs side/side. Legs long, thorough scan from heels up to head.

Discussion #036 – Dennis Leri

Imitating exploration, demo w/Cheryl, self image

CD#5/T06 [73 MINUTES] [DV#2 18-END; DV#3 0-19]

Kim: found it complex. Marge: didn't use language. Cheryl: seemed impossible with such different people imitating each other. Dennis: language practice for ATM teaching; orientation to self/room alternately; Kim: scrunching shoulders and using orientation instead. Dennis: not matter what you say someone can take it negatively. Demo with Cheryl, lifting head, lifting shoulders, finding point of crossing trajectory. "We don't do anything that contradicts easy." Long discussion – Marge, Michael, Shira, Robert P., James . . . Towards end, story about Mark Reese and levitation.

FI Exploration #028 – Dennis Leri

Observing, language and imitating

CD#5/T07 [5 MINUTES]

Groups of 4. 2 people observing – 2 on floor, on back, stand feet, right leg crossed over left, tilt legs right. Switch which leg is crossed over. Pick one person and which way they go easily, determine the shape of the movement, instruct the other person to do what you see

the person doing, using mainly words. Then "clone" walks behind the "model" to check out their walk. Switch roles between clone and model then switch which 2 are observing and instructing.

ATM Lesson #061 – Diana Razumny

Leg swing & footprint #2, flex/extend ankle/toes, on side

CD#5/T08 [56 MINUTES] [ALEXANDER YANAI #380 PILLOWS AND SWINGS]

On L side: (ref: swing R leg for/back); think of R little toe then big toe; then other toes (more difficult). Touch little toe pad; then big toe. Touch each toe/s. Think pad of R heel circle. Trace circle of bottom of heel. Think of heel and toes. Think along outside edge of foot. Sense line, start w/heel circle, come around bottom of heel pad, up outside edge up to toes, across top of toes, circle around big toe to trace back along bottom of pads to little toe. Stand, compare R/L legs, circle over R/L hip, sense R finger/toes, walk. On L side, think of the print of heel, edge and toes of R foot. Lift R leg and think of print of sole. Flex/ext ankle/toes sensing "print". Quickly. Split attention between print/moving. Lift/straighten R (down), think sole: Flexed/hold ankle; Add toes flex/ext; quick/slow; Extended/hold ankle, flex/ext toes; Flex/ext ankle. Stand. Walk. On L side, lift/straighten R leg (in front), think sole: ankle flexed, think "footprint", flex/ext toes; Note breath, effort in neck, face. Repeat, toes quickly, slow, pause. Lift leg in front, note ease/range. ROB. Hold ankle extended, flex/ext toes, quick/slow. Flex/ext ankle/toes. On L side, stand R hand, R leg straight (in front), think sole: flex/ext ankles/toes; add swinging leg backward/forward, knee soft; leg swing w/ankle flexed only then extended only. Stand, walk. Stand on R leg, swing L leg forward/back; repeat w/R leg, compare.

Day 23 Wednesday August 16, 2006

ATM Lesson #062 – Diana Razumny Leg swing & footprint #3, flex/extend ankle/toes, on side

CD#5/T09 [61 MINUTES] [ALEXANDER YANAI #381 PILLOWS RIGHT AND LEFT]

On back, join legs/feet, interlace hands on low belly: Attend to: breathing; little toe pads, all toes, footprint; each toe; breath. Legs joined, trace L sole few times: heel pad, along outer edge to little toe, along top of toes to big toe, around to bottom of pads back to little toe, return to heel pad. Repeat w/R foot. Repeat w/ both. Pause, note breath. Trace line along root of toes between little/big toe, sense length of line. Repeat w/other foot. Join feet, sense distance between little toes. Note breath. Join legs/knees, sense soles, note breathing: Flex ankles many times, Sense length of line from one little toe to other. Flex/extend ankles, quickly, feel through spine to head. Feet/knees/big toes stay joined whole time. Without digging heels into floor. Keep ankles flexed, flex/extend toes only, note back of neck. On R side, L leg straighten down lifted a little, straight line from shoulder to foot. Trace sole as above. Pause. Flex ankle/toes, swing straight leg a little forward/back. Pause, Extend ankle/toes, swing leg. Swing different flex/ext? Again w/foot flexed, do quickly. Same on L side. Rest on back. On R side, straight L leg, bring straight leg forward, stay, attn sole: Foot flexed, flex/extend toes. Quickly. Pause, note breathing. Repeat w/ankle extended. Flex/ext ankle/toes. Quickly. Pause, think it fast. Repeat all on L side, start w/trace sole, toe pads, distance between little/big toes. Pause. Repeat flex/ext ankle, reverse coordination of toes flex/ext. Curl toes under when flexing ankle. Repeat on R side. Pause, swing whole leg forward/back. Faster/smaller. On L side, same w/R leg. On R side, bend L knee, take leg behind, think sole, stay: Flex/ext ankle. Quickly. Pause, note breathing. Flex/ext toes. Note-breathing, back of neck, belly. Pause, Ankle flexed – flex/ext toes. Ankle extended – flex/ext toes flex/ext ankle while flex/ext toes opposite, quickly. Swing leg forward/back. Rest on back. Repeat on L side. On back, interlace hands on belly, feel breath under hands. Join legs/feet. Flex/ext ankles/toes together, without interrupting the breath. Note differences from beginning of lesson.

FI Exploration #029 – Dennis Leri Observing, language and imitating on hands and knees

CD#5/T10 [5 MINUTES]

Groups of 4, 2 on floor on hands and knees, moving through flexion and extension of the torso. Instruct one person to do what the other person is doing in relation to areas moving or not moving, degree of movement and

timing. “Clone” then watches the “model” person. Switch students roles then pair switch roles.

Discussion #037 – Dennis Leri FI exploration and ATM

CD#5/T11 [32 MINUTES]

Michael: changing through the process of imitating and moving so much. Tres: ATM with footprint. Bob: difficulty holding leg up. Brian: hating lessons but getting results and wanting to sleep during ATM and running into issues of not wanting to change. Dennis: 7 digits memory. “Magical number 7 plus or minus 2” by Miller. Creating one chunk out of 5-9. Metaphor of learning to drive. How that applies to ATM and sensing a number of things that eventually weld together as one thing. In response to Michael and people looking more alike at the end. More flexibility and options. We go towards the more bio-mechanically easy. Lessons and training have a developmental aspect. Shira: Model started looking more like the clone. James: stability/mobility and looking for a new stability. Dennis: there is the physics of standing upright and then there is the nervous system. At level of brain and neurology people aren’t that different but in movement like martial arts there are clear differences. Hierarchy of belt system in martial arts designed for experience of succeeding. Loss of balance– the recovery is quicker. James: stabilize in Pilates first compared to FM we do mobility to create stability. Story of MF working with a CP kid, challenging balance on all fours. Marge: watching the clones and models, choosing less extreme movements. Dennis: you are looking for shaping/rhythm, not range. Kung Fu form, Looking for “flavor” of movement.

ATM Lesson #063 – Dennis Leri Rolling pelvis #3, soles together, on back, elbow propped

CD#5/T12 [23 MINUTES] [AMHERST VIA DENNIS]

On back, soles of feet together, roll pelvis up/down. On elbows/forearms, soles together, roll pelvis, allow whole spine and head to participate. Repeat, but keep head/eyes forward. ROB. Lean on R elbow and L hand, repeat pelvis rolling. ROB. Repeat on other side (OS). On both elbows, repeat pelvis rolling, allow sternum to lift when rolling forward/down, head back, reverse, note shoulder blades. Lean on hands/arms, fingers pointing forwards, roll pelvis. On back, soles together, roll pelvis, note when chin comes to chest and then sit up and keep the same relationship of head to pelvis while rolling in sitting then return to allowing head to go up/back when pelvis rolls forward/down. ROB. On forearms/elbows, soles together, tilt legs, one knee comes to floor, allow head to move. Lean on elbows, soles together, take one knee to floor, circle to other side so other knee goes to floor, continue circling around, note head response. Repeat, reverse circle direction. ROB. Repeat circling but 5 quick in one direction then 5 the other.

ATM Lesson #064 - Dennis Leri

Twisting, reaching arm, sitting with legs spread

CD#5/T13 [52 MINUTES] [ALEXANDER YANAI #358]

Sit, legs straight and spread, reach L arm across towards right foot, leaning on straight right arm. Repeat on OS. Sit, legs spread, hand on hips, thumbs backwards, roll pelvis back, elbows coming forward. Pause, take pelvis forward, elbows go backwards, let head look up. Same position, alternate rolling forward/back, head looking up/down, belly out/in. Return to reaching arm across, allow head to turn to look behind in direction turning, pause, look opposite. Repeat OS. Return to turning head in direction torso is turning with the reaching. Sit, hands on hips, thumbs backwards, elbows back, pelvis forward and bring chin down. Pause, reverse, elbows come forward, pelvis rolls back, back rounds backwards, head looks up. Alternate between last two. Return to easy way, alternating. Reach L arm to R foot, turn head L/R 5 times for each reach. Reach L arm again, head turns to look behind, allow L knee to bend and turn in, R knee bends and turns out. Repeat last two instructions on OS. Sit, lean back on arms, turn, allow knees to fold as pelvis dictates.

Day 24 Thursday August 17, 2006

ATM Lesson #065 ~ Dennis Leri Rolling pelvis #4, around clock, on back

CD#5/T14 [58 MINUTES] ATM BOOK A LA DENNIS]

On back, stand feet, roll pelvis up/down, note lift/lowering of lower back. Note breathing. Expand belly when pelvis rolls forward/down. Imaginary clock, 6 at tailbone, 12 at top of pelvis/sacrum, roll between 12/6, note head moves up/down on it's own clock. Note line between 12/6 on back of head/pelvis. Lift sides of pelvis alternately to roll between 3/9, 3 at R, 9 at L. Have head rolling side/side like pelvis. Imagine connection between head/pelvis so rolling pelvis up/down rolls head up/down. (use of image of rods coming out of nose and navel). Use same image rolling side/side between 3/9 so head/pelvis both move. Take pelvis from 12, 1, 2, 3, return. Continue on to 4, 5, 6, return to create 1/2 circle of clock. Head is following along the whole time. Repeat on other side of clock. Circle completely around clock with pelvis, head follows. Eyes float along in sockets. Reverse circling. Stand one foot, other leg long, circle clock. Same with other leg then with one leg crossed over other. Stand feet as beginning, circle around clock each direction. Take head around clock opposite to pelvis going around, switch directions of each.

Discussion #038 – Dennis Leri Pelvic clock as example of lessons

CD#5/T15 [68 MINUTES] [DV#3 19-25]

Barbara: how often to do lesson. Brian: doing more FM being able to be more coordinated, is it because can hold more data like in the "Magic of 7" article. Dennis: pet lessons and classics, pelvic clock is included. What are the elements that make it classic? Example of saying FM is "gentle" or "aware movement". There are exceptions. So what's in a lesson? If "pelvic clock" is a representative lesson, what's in it? What other lessons? Roll to sit; dead bird; spiral to standing seesaw breathing; co-ordination of flexors/extensors; roll side/side. What is the FM? What is it like? It's like a pineapple-ugly on the outside, sweet on the inside and once you eat it you don't know if you're digesting it or it's digesting you. Metaphor – FM is to movement as Haagen-Dazs is to ice cream. Process of learning. Scientists ask for the research/evidence. Varela says people try to play the science game when they aren't really in the club. Story of MF talking to cardiologist. Reading from "ATM Book". Demo with skeleton about pelvis and head and importance of ability to move each, the turning of head to hear, changing tonus on side. Breathing lessons can reach into muscular habits. Counting number of movements helps not daydream while moving. Reading from book again. Example of reading, letters, words, meaning. Different languages have different amounts of sounds. Used language metaphor,

applied to ATM lessons. Abstract image of clock helps give an address to movement of pelvis. The in/out awareness of clock pressing numbers into wax or rubber stamp. Making distinctions like this helps change the sense of contact in other contexts. Five lines we abstract out of our own organization. Saying hand implies the line of arm because it's at the end of the arm. Say "leg" and the foot is there. The movement of pelvis includes lower back. James: counting sheep for sleeping vs. counting to stay aware? Dennis: draw attention to action that creates sensation to give it an address. Awareness isn't possible without orientation. The clock gives orientation, i.e. when you are at 6 it implies you can go to the other places. ATM Book – Differentiation between right and left and inside/outside awareness developed in man at some point. Using the clock helps person doing the lesson locate themselves and as a practitioner it help you see different dimensions as well. Locate ourselves in space, move in space and have it reversible (change directions in the middle of an action). Mechanics/physics – speed, acceleration, direction. Velocity is speed with direction. Aware, awareness, conscious. Brought that back to movement of pelvis, locating the numbers. Marge: move pelvis effects torso – foot flex/ext difference of anchoring heel or not.

ATM Lesson #066 – Diana Razumny Leg swing & footprint #4, bent leg swing, head/shoulder, on side

CD#5/T16 [55 MINUTES] [ALEXANDER YANAI #382 CONTINUATION]

On R side, stand L hand in front of chest on floor, lift L leg, move forward/back, knee bends when leg goes back, note torso response. Repeat on OS. ROB. On R side, lift L leg: Attn to toe pads of L foot, the heel pad, the outer edge of foot Trace footprint. Repeat with L knee bent, foot behind. Swing leg back, L hand on floor in front of chest, Allow head and L shoulder to go forward. Attend to sole of foot. Quicker. Switch sides, repeat above on OS. On R side, L hand on floor in front, lift L leg, attn to sole of foot: Swinging leg back, take head and L shoulder back. Quicker, Attn to even distribution along back side. ROB. Repeat OS. Return to R side, swing leg forward, head/shoulder goes backward. Quicker, lighter, ROB, OS (bottom arm under head bent?)Return to R side, swing leg forward, head/shoulder forward. Quicker, lighter, OS, ROB. On R side, stay with L leg back bent backwards, attn sole: Ankle flexed, curl toes down several times. Quickly. Ankle extended and lift toes. Quickly. Flex/extend toes/ankle in opposite directions. Slowly increase speed. Make circles with heel. Change direction. If not clear, lie on back to circle heel on floor. ROB, Repeat OS. On R side, swing leg forward/back, attn to sole: head goes towards leg in front the head goes back when leg swings back. Repeat OS. On back, bend both knees, stand feet, lift front of foot and curl toes under, make circles with both heels, legs moving in

opposite directions. Change direction. Repeat with toes bent up.

Discussion #039 – Dennis Leri

Review earlier talk or week, groups of four

CD#5/T17 [36 MINUTES]

Small group discussion. Returning to large group to report. Dennis: Self-image is a small part of us in terms of inhabiting to whole of our self. Charles Pierce – influenced John Dewey. Arriving at belief through: 1st Tenacity – holding onto a point of view which leads to becoming a hermit. 2nd Authority – orthodoxy or the state decides or defines what to believe. It's the main way. 3rd A priori – method of fashion. Example was electromagnetic, then quantum view 4th Science – can develop, way of inquiry. In FM, pedagogically there isn't a "right". Wide range of ways to participate in a lesson and you come up with something for yourself.

Observations made by any group of people would come upon it separate from what MF believe. We can test it and it's open to debate. A consensus is arrived at.

Example of Roger Russell exploring coming up to standing and MF used it for everyone to explore because it was new to him but fit all the criterion of the method. MF knee story and needing to rework who he was, realizing he was a violent person. Judo and science came together. Use the ideal to observe how people move and something to take them towards but not lay it on them. Story of client working with computer.

**Day 25 Friday August 18,
2006**

ATM Lesson #067 – Dennis Leri

**Tilting pelvis forward and back, on front,
knees & forearms and sitting**

CD#5/T18 [55 MINUTES] [ALEXANDER YANAI?]

On back, note breath. On front, palms down near head, bring knees wider than feet. Bring R knee a little more out to R and switch direction facing. Repeat OS. ROB. On front, knees wider than feet, tilt top of pelvis back so pubic bone goes into the floor then opposite, rock forward/back. Same position, knees wide, top of pelvis tilted forward, tail lifted, feel movement of breath. Repeat but with pelvis tilted so pubic bone is towards the floor. Return to rocking top of pelvis forward/back; explore variations of using gluteus the note using gluteus. Repeat, attention to the sit bones moving and sliding up/down of spine tail to head, effect on the sternum. ROB. On front, continue widening of knees to sides then circling under hip to come onto knees and forearms, end up with forehead on floor. From there, take head to look up/down. On elbows/knees, lift R knee/foot. Repeat OS. Alternate lifting legs then quickly. On elbows/knees, look up/down, belly sinking towards floor, alternate with back arching back towards ceiling. Repeat movement of torso but have head go incongruent direction, i.e. when belly is dropped forward look down with head, as back arches back towards ceiling look up with head. On elbows/knees, take sit bones towards heels then return. On knees/head, hands on lower ribs (thumbs forward, fingers to back), take pelvis towards heels again. Sit cross-legged, hands on lower ribs again, flex/extend torso rock on sit bones, look up/down with head, note movement of lower/floating ribs. Stand, hands on lower ribs, sense breath, tuck tail under and hold to note breath; then reverse direction of tail so it's pointing back and sense breath; then letting pelvis just find "middle" and sense breath without hands on ribs.

Discussion #040 – Dennis Leri

ATM lesson, Charles Peirce, Tesla

CD#5/T19 [25 MINUTES] [DV#3 25-30]

Michael: props for sitting? Dennis: floating ribs? Demos of Robert S. on elbows/knees, looking up down; then take pelvis towards heels noting lower ribs. Then on side, doing movements on side from the leg swing lessons. Robert S. about gluing lungs series. Michael: Yesterday's talk on beliefs – Charles Sanders Peirce. Dennis: story of the man and materials not that accessible. Some articles. Had movement explorations. Story of Tesla inventing in laboratory of his mind. Ruth: size of clock and length of lines? Dennis: reduce size of circle. Lines, thinking of the lines. Drawings that you can see vase or two profiles of faces. Artist can see both at same time. Figure/Ground. Seeing, feeling, sensing in 2 dimensions.

ATM Lesson #068 – Diana Razumny

**Leg swing & footprint #5, straight leg
swing, hold top bent leg, on side**

CD#5/T20 [58 MINUTES] [ALEXANDER YANAI #383 HOLDING KNEE]

On back, legs joined, hands on belly, note breathing: Contract legs, note: breath, chin to/away from throat; Flex/ext toes/ankle, neck/breath ease; Continue, tighten legs, note neck/breath ease; Soften easier so won't disturb breath; Flex/ext toes/ankle in opposition, Quickly; Only R foot, only L, both, quick/sloppy. On R side, L hand in front on floor, extend L leg long, swing back/forth: Head/shoulders towards leg, so torso flex/ext bends; Change direction of head to move opposite leg; Add ankle/toes flexed; Ankle flexed, toes curled under; Ankle/toes extended. Leave ankle extended, bend toes up; Continue, change head/shoulders towards leg again; Swing light/easy, ankle/toes free. ROB. Repeat OS On R side, L hand on floor, bend L knee, swing leg keeping it bent: Head/shoulders same direction as leg Repeat on other side. Breath: inhale-leg back/exhale-leg forward. Quicker. On R side, lift/bend L leg: Foot behind, heel towards butt; Straighten/bend knee, heel to/away from butt, Faster; Flex/ext ankle/toes w/foot behind. Faster; Heel close to butt, circle w/heel; On back, circle heel, return to side, note leg bones; Straighten/bend knee, add ankle flexed, careful knee; Continue, ankle extended, Quickly. ROB. Repeat OS. On R side, take leg back, bend/straighten knee: Ankle flexed. Faster. Careful w/knee; Add toes curled down; Ankle extended/toes curled down; Ankle extended/toes lifted up, Faster. ROB. On R side, legs bent, R arm extended above head, L hand holds L ankle, lift/lower leg/head. Knee/foot stay at same height when lifting. L elbow must bend. Faster. ROB. Repeat OS side. Swing leg freely forward/back.

Discussion #041 – Dennis Leri

Evolution of trainings

CD#5/T21 [20 MINUTES]

MF taught two and a half trainings. Different formats, from emphasis on FI to ATM. Developmental model, learning ATM and FI at same time. Feedback of distinctions you feel a person is doing with you. In own interest to bring everybody along. FI is coupling two nervous system together, not merging.

FI Exploration #030 – Dennis Leri

Rolling pelvis, on back

CD#5/T22 [15 MINUTES] [DV#3 30-45]

Demo on skeleton, Robert P. & Ashley. Groups of 4 explore. Find person's middle relative to rolling pelvis side to side. From that middle roll headward and footward. First direction is dependent on what they do easily. Palms on iliac crest to roll headward, flat of knuckles in front of hip joint to take footward (45 degree angle approximately)

ATM Lesson #069 - Dennis Leri

Rolling pelvis #5, around clock, on back, elbow propped

CD#9/T23 [40 MINUTES] [A LA DENNIS]

On back, soles together, prop up on elbows, roll pelvis up/down (12/6 o'clock), attention to whole spine curving forward/backward. Same position, roll pelvis towards 3/9, taking knees towards floor alternately. Sit, soles together, lean on hands, pelvis 12/6. Explore fingers back or forward, leave forward. Same position, roll pelvis 3/9. Think of numbers as raised, start going around clock from 12 to 3. Continue on to 4, 5, 6, continue back and forth with 1/2 circle around R side of clock. Repeat gradually around L 1/2 of clock. Same position, start at 6 going side/side, gradually adding numbers until you reach 12 approaching from R/L sides alternately. Same position, circle around clockwise then counter clockwise. Do quickly.

Day 26 Monday August 21, 2006

FI Exploration #031 – Dennis Leri Observe rolling pelvis and feeling spaces, on back

CD#6/T01 [1 MINUTE]

Groups of 4: 2 observing other 2 lying on back, feet standing, rolling pelvis up/down. With their legs straight, feel behind knees, lower back, neck for distances. Return to observing them roll pelvis up/down. Discussion in groups of 8.

Discussion #042 – Dennis Leri ATM/FI, FI in Israel, pressure of “rightness”, ancient practices

CD#6/T02 [73 MINUTES]

Power packed talk. Computer crashed, lost notes. Guess ya had to be there or enjoy listening to the CD recording.

ATM Lesson #070 – Dennis Leri Rolling pelvis #6, leaning on elbows, on back

CD#6/T03 [61 MINUTES] [AMHERST 1980]

On back, scan for 5 lines. Soles together, leaning on elbows/forearms, rolling between 12/3. Continue on to 6 to create a 1/2 circle. ROB. Come back to circling but around other side of clock. On back, soles together, circle around top 1/2 of clock, starting gradually. Repeat around bottom of clock. Circle completely, note circle of head. Make circles with pelvis one direction, head other. Break down head/pelvis going opposite by going just side/side in a line between 3/9 and 12/6. Roll pelvis down to 12, tail down with chin to chest and start taking head/pelvis in opposite directions gradually, hour by hour. Stand R foot, L leg long, circle pelvis around clock. Sit, lean on hands, soles together, roll 12/6.

ATM Lesson #071 – Diana Razumny Leg swing & footprint #6, hold top bent leg, lift/lower head/leg, on side

CD#6/T04 [65 MINUTES] [ALEXANDER YANAI #392 HOLDING KNEE]

On R side, think foot prints, lift L leg, swing leg: Swing straight and bent leg; Swing straight L leg, head/shoulders towards leg; Repeat with bent leg; Repeat leg swings with head/shoulders going opposite leg. Repeat all on OS. On R side, extend R arm long overhead, L hand holds front of middle of lower L leg, lower leg stays parallel to floor: Lower L leg towards floor and lift head, reverse; When head lifts, L leg touches R, teeter; Push leg into hand to help lift head as leg lowers as if to sit. Repeat on OS. On R side, hold lower L leg w/L hand, swing leg forward/back: Add head

moving forward/back, bending torso for/back; Repeat with head/shoulders moving opposite leg; Think of pivoting around the R hip joint on floor; Repeat, OS. On R side, R arm long overhead, hold lower L leg near knee: Swing L leg forward/back; Allow rolling to belly when leg swings back; Straighten R leg and protrude belly, head moves back; Think of heel going towards back of head; Repeat OS. On R side, hold lower L leg under kneecap, straighten R leg forward, prop head up on R hand, lean on elbow: swing L leg; lower knee to floor to come to sit; Legs spread more as come to sit, L heel to butt; Repeat OS. On R side, L hand on floor, swing straight leg forward/back: Head forward/back towards swinging leg; Head/shoulders away from leg; Repeat variations with knee bending and straightening. Repeat OS. At end, use to swing up to sitting.

Day 27 Tuesday August 22, 2006

ATM Lesson #072 – Diana Razumny

Leg swing & footprint #7, roll to front, hold legs behind, on side, elbows & knees

CD#6/T05 [47 MINUTES] [ALEXANDER YANAI #393 CONTINUATION]

On R side, L hand on floor in front, note sole tracing of L foot, swing leg forward/back freely. Variations: leg w/head tog/opp, straight legged, ankle flex or extended, toes curled/uncurled. Repeat on L side. ROB. On R side, L hand on midcalf, bring knee towards face then away. R leg straight down under pelvis. Take leg back, behind, push belly out, roll to belly. Pause, return to belly, holding leg, stand R hand, lift head/leg, pushing belly forward. Repeat OS. Hold below knee, R leg straight down under: swing forward/back – belly out in extension, roll to belly. On belly, holding leg, stand R hand, lift/lower head/leg. On front, hold both legs from behind, lift head/legs from floor, look up with head/eyes, back of head falls back. Rest on front. Pull belly in, lifting from floor, many times then quickly. Pause, turn head to side, repeat pulling in belly, turn head to other side, repeat w/belly. On front, hold R leg w/R hand, L hand in pushup position, lift/lower head/leg, roll to L side, return to belly. (repeating from above on OS). On front, elbow propped, open knees to sides, slide knees up towards elbows, come onto knees/elbows. On knees/elbows, lift R leg up behind, knee bent, leave knee at same height, bend/straight. Add ankle/toes bending/straightening. Elbow propped, knees open to sides, inner side of knees/feet touch floor, push belly out into floor, pubic bone lifts, tailbone up towards ceiling, slide knees up to sides, come onto elbows/knees. Repeat above, on hands/knees instead of elbows. Lift leg high in air behind, leave knee lifted, bend/straighten knee/ankle/toes. Add head dropping forward w/straightened leg, lifted looking to ceiling w/bent leg. ROB Repeat OS. On back, stand feet, push belly out, push into elbows, lift shoulders, slide onto top of head.

Discussion #043 – Dennis Leri

Work vs. Effort, a vs. the, definition of terms, self image and parasitic movements

CD#6/T06 [38 MINUTES] [DV#4 0-6]

Abi: Range of comfort? Dennis: Effort vs. work. Finding a way to make it easier than the beginning. Story: 75 moving to NM, teaching Tai Chi and series of lessons. Michael: Awareness clarification? Layering? Dennis: Awareness doesn't have regressions. Observing, you either are or not. Speed, velocity and acceleration, jerks or sudden changes. Sense of presence with location, mobility with gradation. Story of German camera crew, man asking about altered state of consciousness. Moshe asked, "What do you mean by consciousness?" Abi: "there is no body?" then what are we working with. Dennis: individuating individuals. Body is generic and there

is no person who is that. Can say "a" skeleton, not "the" skeleton. Same with saying the or a person. When we use anatomical terms in FM we mean something different than what an anatomist means. We say "a nervous system" we're talking about learning. Or "consciousness" used in Ericksonian terms. Each discipline has it's own meaning/definitions of terms. Knowing anatomy doesn't make you a better practitioner. One of the best practitioner, Schlomo, knows nothing of anatomy but you come "home" when he touches you. Another way to approach the skeleton could be giving meaning through gesture. Abi: Self-image and experience of self is new comparing to other modalities. Dennis: Self-image is critical and essential to FM. You feel how plastic it is when you get up from a lesson. When Moshe was writing "Body and Mature Behavior", Schilder psychological and physiological zone of the self-image. Moshe was interested in the somatic aspect of it. Parasitic action – can't stand and jump at the same time. Clarifying a function can weed out the parasitic actions. Parasitic example reach forward while pulling shoulder back. Marge off mike – parasitic movements get in the way of the function. "My are is long, your life is short." Michael: being on the front feels like chest is heavy and immobile. Dennis: example of bringing knees under from being on belly, it's the imagine that ties it all together. Dennis at skeleton showing different movements of spine and pelvis. Robert P.: using imagination. Tres: Functional Integration. Dennis: Mark's idea of maturity was more of a ripening rather than a set of things you aren't supposed to do.

FI Exploration #032 – Dennis Leri

Observe rolling pelvis and feeling spaces, on back

CD#6/T07 [20 MINUTES] [DV#4 6-25]

Demo with Leanore and Brian. On back, knees bent, tilt knee in/out, feel for "neutral". Feel shape of lower back, relation to the floor. Go with direction they go, be it lifting or lowering lower back towards floor. One hand on knee, other under pelvis/low back to take knee over foot more and lift lower back. Pushing into knee taking lower back towards floor. Choose the easy direction for them as the first exploration. Push through knee, thinking of connecting up to their head, explore from the "neutral" position of hip and then with knee tilted a little inward then outward. Find where connection to head is clearest. Watch ribs and wrinkles in clothing.

Discussion #044 – Dennis Leri

FI exploration

CD#6/T08 [24 MINUTES]

Robert P.: Finding neutral in the hip joint is just not contradicting easy like when we lifted the leg. Making distinctions between neutral in the hip and when the pelvis gets involved. Robert P.: large range in hip joints. Free hip joints may not be functional. Brian: dialogue between practitioner and student to compare notes.

Don't have to agree. Pam: first time felt clearest then found another was. Kept finding teachers were doing too much. In beginning we do too much, too fast, too often. Working with vs. working "on". You are influencing their sense of self, perceptions, cognition, when you are working with someone. Kristen: working with James and noted head moving side/side. Changing the height of head can change that. Just notice what you notice, do some other things and come back to it and notice if there is a difference. Michael: working on the floor was uncomfortable. Working on the floor and finding comfort there is another way of integrating the lessons we're doing. Ashley: dialogue with person helped clarify. Dennis: so much in this little exploration. People want to know "what's this for?", "how can I use this?" "When would I use it?". Example of grasping glass and flick it it the sound is a thud. Giving it a base by class sitting on palm, flicking and getting a ringing sound as metaphor of clarify connecting with skeleton.

ATM Lesson #073 - Dennis Leri **Rolling pelvis #7, on back, sitting and** **leaning on elbows, standing, on knees**

CD#6/T09 [44 MINUTES] [AMHERST 1980]

On back, stand feet, circle pelvis around clock. Soles of feet together, roll around pelvic clock each way, head going opposite. Start pelvis at 9, head at 3 and go 1/4 arc with each towards 12. Repeat with arc towards 6 with each. Gradually work through all the 1/4s. Come onto elbows, circle. Repeat while sitting, leaning on hands. Stand, think of tailbone, tilt so tailbone goes forward/back the shift side/side, circle tailbone to outline a clock on the floor. Stand on knees, repeat, note what chin does. Kneeling on knees, circle top of head, drawing a circle on ceiling. Kneeling, draw circle with tailbone and top of head. On back, feet standing, roll pelvis 12/6. On back, soles together, circle around clock.

Day 28 Wednesday August 23, 2006

ATM Lesson #074 - Dennis Leri

Lengthening straight leg with arms overhead #1, on back

CD#6/T10 [56 MINUTES] [ALEXANDER YANAI #268]

On back, arms extended overhead on floor, stand R leg, L leg long and out to L little, L leg roll out to L little, lengthen L leg/heel a little. Repeat small/quick. Repeat on OS. Stand feet, lift pelvis, slide forearms under lower back, lower pelvis, stand R leg, lengthen out R leg. Repeat OS. Arms overhead on floor, stand R leg, L leg out to L, lengthen and lift L straight leg. Repeat OS. Arms overhead, stand R leg, L leg out to left, lift/leave lifted L leg, lift/lower R hip, L legs stays same distance from floor. Repeat OS. Arms behind back, R leg standing, lift/leave L leg in air, lengthen out L heel. Repeat OS. Arms overhead, stand R leg, lift/leave L leg up, take L leg side/side while lifted. Pause, repeat quickly. Pause, lift/lower straight L leg. Repeat OS. Same position, lift/circle L straight leg in air. Pause, lift/lengthen L leg in air. Repeat OS. Stand both feet, arms overhead, roll pelvis exactly up/down (12/6 o'clock). Repeat with R leg standing and L lifted in air. Repeat OS. Stand both feet, circle pelvis around clock, note knees moving towards/away from you. Pause, take pelvis R/L between 3/9. Pause, circle pelvis again, let head go around clock as well, do smaller/quicker.

Discussion #045 - Dennis Leri

Faux Integration, unlearning & nervous system's language of patterns

CD#6/T011 [34 MINUTES] [DV#4 25-32]

Dennis: the lesson? Robert P.: intrigued. Bob B.: lengthening the leg. Kim: leg lengthened more. Dennis: arms behind back. Tres: use of arms behind back. Shira: comfort of arm overhead. Dennis: some people will be happy with the pain being gone, others want to know how that happen and what else can I do. Dennis: what about yesterday's FI. Abi: working with person whose back wasn't flat on floor. Dennis: we're doing faux integration at this point in the training, doing little pieces. Abi: working with self and transferring to working with another. Hard to tell if it's me or them. Dennis: it's both. Abi: difference in L/R. Dennis: standing leg has more tone. Skill of feeling differentiation in the hip joint can be generalized to working in many ways. Marge: instruction in ATM of doing smooth and easy. G. Spencer Brown - "Laws of Form," Lou Kaufman at Naropa presented Brown's ideas. Form of map that is unlearning the names of numbers. Same with ATM, we have to rename sensations. Matza ball soup metaphor. Unlearn your history to be able to see you. A drawing can be more real than a photo. The machine language of the nervous system is not English. Nervous system doesn't think in muscles, it thinks in patterns. You're only as

good as the neutral you find now. The Goldilocks school of FI. Thinking through the nervous system. When person lying down and you are pushing their foot: this is standing to the nervous system.

FI Exploration #033 - Dennis Leri

Push from foot, through straight leg to head, on back

CD#6/T12 [27 MINUTES] [DV#4 32-56]

Sit at feet of person lying on their back. Lift and find neutral for leg/hip joint. Push from bottom of the foot, sensing and feeling connection through to head.

ATM Lesson #075 - Diana Razumny

Sitting on chair with one sit bone off chair #1

CD#6/T13 [45 MINUTES] [ALEXANDER YANAI #508]

Sit R sit bone on L edge of chair, feet spread equally on floor, facing forward w/L sit bone off chair, R hand on chair. Tilting head/body to R, note torso/spine bending, L sit bone drops down, L side gets long. As head comes up, L sit bone comes back up. Stand, walk, what's different? Compare sides. Sit, same position, extend L arm straight forward. Take L arm/head forward. Add taking L hip joint/knee back when arm/head goes forward. Continue, change so head goes back w/hip, with chin going forward away from throat few times then back towards throat. Repeat but change so shoulder comes back w/hip and head goes forward. Sit, same position, take just arm/shoulder forward/back. Now take shoulder back and hip forward. Stop, tilt head to R, L hip drops, compare to before. Stand, walk. Attn to pelvis, shoulders, weight on each leg. Sit as before, lift L arm to ceiling, R hand on chair, turn head and arm to look to R, arm starts to lengthen to ceiling w/turning. Switch to looking L. Note L sit bone. Alternate turning L/R. Arm to ceiling is like axis to turn around. Pause, tilt head to R, note difference. Continue tilting head R, lower L shoulder, return both to middle, start bringing L shoulder up to L ear when return to sitting up, arm stays hanging. Stand, walk. Sit same way, extend L arm to ceiling, leave it long and turn head to look under arm to L, note L sit bone. Then turn to look R, alternate. Change head to look over L arm instead of under armpit. Note R sit bone. Stand, walk. Sit on R sit bone again, hold chair w/R hand, L arm up, lower head forward, then lift head to look up/back, arm goes w/head a little. Attn to L sit bone. Repeat but take head/arm opposite directions. Walk, turn R/L, note differences. Sit on R sit bone, R hand holds chair, head tilted to R shoulder, L arm extended up, palm faces in, turn nose to L to ceiling, rotating around R arm w/head resting on shoulder. Leave L arm back as when turned L and take head to look R/down. Alternate looking L/R with arm going opposite head. Head stays resting on shoulder. Stand, walk. Sit on R sit bone, R hand on chair, do first move of bending to R. Note L sit bone going up/down compared to beginning.

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Add lifting L shoulder towards head as bend to R. Quickly. Repeat last move except take L shoulder forward/back instead of up/down. Stand, walk.

Discussion #046 - Dennis Leri

About ATM lesson

CD#6/T014 [6 MINUTES]

Day 29 Thursday August 24, 2006

FI Exploration #034 – Dennis Leri Finding trochanter, rolling whole leg

CD#6/T15 [14 MINUTES] [DV#5 0-13]

Start at foot, rotate leg thinking of hip joint, compare legs, which feels “less connected or whole”. Go to side and locate trochanter. Rotate and the spine will get involved. Get hands underneath, bring towards you and up. Work distally from heel, or proximally from trochanter. From heel, the knee is in the way of feeling the whole leg. Clarify from both.

Demo with Brian. Hands underneath and roll. Working from heel, imagining that hands are still at trochanter performing the rolling. Demo with Ashley. With some athletes, muscle tone is so high it’s hard to discern between muscle and bone. Works from Trochanter, works from heel. Thinking about whole leg.

ATM Lesson #076 – Dennis Leri Lengthening straight leg with arms overhead #2, on back

CD#6/T16 [62 MINUTES] [ALEXANDER YANAI #269]

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

Discussion #047 – Dennis Leri Built-in breakdowns, breakdown responses, change and attentional effort

CD#6/T17 [64 MINUTES]

Robert P.: finding the trochanter. Brian: allowing leg to sink into hands. Dennis: when you really have the, the person feels the connection. Brian: connecting to the whole person as a way to discover the trochanter and leg. Marge: coordination of the two hands helped.

Michael: image of the bones in mind helped movement be easier. Tres: can you get a connection straight to the head without a nervous system? Dennis: yes, feeling your contact vs. weight. Michael: his amount of force with hands on. Dennis: if there isn’t movement there isn’t any force technically, it turns into pressure. Proximal/distal reversal. Differentiate/dedifferentiate. ATM, you start out “a” then turn into a “not a” and then more of you. Marge: size of the pelvic clock. Dennis: if I only feel myself in large and harsh movements in the extremes I don’t feel much . . . then lowering the threshold I feel more. For the clock you can go in smaller degrees to feel more distinctions and the range will increase. The organization will improve and more functional. It’s not about limitation of movement but on behavior. Michael: “a” and “non a” – it’s a learning process on a continuum that’s evolving. Dennis: some want to go from “a” to “b” without deconstructing “a”. Example of someone going to Pilates to have a certain type of body. What’s realistic? Learning changes the self-image. After ATM in morning, there’s a nice feeling but it’s trivial compared to learning how to learn, tweaking your own process to produce your own results. Abi: matza ball references – organism and environment are constantly interacting, have some kind of relationship. Providing input into system to organize new patterns, there is that in the container of the training but then what about the rest of the person’s life. Dennis: assumption that trainees are here to change. No matter how much someone wants to change, there will be some inertia because the self is going to come up against something that isn’t you. The disruption in my life, is it working towards growth or someone trying to lay a trip on me. Moshe says many times, the physical effort you make you want to reduce but the intent to pay attention takes a lot of mental effort for a sense of awareness. A big movement is easier but making a small movement and staying with it with your attention is more difficult. Have to have a strong motivation for that kind of intention. Some people have lots of vision with no motivation to follow through. Buddhist teachers just come out and say, “You’re going to die.” Metaphor – want to make omelet and there is no eggs – first reaction is blame. Could say, what are my commitments. Then there is a network of help. When there is a breakdown it heightens your commitment. FM is designed to produce little breakdowns and then you resolve it. You are re-imagining, and the self that re-imagines. . . sometimes during an ATM you don’t feel any effort but there is a change at the end and have to deal with the change at the end. The problem is the way I treat myself or others. Kim: some people feel there is no disruption. Dennis: organism produces it’s own individuation and organization. The shape is determined by the history/culture. For MF it was being able to defend self and survive and pass on your genes. ATMs project problems to solve, which could end up affecting their back pain. Example proximal/distal.

FI Exploration #034 continued - Dennis Leri

Finding trochanter, rolling whole leg

NOT RECORDED, INSTRUCTIONS AT END OF DISCUSSION

Repeat earlier exploration with a new person.

ATM Lesson #077 - Diana Razumny Leg swing & footprint #8, swing leg on side and standing at chair

CD#6/T18 [50 MINUTES] [ALEXANDER YANAI #394]

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

Day 30 Friday August 25, 2006

ATM Lesson #078 – Dennis Leri Sitting on chair with one sit bone off chair #2

CD#6/T19 [61 MINUTES] [ALEXANDER YANAI #509]

Sit on chair, just on R sit bone, legs spread, feet/knees symmetrical & forward, take L knee forward/back. Pause. R hand on chair, take head L/center. Add lifting L shoulder to L ear, L hip lifts, shortening L side. Pause. Put L hand over head to R temple, continue shortening L side. Stand, walk. Switch to sitting on L sit bone, L hand on chair, bend head to R, R ear to shoulder/shoulder to ear, face stays forward. Pause, R hand to L temple, shorten side again. Stand, walk. R sit bone on chair, bend head to R, L side lengthens. Add R hand on chair, L shoulder lifting, bend R elbows. Stand, walk. L sit bone on chair, repeat OS. Stand, walk. R sit bone on chair, R hand on chair, take L foot back and stand on toes, bend R/L, L arm hangs, lowers when head goes L. Return to sitting w/legs spread, feet flat, repeat bending R/L. Add L arm lifting while bending. Continue but w/L leg back resting on toes. Note L arm goes lower to floor. Stand, walk. Sit on L sit bone, repeat OS. Stand, walk. Sit on R sit bone, R hand on chair, take L foot back, reach L hand to hold middle of lower leg, take head R/L again. Note when you lift leg. Lift L arm/leg, keeping arm straight as head bends to L. Stay w/head in middle, take arm/leg forward/back. Return to head tilting L while lifting L arm/leg. Stand, walk. Repeat OS. On R sit bone, R hand on chair, L leg back, leaning on toes, extend L arm to side, turn back, head and arm to R. Continue but with both feet standing. Repeat w/L leg bent back on toes. Stand, walk. Sit on L sit bone, repeat OS. Sit on R sit bone, R hand on chair, L arm up, turn everything R while taking head/eyes L. Repeat w/L leg back on toes. Return to feet equally on floor. Stand, walk. Sit on R sit bone, R hand on chair, hold L lower leg w/L hand, lift leg. Pause, w/o R hand on chair, bend R/L, head/leg, all go together. Continue but take head to opposite side. Repeat OS. Return to same thing, let head go w/everything else R/L, bending side/side. Then switch so head goes opposite again. Stand, walk.

ATM Lesson #079 – Diana Razumny Leg swing & footprint #9, swing leg on side and standing at chair

CD#6/T20 [62 MINUTES] [ALEXANDER YANAI #395]

On R side, swing leg forward/back in all preceding ways, combine head going towards or away from leg, the foot, the toes. Then, while swinging, allow knee to be loose and heel to go higher when leg goes back, and leg freely straightens when forward. Switch to OS. Face back of chair, L hand on backrest (to the right), lift R arm and head up and back with R leg swinging backwards with soft knee, light and easy. Add bringing everything

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

FI Exploration #035– Dennis Leri

Review all from this segment

CD#6/T21 [2 MINUTES]

Discussion #048 – Dennis Leri

About learning the method

CD#6/T22 [36 MINUTES]

Pam: Why the different ways of teaching ATM: one-sided; alternating side to side; do all one side then all other side. Students shared different ideas. Dennis: different pedagogy/strategies in lessons. Relationship to gravitational field, relating to different developmental lessons, different organizations and patterns. Certain questions/movements will create different shapes, shaping. Some lessons, go back and forth with small amounts because it's leading towards something demanding. Gaby Yaron, coming to Moshe's classes, he had her take people from his classes and break down his lessons into 3 or 4 lessons to help them along, keeping the arc of the lesson with a beginning, middle, end. She did very symmetrical lessons. We'll deconstruct the lessons as we go along. Some lessons start with

something and don't come back to it until the end, which has the element of surprise/wonder. It's not just physical patterning. There's the content of the lesson and then there is the presentation. Good to wonder about all these things. Filmmaking and telling a story, making it abstract or mess with time and space. There's no final understanding of a lesson.

ATM Lesson #80 - Dennis Leri

Lengthening straight leg with arms

overhead #3, on back

CD#6/T23 [50 MINUTES] [ALEXANDER YANAI #270]

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