

**DAY 31 MONDAY NOVEMBER 6, 2006 4**

**ATM Lesson #081 – Diana Razumny 4**  
 Hooking the big toe #1 4  
 CD#07/T01 [50 minutes] [Amherst 1980] 4

**Discussion #049 – Diana Razumny 4**  
 Share what you remember 4  
 CD#07/T02 [1 minute] 4

**Discussion #050 – Yvan Joly 4**  
 Welcome and Introduction 4  
 CD#07/T03 [12 minutes] 4

**FI Exploration #036 – Yvan Joly 4**  
 Review with Yvan demonstrating 4  
 CD#07/T04 [51 minutes] [DVD#6 Scene 1] 4

**ATM Lesson #082 – Yvan Joly 4**  
 Head circles #1, sitting 4  
 CD#07/T05 [67 minutes] [Alexander Yanai #50] 4

**Discussion #051 – Yvan Joly 5**  
 What makes it a Feldenkrais lesson? 5  
 CD#7/T06 [43 minutes] 5

**FI Exploration #037 - Yvan Joly 5**  
 Review with Yvan demonstrating 5  
 CD#07/T07 [22 minutes] [DVD#6 Scene 2] 5

**DAY 32 TUESDAY NOVEMBER 7, 2006 6**

**ATM Lesson #083 – Diana Razumny 6**  
 Hooking the big toe #2 6  
 CD#07/T08 [49 minutes] [Amherst 1980] 6

**Discussion #052 – Yvan Joly 6**  
 Mirror neurons, resonance and empathy 6  
 CD#07/T09 [49 minutes] 6

**ATM Lesson #084 – Yvan Joly 6**  
 Drawing knees up, frog-like, on back 6  
 CD#07/T10 [27 minutes] [yvan’s ATM for FI] 6

**FI Exploration #038 – Yvan Joly 6**  
 Bring leg up to stand, on back 6  
 CD#07/T11 [64 minutes] [DVD#6 Scene 3; DVD#7 Scene 1] 6

**ATM Lesson #085 – Yvan Joly 6**  
 Head circles #2, sitting 6  
 CD#07/T12 [16minutes] [Alexander Yanai #86] 6

**DAY 33 WEDNESDAY NOVEMBER 8, 2006 7**

**ATM Lesson #086 – Diana Razumny 7**  
 Hooking the big toe #3 7  
 CD#07/T13 [55 minutes] [Amherst 1980] 7

**FI Exploration #039 – Yvan Joly 7**  
 Bring leg up to stand, on back, continued 7  
 CD#07/T14 [35 minutes] [DVD#7 Scene 2 & Scene 3] 7

**ATM Lesson #087 – Yvan Joly 7**  
 Folding forward, elbows to knees, use frog legs, on back 7  
 CD#07/T15 [22 minutes] [Yvan’s ATM for FI] 7

**FI Exploration #040 – Yvan Joly 7**  
 Lifting head using elbows, hand behind head, on back 7  
 CD#07/T16 [27 minutes] [DVD#7 Scene 4] 7

**ATM Lesson #088 – Yvan Joly 7**  
 Head circles #3, tilting head to side, sitting 7  
 CD#07/T17 [49 minutes] [Alexander Yanai #85] 7

**DAY 34 MONDAY NOVEMBER 13, 2006 8**

**ATM Lesson #089 – Yvan Joly 8**  
 Head circles #4, varied sitting, kneeling 8  
 CD#07/T18 [60 minutes] [Alexander Yanai #46] 8

**Discussion #053 – Yvan Joly 8**  
 Respecting people and their patterns 8  
 CD#07/T19 [24 minutes] 8

**FI Exploration #041 – Yvan Joly 8**  
 Review via hands and words 8  
 CD#07/T20 [17 minutes] [DVD#7 Scene 5] 8

**ATM Lesson #090 – Diana Razumny 8**  
 Hooking the big toe #4, sitting on heels, hands & knees 8  
 CD#07/T21 [60 minutes] [Amherst 1980] 8

**DAY 35 TUESDAY NOVEMBER 14, 2006 9**

**ATM Teaching #03 – Diana Razumny 9**  
 Movement puzzle: hooking toes, flipping knees 9  
 CD#07/T22 [27 minutes] [Amherst 1980] 9

**ATM Lesson #091 – Yvan Joly 9**  
 Hips and shoulders, forward/back, on side 9  
 CD#07/T23 [35 minutes] [invention for FI practice] 9

**FI Exploration #042 – Yvan Joly 9**  
 Rolling from shoulder & pelvis, on side 9  
 CD#07/T24 [31 minutes] [DVD#8 Scene 1] 9

**Discussion #054 – Yvan Joly 9**  
 Body image, somatic education 9  
 CD#07/T25 [74 minutes] 9

		CD#08/T12 [37 minutes] [Amherst July 17, 1980 Tape #46]	11
<b>ATM Lesson #092 – Yvan Joly</b>	<b>9</b>		
Head circles #5, sitting	9		
CD#07/T26 [37 minutes] [Amherst 1980]	9		
<b>DAY 36 WEDNESDAY NOVEMBER 15, 2006</b>	<b>10</b>		
<b>Discussion #055 – Diana Razumny</b>	<b>10</b>		
Toe hooking ATMs	10		
CD#08/T01 [7 minutes]	10		
<b>ATM Lesson #093 – Diana Razumny</b>	<b>10</b>		
Hooking the big toe #5, sitting, on back & side	10		
CD#08/T02 [69 minutes] [Amherst 1980]	10		
<b>FI Exploration #043 – Yvan Joly</b>	<b>10</b>		
Rolling from shoulder & pelvis, attn to breath, on side	10		
CD#08/T03 [39 minutes] [DVD#8 Scene 2]	10		
<b>ATM Lesson #094 – Yvan Joly</b>	<b>10</b>		
Head circles #6, sitting	10		
CD#08/T04 [62 minutes] [Alexander Yanai #6]	10		
<b>DAY 37 THURSDAY NOVEMBER 16, 2006</b>	<b>11</b>		
<b>ATM Lesson #095 – Diana Razumny</b>	<b>11</b>		
Hooking the big toes #6, hands & knees, on back & sitting	11		
CD#08/T05 [55 minutes] [Amherst 1980]	11		
<b>Discussion #056 – Yvan Joly</b>	<b>11</b>		
Use of language in ATM	11		
CD#08/T06 [34 minutes]	11		
<b>ATM Lesson #096 – Yvan Joly</b>	<b>11</b>		
Hips and shoulders, up/down, forward/back, on side	11		
CD#08/T07 [23 minutes] [invention for FI practice]	11		
<b>FI Exploration #044 – Yvan Joly</b>	<b>11</b>		
Side bending demo with skeleton, in side lying	11		
CD#08/T08 [20 minutes] [DVD#8 Scene 3]	11		
<b>FI Exploration #045 – Diana Razumny</b>	<b>11</b>		
Side bending guided, in side lying	11		
CD#08/T09 [35 minutes] [DVD#8 Scene 4]	11		
<b>Discussion #057 – Diana Razumny</b>	<b>11</b>		
About FI Exploration	11		
CD#08/T10 [23 minutes]	11		
<b>ATM Lesson #097 – Yvan Joly</b>	<b>11</b>		
Head circles #7, sitting and lying	11		
CD#08/T11 [11 minutes] [Amherst 1980]	11		
<b>Moshe Video – Yvan Joly</b>	<b>11</b>		
Amherst lecture on asymmetry with head circles ATM11			
		CD#08/T13 [14 minutes] [Amherst 1980]	12
<b>ATM Lesson #097 continued – Yvan Joly</b>	<b>12</b>		
Head circles #7 continued, sitting and on belly	12		
<b>DAY 38 FRIDAY NOVEMBER 17, 2006</b>	<b>13</b>		
<b>FI Exploration #046 – Yvan Joly</b>	<b>13</b>		
Side bending guided, in side lying	13		
CD#08/T14 [66 minutes] [DVD#9 Scene 1]	13		
<b>ATM Lesson #098 – Diana Razumny</b>	<b>13</b>		
Hooking the big toe #7, on back, sitting	13		
CD#08/T15 [49 minutes] [Amherst 1980 inspired]	13		
<b>Discussion #058 – Yvan Joly</b>	<b>13</b>		
General question & answer	13		
CD#08/T16 [76 minutes]	13		
<b>ATM Lesson #099 – Yvan Joly</b>	<b>13</b>		
Head circles #8, sitting and lying	13		
CD#08/T17 [59 minutes] [Amherst 1980]	13		
<b>DAY 39 MONDAY NOVEMBER 20, 2006</b>	<b>14</b>		
<b>ATM Lesson #100 – Diana Razumny</b>	<b>14</b>		
Hooking the big toe #8, on back, sitting	14		
CD#08/T18 [52 minutes] [Amherst 1980]	14		
<b>ATM Lesson #101 – Yvan Joly</b>	<b>14</b>		
Oscillation from ankles, on back	14		
CD#08/T19 [29 minutes] [Created for FI practice]	14		
<b>FI Exploration #047 – Yvan Joly</b>	<b>14</b>		
Oscillation from ankles, on back	14		
CD#08/T20 [67 minutes] [DVD#9 Scene 2 & Scene 3]	14		
<b>ATM Lesson #102 – Yvan Joly</b>	<b>14</b>		
Head circles #9, sitting, kneeling and lying	14		
CD#08/T21 [43 minutes] [Amherst 1980]	14		
<b>DAY 40 TUESDAY NOVEMBER 21, 2006</b>	<b>15</b>		
<b>ATM Lesson #103 – Yvan Joly</b>	<b>15</b>		
Head circles #10, sitting, lying front & back	15		
CD#08/T22 [33 minutes] [Amherst 1981]	15		
<b>FI Exploration #048 – Yvan Joly</b>	<b>15</b>		
Fingers on spine between shoulder blades, front & all 4's	15		
CD#08/T23 [25 minutes] [DVD#9 Scene 4]	15		

<b>ATM Lesson #103 continued – Yvan Joly</b>	<b>15</b>
Head circles #10, sitting, lying front & back	15
CD#08/T24 [22 minutes] [Amherst 1981]	15
<b>ATM Teaching #04 – Yvan Joly</b>	<b>15</b>
Groups of 5, one teaches 3, 1 models	15
CD#08/T25 [6 minutes] [DVD#9 Scene 5]	15
<b>Moshe Video – Yvan Joly</b>	<b>15</b>
Tonus of the neck	15
CD#08/T26 [34 minutes]	15
<b>Discussion #059 – Yvan Joly</b>	<b>15</b>
Video and sensory integration	15
CD#08/T27 [43 minutes]	15
<b>ATM Lesson #104– Yvan Joly</b>	<b>15</b>
Head circles #11, sitting & on back	15
CD#08/T28 [38 minutes] [Amherst 1981]	15

## Day 31 Monday November 6, 2006

### ATM Lesson #081 – Diana Razumny

#### Hooking the big toe #1

CD#07/T01 [50 minutes] [Amherst 1980]

Walking and on back scan, feel length of legs, roll each leg in/out. Sit, soles together, lean on L hand, hook R big toe with R index finger/thumb; lift lower foot, straightening knee, foot towards ceiling. Roll to lie on back, continue lifting foot towards ceiling while lying on back. Note difference of L leg being long or bent. Add L hand under head, lifting head at same time lift foot. Lift foot towards ceiling, straightening leg, wave leg side/side. Continue as if to roll all the way to R side, bend knee to return to back. Hold head w/L hand again; while straightening R leg, lift and take head L. Hold head with L hand, hook R toe w/R index; lift head as roll R, extending leg, bending leg to roll to back and lower head. Stay rolled to R, leave R leg on floor, holding toe; take head/torso back towards lying on back. On back, hook R big toe, L hand behind head, lengthen R leg towards L, rolling L. Leave R foot to floor to L, do small movement of taking torso back. Same holds, roll side/side, leg bent while on back, straighten leg when to each side. On back, lift/lower foot/head to ceiling, note change from beginning. Sit, lift/lower R foot, leaning on L hand behind. Stand, walk, note hip joints, walk quicker, listen to rhythm. On back or sitting, imagine what you can remember from lesson on other side. Stand, walk.

### Discussion #049 – Diana Razumny

#### Share what you remember

CD#07/T02 [1 minute]

Groups of four, share what you've done with Feldenkrais between segments and discuss FI from last segments.

### Discussion #050 – Yvan Joly

#### Welcome and Introduction

CD#07/T03 [12 minutes]

Welcome. We do this together. Colleagues become friends, friends become colleagues. Differentiation and integration applies to our relationships as well. Moshe got his ideas about differentiation and integration from calculus. Preserve diversity, variations. Individuality-- where we will meet. We are all the same species. If you want to know humanity, meet one person and know them deeply – starting with yourself. From this we learn what is to be human. Working in Japan, no idea what they are experiencing on the basis of their culture, but I am meeting them on the level of being human – part of Moshe's genius. Moshe was a prolific inventor/teacher, took ideas from a variety of places and created several thousand lessons. Not that there is not technique, but there's something more our method has to contribute on becoming more human, changing the world, more at peace

with ourselves. No way to teach this work and be uninvolved, unaffected. It's who you are, what you have experienced that you bring to another person.

### FI Exploration #036 – Yvan Joly

#### Review with Yvan demonstrating

CD#07/T04 [51 minutes] [DVD#6 Scene 1]

Demo with Barbara Barnes. What do you remember? Michael: Hands under shoulder joint to find neutral. Yvan: height of the head, as if standing. We make a fuss about neutral – so they're at middle of their range. Hand under shoulder, palms down or up. Compare sides. A "nice to meet you" attitude, not "you're very unusual." Most interested in comparing herself to herself. Trace: lifting shoulders and meeting at the sternum. Yvan: Handle on suitcase, in where whole person moves. Abi: Lifted each leg by the ankle and worked with finding neutrality in hip joint. Finding acetabulum, greater trochanter. Identify standing leg. Yvan: "Table Manners" use of self. People don't just feel themselves, they feel what we do with ourselves. Circles leg, greater trochanter. What we need for anatomy in Feldenkrais, everything you need will be presented. You can do further study if you want. Work with one hand distally and one proximally. What is differentiation? Difference between differentiation and isolation? Isolation: in dance, arm moves only in shoulder joint, chest held. Differentiation – creating difference. You study differentiation and Integration. Discussion of side lying. What did you do on side: Robert: felt vertebrae to map. One way: double key hold – each side of the vertebral processes. Or from underneath. Number of fingers depends on clarity of intent. Give hint and wait, having a conversation, starts to grow and becomes lesson. Robert: someone with more weight, confused about where landmarks are. Yvan: touching I hallucinate, talking to her shirt. They need to change their muscle tone and invite you in. Question from Michael. Yvan: practice. Brian: on side, stand hand, put one hand on elbow, one behind shoulder Finishes LOB, knees up, roll head with hand. Ref movement of lifting shoulders.

### ATM Lesson #082 – Yvan Joly

#### Head circles #1, sitting

CD#07/T05 [67 minutes] [Alexander Yanai #50]

Sit, cross legs, lift/lower head, note top of head, note breath, belly, lower back. ROB. Sit, lean on hands behind, lift/lower head, feel through whole self, note if straight in middle, comfortable range. Switch crossing of legs, lean on hands, play with direction fingers are pointing, note movement of head in conjunction with rotating arms/hands. Reverse connection between head/arm position. Turn fingers forward and lift head, lower head when turning fingers backwards. (differentiation) ROB. Sit w/o arm support, lift/lower head like beginning. On belly, prop on elbows, sphinx position; lift/lower head. Pause, get taller/shorter from head in sphinx. Pause, lean on extended arms, lift/lower

head, return to elbows, lift/lower head. On back, prop on elbows, lift/lower head. Repeat w/eyes differentiated, looking opposite head movement. On hands/knees, lift/lower head, feel through to tail. Continue head, lower back going opposite direction (differentiate). Lifting head, round back backwards, head down, lower back/belly forward. Return to coordinated move with head/pelvis/low back. ROB. Return to hands/knees, coordinate eyes with movement then reverse eye movements. On elbows/forearms and knees, lift/lower head, coordinate movement of licking with tongue. On knees, hands on hips, lower/lift head. Note direction of elbows: forward when head is down, back when head is up. Then reverse elbows. Pause sitting, return to elbows coordinated w/head lift/lower. Note when you would sit back w/pelvis. Overlap hands on lower back, continue lift/lower head, note elbows. Sit cross legs, hands on hips, lift/lower head, note clarity, compare to beginning. Hands on thighs, repeat. Stand, lift/lower head.

### Discussion #051 – Yvan Joly

#### What makes it a Feldenkrais lesson?

CD#7/T06 [43 minutes]

Lying on floor, working with awareness, noticing patterns, breath, eyes. Questions/statements about paying attention. Some of the characteristics are shared with other somatic methods. Injunction to find ease/comfort. Reversible. How do we know? Reversible is able to create variations after you start in a direction. Quality, fluidity, breath, (Yvan demonstrates labored breathing) slowly, elegant, smooth. (Yvan demonstrates head moving slow but attending outside). Slowing down and paying attention. Breathing is great an indicator of how the person is doing. Breath – continuous, free, no restriction, not mechanical. Unpredictability. Repetition removes attention, puts you to sleep (example of rocking baby to sleep). Faking awareness you become predictable. If you are really aware you become unpredictable, even to yourself. Yvan promises to harass them about being concrete. A few things he will tell rather than ask. Interesting characteristic of the head circle lesson – AY# – One movement throughout whole lesson, lift/lower head. What made it a lesson? – variation in position. Position is configuration of the skeleton and orientation in space. This lesson had configuration/orientation different as well as different positions. Lesson had differentiations within the one same movement. It was also a movement in one plane, forward/back with head. Also a movement of reference. Feel like you are in a machine of logic that carries you all the way through the lesson. FI is more improv. Michael: how do you know if people are progressing in ATM. Learning how to learn ball park. Create conditions so it becomes impossible to not become aware. You have to become aware and create new pattern.

### FI Exploration #037 – Yvan Joly

#### Review with Yvan demonstrating

CD#07/T07 [22 minutes] [DVD#6 Scene 2]

Demo Paula: roller under knees and feet. Lifting feet, they roll out. Put roller under ankles. Bring hand to mouth, head. Turn head with hand, holding elbow. Then both hands on forehead – roll head. Client's hand on opposite shoulder, hand under shoulder, roll head, press elbow into chest, lift shoulder, roll head. Arms crossed, press elbows, lift head. On belly: have them turn head to other side, follow along.

Lift shoulder. One hand under shoulder, other under head – diff and undiff movements of head and shoulder. On belly, from feet, lift leg from ankle, find movement in hip joint. Lower leg vertical, press through heel into knee. Put hand under hip (both sides) while moving foot. Feel spine while they turn head.

## Day 32 Tuesday November 7, 2006

### ATM Lesson #083 – Diana Razumny

#### Hooking the big toe #2

CD#07/T08 [49 minutes] [Amherst 1980]

On back, roll legs. Sit, lean on L hand, hook R big toe w/R index; lift lower R leg/foot. Note elbow/knee relationship, take in/out. Continue, take inside of R leg to floor, turn to look R. Note torso flex/ext, tall/short, look around to R. LOB, hook R toe, lift/lower leg, L hand behind head, elbow/knee in/out. Sit, lean on L hand, hook toe, take to L of L leg, note where can see around to L. Stay w/foot to L, look R/forward w/head/eyes. Combo head/legs opp dir., looking over shoulders alt. Return to looking to L, compare. Sit, return to knee-elbow in/out. Take R leg to R, farther, inside of R leg on floor, cont, take head/leg opp; stay to R head/eyes opp dir. Return to all to R. ROB. Same position, take R leg to L, looking around to L, stay to L, take head/eyes in opp dir. Return to turning all to L, note diff. Same position: lift/lower foot; knee/elbow in/out; cont so R leg comes to floor to R, then around to L; stay to R, lift/lower L knee. Think L knee to ceiling. On back, hook R toe, knee/elbow in/out. Switch arms/legs, imagine same movements. R hand bhd head, hook L big toe w/L index, lift/lower foot; take knee/elbow in/out. Sit, compare L/R sides of lift/lower foot and elbow/knee in/out. Spiral to standing, taking R leg over to L of L leg

### Discussion #052 – Yvan Joly

#### Mirror neurons, resonance and empathy

CD#07/T09 [49 minutes]

Mirror neurons (resonance systems), if see someone doing an action you already know, you will experience. Ballet video shown to dancers caused reactions. Doesn't work if Aikido practitioner watches ballet. No mvt in joints, but in the nervous system. Evoking movement (sound of paper tearing) also affects nervous system. As does talking. Words on page. Moshe said you can't separate the movement from the thought from the speaking of it. Could reframe Feldenkrais training as mirror neuron training. Damasio, "Descartes' Error." Children, language learning, sense of self. Can't remove thinking from feelings & movements. Damasio--injury that affects emotions but not rational thinking. Yet, decision-making is flawed. Francisco Varela debunked theory that brain is a symbol-manipulating computer. Contemporary science catching up with us. We don't have the ideas, we have the methodology for exploring. Can keep learning. Creating meaning from behavior and the environment. Affects morality; sympathy and empathy. Symp: having experience evoked by someone else's feelings – activated by mirror neurons. Emp: Have experience of sympathy, but know it is not yours, it is evoked by someone else.

Mirror neurons, FI, empathy, and sense of self. The witness; children, "connecting two nervous systems." Sense of self, where it is, where it ends. Autism; November issue of "Scientific American."

### ATM Lesson #084 – Yvan Joly

#### Drawing knees up, frog-like, on back

CD#07/T10 [27 minutes] [Yvan's ATM for FI]

On back, note orientation of kneecaps/toes, bend knee of foot rolled out, sliding foot along floor to pelvis. Continue until knee bent completely, roll foot to standing, knee over foot. Leave there, repeat w/other leg. Continue w/one leg sliding up and let foot come away from floor when bent as far as possible so hip keeps bending, bringing knee over chest, reverse, taking knee out to side until leg comes straight again. Imagine someone's hands on you, doing this for you. Do each leg individually then both at same time. Slide legs up to standing, take knees in/out, look for place of balance. Leave in middle, lift/lower R foot, dropping it, vary dropping R/L, looking for comfortable middle. Repeat w/L leg. Stop, feet standing, knees in/out, find neutral, open knees, slide outer edges of feet down/away from pelvis.

### FI Exploration #038 – Yvan Joly

#### Bring leg up to stand, on back

CD#07/T11 [64 minutes] [DVD#6 Scene 3; DVD#7 Scene 1]

Demo with skeleton; morning ATM as theme. Roll foot out, push foot up and knee to standing. With foot standing, move knee left/right. Other leg. Discussion of shape of femur head. Demo with Abi. Start with easier leg easier. Follow trajectory; watch, then lift. Lift foot by pressing on front of knee. Look for different places for foot and knee. Solidity, alignment, flexibility, mobility. Leave foot standing, bring other foot and knee up. Then both thighs towards chest. Lifted her head and had her press into his hands. Technique: when someone does something unconsciously, ask them to do it intentionally. Finish with rolling head. Have her lift feet. Checked preferences for standing leg. Squat. Practice, groups of 3. Keep same person on ground and alternate practitioners. Follow up to FI exploration: about head lifting and rolling.. Abi: Trajectory--causes popping. FI takes over motor, client feels. Working with middle range. Use of self; more about mobility. Paula question about foot on floor; mechanics of the movement. Removing parasitic movements. Types of "pops"; giving feedback. Demo with Paula. Demo with Leanore.

### ATM Lesson #085 – Yvan Joly

#### Head circles #2, sitting

CD#07/T12 [16minutes] [Alexander Yanai #86]

Sit, legs crossed, lift/lower head, track nose, thinking midline. Rpt, track chin; move from nose, lips, chin, R ear. Tongue out, to upper lip w/lift, to lower lip w/lowering head. Reverse relation. Imagine chain hanging down front/back.

**Day 33 Wednesday  
November 8, 2006**

**ATM Lesson #086 – Diana Razumny**

**Hooking the big toe #3**

CD#07/T13 [55 minutes] [Amherst 1980]

Hook L big toe: lift/lower; knee in/out; inside of L leg to floor; head/eyes look around to L w/leg; take head/leg opposite; stay w/leg to L, take head/eyes opp; return to taking leg to L, turning everything around; leg stays to L, lift/lower R knee, think up then middle. Repeat on R. Hook L big toe: Take L foot to R of R leg; Stay to R, take head/eyes opp; Take leg/head opp direction; Take L leg all way around L/R; Repeat on R. Lean on hands, feet standing wide: Tilt knees side/side; Tilt one knee in/forward; Repeat w/other knee; Alternate knees, down slow, quick up; Knees to middle, keeping both towards middle. On back, hand behind head, hook toe, lift/lower foot/head: Take elbow in/out knee; Switch hand hold to inside of arch; Then outside edge. Repeat OS. Sit, lean on hand: 3 variations-index hook, inner arch, outside edge; repeat OS. Lean on hands, take knees to floor middle/front.

**FI Exploration #039 – Yvan Joly**

**Bring leg up to stand, on back, continued**

CD#07/T14 [35 minutes] [DVD#7 Scene 2 & Scene 3]

Playing w/ Flora. Demo with Marge. Bend knee/hip, has her resist. Different than PNF, FM asks person/not muscles, to resist. Interested in her learning. Relaxation is side effect. Giving her a sense of what happens in her hip joint. Hands solid on bones. Have person intentionally do what they do – to help you. Not just a hip joint, it's what happens in the muscle tone of the low back, side, etc. Question: compressive force into hip joint: Gravity may be causing some, but not adding to it. Finish with movement from the head. Analog of this in the shoulder. Works reversibly. Finishes in sitting/standing.

**ATM Lesson #087 – Yvan Joly**

**Folding forward, elbows to knees, use frog legs, on back**

CD#07/T15 [22 minutes] [Yvan's ATM for FI]

On back, stand feet, knees in/out, feel for balance point. Bring hands to forehead, noting trajectory. Bring one hand to forehead in most direct route. Alternate arms, note path of elbow. Bring one hand to head, leave it there and bring the other. Stay hands on forehead, slide hands towards top then back of head, sliding fingers into being interlaced, ending with elbows out to sides; bring elbows tog. In front, lift head w/help of hands. Arms alongside, slide both feet, bending knees out to sides, circle knees over chest; note similarity to bringing elbows together/lifting head. Legs long, return to hands

coming to head, behind head as slide legs up, knees opening to sides then bring elbows over knees and elbows forward, lifting head so elbows/knees come together in folding forward. Pause, repeat, stay folding; roll side/side; stay to side; come to stand. Stand, hands interlaced behind head: bend forward, folding, everything bending, again; think knees wide so elbows/head come between legs. Repeat taking knees inside elbows.

**FI Exploration #040 – Yvan Joly**

**Lifting head using elbows, hand behind head, on back**

CD#07/T16 [27 minutes] [DVD#7 Scene 4]

Demo with Ashley: Lifting head as if to look down, talk of “correcting” people and thinking of making them symmetrical. At legs, bring foot to standing, looking for balance. Brought other leg up also, return to head, lift—lifts higher more easily. Bring hands towards head at same time. Interlace hands, have her lift head and put hands behind head, let elbows open a little, bring elbows together and push elbows forward and lift head. Return to lifting w/o hands to compare.

**ATM Lesson #088 – Yvan Joly**

**Head circles #3, tilting head to side, sitting**

CD#07/T17 [49 minutes] [Alexander Yanai #85]

Sit, cross legs, tilt head, ear towards shoulder: think top of head; frame head w/arms; hands lightly at back of head; w/fingers in ears; noting eyeballs; index finger on chin; finger on tip of nose; stand.

**Day 34 Monday November  
13, 2006**

**ATM Lesson #089 – Yvan Joly**

**Head circles #4, varied sitting, kneeling**

CD#07/T18 [60 minutes] [Alexander Yanai #46]

(Meta theme of ATM teaching woven throughout) Sit cross-legged, hands on knees, nod head up/down; ROB. Change leg crossing, repeat head up/down, noting relationship/distances between: ear hole, eye, elbow, big toe, cheekbone to knee on one side. Lean on hands behind, lower head in front, swing head side/side. ROB. Sitting, lean on hands, fingers pointing backwards, head hanging, swing head side/side, start taking head to hang back and go from middle back to middle front on one side several times. ROB. Sit, hands on knees, lift/lower head like beginning, not change. Lean on hands, swing head from R shoulder to hanging back, bring in arc to R then front using shoulder to carry head while on side, chin lowers to sternum. ROB. Sit, hands on knees, lift/lower head, note diff. Stand on R foot/L knee, L hand on hip, R hand on R knee, lower head forward, circle head. Pause sitting, hands on knees, lift/lower head. Repeat OS, kneeling on R knee/L foot. Emphasize eyes organize move. Return to ref. Lean on L hand, side sit, knees to L, R arm straight up to ceiling, circle head. Return to ref. Repeat OS, L hand to ceiling. Ref move; ROB. Sit, ref move, note top of head in relation to: sacrum, pubic bone, breath. Stand, look around.

**Discussion #053 – Yvan Joly**

**Respecting people and their patterns**

CD#07/T19 [24 minutes]

Working with outsiders different from working with people in class. Working with people, not on people. What are they learning at the occasion of your lesson. Pay 60% attention to you, 40% to them, you'll do fine. Doing FI having conversation with someone's self-image – with how they feel about themselves. Robert: placing feet about new neutral. Home in middle of range. Revert to old habits. Pam: question on stroke. Give lesson on "better" side. Milton Erickson. "Uncommon Therapy," Jay Haley. Hypnosis. Dennis introduced Erickson to Moshe. Erickson declined being touched. Wasn't willing to put his system out of balance. "Feldenkrais: It's maybe not for you" bumper sticker. Often it takes either so much pain that they need help, or a lot of courage. FM is a way of learning how to live. Life is a big learning project. "Having choices can kill you." Difference between therapy and learning. Healing from therapeutic model, or educational process.

**FI Exploration #041 – Yvan Joly**

**Review via hands and words**

CD#07/T20 [17 minutes] [DVD#7 Scene 5]

Demo with Robert. One student, two practitioners. One speaks, one touches. Keep verbal instructions succinct. Then "handler" non-verbally recreates the movement hands-on. Groups of 3 review what you remember.

**ATM Lesson #090 – Diana Razumny**

**Hooking the big toe #4, sitting on heels, hands & knees**

CD#07/T21 [60 minutes] [Amherst 1980]

Hands and knees, knees wide, one foot on other, sit back towards heels. Note belly in/out? Change feet crossing. Rest. Repeat but on elbows, forearms and knees, knees close tog, head hanging down, one foot on other, sit back towards heels. Stay w/pelvis over knees, take pelvis side/side. Slide both knees to one side so sitting on outside of thigh/pelvis. Hands and knees, feet crossed, R on L, slide R foot outside, pivoting on knee, take R heel towards floor while to side. Hands and knees, R foot on L, shift pelvis side/side. Head? Pause, take R foot out to R, stay, take pelvis back towards floor. Same w/L leg. Sit, feet standing wide, lean on hands behind, lift pelvis, take pelvis side/side then towards feet/hands, rocking for/back, start taking R knee to floor in mid. Pause, switch legs. Alt knees going to mid. Repeat alt knees to mid, stay w/L knee in, circle L foot to front/back. Pause w/L knee in, L foot back, R foot standing, take pelvis L/R. Same on other side. Let standing knee come towards center so both knees are in mid. Leave one knee in mid, other standing, go back on elbows, gradually lie on back, unbend knee, foot in arc on floor. When foot is near buttock, flap knee to floor. On back, circle lower L leg on floor so L foot comes towards butt. Roll to R side, L knee on floor, bent behind, keep it there and start rolling onto back. Repeat everything on other side. On back, alt circling leg out and around to side so foot comes towards pelvis on that side. Allow same-side arm cross body to floor on other side to stand palm down.



**Day 35 Tuesday November  
14, 2006**

**ATM Teaching #03 – Diana Razumny**  
Movement puzzle: hooking toes, flipping  
knees

CD#07/T22 [27 minutes] [Amherst 1980]

Movement Puzzle in large group: Starting position, sitting, hooking big toes with index fingers, knees wide open. Ending position, legs both bent to one side, hooking toes. Invent 3 variations to get from knees open to knees folded to one side without letting go of the toes (socks or pant legs). In groups of 3: 1 instructor, 1 student, 1 mover. Mover does one version, instructor verbally leads student through demonstrated movement. Rotate roles. Students shared variations with whole group at end.

**ATM Lesson #091 – Yvan Joly**  
Hips and shoulders, forward/back, on side

CD#07/T23 [35 minutes] [invention for FI practice]

On back, bring shoulders forward one at time, compare, same with sides of pelvis. Lie on side, knees/hips at 90. Take “top” of pelvis forward/back, note knee movement. Imagine someone sits behind pelvis and places hands on pelvis to roll you. Note breath. Switch person to sit in front of knee and create same movement distally. Hands how? Imagine person, one hand on pelvis, one on knee and do same move, connecting hands through thigh bone. Have arms bent, one on the other, attn on shoulder, move forward/back, imagine how a person sitting behind would take over movement for you. Then person sitting in front, moving from elbow. Play w/variations of “top” arm/hand w/same move in mind. Imagine person’s hand at elbow/shoulder. Imagine person sits behind, one hand on pelvis, one on shoulder. Then have them at knee/elbow, first roll both for/back, then opp. On back, note which side you feel like rolling towards.

**FI Exploration #042 – Yvan Joly**  
Rolling from shoulder & pelvis, on side

CD#07/T24 [31 minutes] [DVD#8 Scene 1]

Demo skeleton. Trios. One person moves proximal, one distal. First describe verbally then do hands on. All that was done during ATM exploration of rolling pelvis/shoulder forward/back together/individually.

**Discussion #054 – Yvan Joly**  
Body image, somatic education

CD#07/T25 [74 minutes]

FM of somatic education. Body as object/Life as experience. Alone no matter whom we’re with. Awareness of self in religion/philosophy, not science. Science: objective, treats people as object. State-dependent research. Have to do ATM to work w/people

in FM. Develop own sense of self, join with another for chance to experience theirs. Paul Scheilder—contemporary of Moshe—body image study. Freud: experience of self thru experience of “body”. Emotional, physical, spiritual. MF: helping people complete their body image; one of the first systemic thinkers. Psyche is not separated—historical error. Posture/feeling connected. Pictures: Da Vinci’s man, Picasso’s acrobat, sensorial homunculus image, skeletal image. Bones accumulate memory more than muscles, formed by function. Soma from Greek. Mind/body connection implies separate units. Thomas Hanna invited Moshe to SF, 1<sup>st</sup> FM training. Brought back soma-body as experience from within. Consciousness; somatics; identity and sense of self. SE: emerging field, variety of methods share: learning & awareness of soma moving in space. Experiment of 2 heads. Being in the present. Learning vs. Therapy: therapy deals with pathology, something needs “correcting” – not somatic education. SE can have healing effects. Educate person to learn what they don’t know so they can change what they are doing. Ability to expand competence and self knowledge. Self-regulation. Correcting/external authority. Maslow – self actualization. Therapeutic models want to change something, hypnotized by the pathology. Positive psychology – become an expert of the solutions, not the problems. Diagnosis. FM doesn’t work with the problem/diagnosis.

**ATM Lesson #092 – Yvan Joly**  
Head circles #5, sitting

CD#07/T26 [37 minutes] [Amherst 1980]

On back, roll head. Sit, lean on hands, swing head side/side, move shldr forward to meet head. Carry head on shldr 1/2 circle on one side. Full circle, each direction, using shoulders. On back, roll head.

**Day 36 Wednesday**  
**November 15, 2006**

**Discussion #055 – Diana Razumny**

**Toe hooking ATMs**

CD#08/T01 [7 minutes]

**ATM Lesson #093 – Diana Razumny**

**Hooking the big toe #5, sitting, on back & side**

CD#08/T02 [69 minutes] [Amherst 1980]

Scan on back, standing, walking. On back, hook big toes with index fingers: Take one knee in/out of arm; repeat with other leg; take both knees in/out at same time. Sit, hook big toes with index fingers: repeat variations done on back. Lie on R side: hold L toe w/L index, take knee in/out elbow; repeat OS. Sitting: hook R big toe with index, straighten/bend knee in/out elbow; add taking R foot L/R in conjunction with knee in/out; when foot goes R/behind, inside edge of foot is on floor; leave foot to side/behind, play with each toe, flex/ext. Stand, note differences in feet/legs. ROB; repeat OS. ROB. Hook R toe with L index, take knee in/out elbow: Sitting then on L side. Repeat with L toe/R index. Sit, hold over top outer edge of R foot with L hand, finger/thumb tog; flip knee in/out of elbow; foot to floor in middle then inside of foot to floor when to R; hold with both hands, repeat. Repeat OS. ROB. (Hook toes, roll to side, imagine lotion between elbow/knee, slide in/out) Sit, stand feet, hold outside edges of both feet: take both knees to one side under both arms; explore same time or one at a time. Repeat OS; do in such a way knees stay more up rather than flop to side. On back, hook toes w/indexes, straighten/bend, knees in/out elbows.

**FI Exploration #043 – Yvan Joly**

**Rolling from shoulder & pelvis, attn to breath, on side**

CD#08/T03 [39 minutes] [DVD#8 Scene 2]

Trios: Student lying on side; one person sitting behind, one in front. Person in back does the proximal moves; person in front does the distal. Use same movements of taking hip/shoulder forward/back – one, the other, both same direction then opp direction. Do a movement, pause and wait for the breath. Demo with Karen – emphasis on focus open/close and watching the breath.

**ATM Lesson #094 – Yvan Joly**

**Head circles #6, sitting**

CD#08/T04 [62 minutes] [Alexander Yanai #6]

Sit in chair or on floor. Imagine pen out top of head, draw very small circle on imaginary surface above head. Place index finger on top/middle of head, move head forward/back, leave finger stable, drawing line on top of head. Switch hands, draw line side/side. Draw cross,

circle. R index finger at L side of head, circle head round finger. Both directions/fingers. On back, circle head. Elbow prop, repeat. Finger to side of head, circling while on elbows. On belly, elbow prop, circle head with fixed finger. On side, repeat. End in sitting, note difference.

## Day 37 Thursday November 16, 2006

### ATM Lesson #095 – Diana Razumny

#### Hooking the big toes #6, hands & knees, on back & sitting

CD#08/T05 [55 minutes] [Amherst 1980]

All 4s: slide/straighten leg back, arc around to side, return; repeat, leave leg out to side, slide out/away, reverse; repeat, leave leg out to side, bend knee, take to floor; repeat, knee to floor when foot away then closer; combine/alternate. Repeat OS. Sit, lean on hands: 1 foot stands, other leg straight in front, slide to side, roll leg in; add bending knee so foot slides back, reverse. Repeat in one sweeping action from straight to bent back; leave foot back, lift pelvis, bring forward, place, reverse. Sit, stand feet, legs together, lean on hands: tilt legs side/side, looking to feet bottoms; repeat, leaning on elbows instead of hands. Sit, knees tilted to one side, hook both hands around front of shin (top): slide off bottom leg to floor, reverse. Repeat OS. Hook R toe with L index, bring R foot to floor L of L thigh: wiggle toes, big with R hand, 2<sup>nd</sup> toe with L, move in opposition; continue, working down to little/4<sup>th</sup> toe, return to big/2<sup>nd</sup>. Hook R toe w/L hand again, bring leg around to R, knee inside to floor. Sit, hold over top outer edge of R foot with L hand: flip knee in/out of elbow; foot to floor in middle then inside of foot to floor when to R; hold with both hands, repeat. Repeat OS. Sit, stand feet, hold outside edges of both feet, knees inside arms: start sliding heels on floor away/return; repeat, when straight knees, slip to one side of arms; add sliding heels back, alternate side/side; take both knees to one side under both arms. On back, hold arches of feet from inside knees: flip both knees side/side. Sit, lean on hands, feet standing: have legs tog, tilt knees to floor side/side; quickly and look to soles, come off hands, touch feet; feet apart, straighten 1 leg/circle lower leg back, reverse. Repeat OS. Alternate; feet standing wide, one knee to floor in middle, alt side/side; add pelvis lifted, feet sliding farther apart. Take both knees to middle same time; add pelvis lifts and sits w/knees coming to/away from floor.

### Discussion #056 – Yvan Joly

#### Use of language in ATM

CD#08/T06 [34 minutes]

Elements of ATMs: Positions = configuration and orientation; movement proposals; noticing questions vs. statements; process (how to) questions; meta comments; stories; jokes. Differentiated teaching based on different learning/cognitive styles. ATM as compared to FI. Evolution of the method through different teaching styles.

### ATM Lesson #096 – Yvan Joly

#### Hips and shoulders, up/down, forward/back, on side

CD#08/T07 [23 minutes] [invention for FI practice]

Lie on preferred side, hips/knees at 90, "top" arm at 90 to torso, lower arm vertical; shoulder up/down. Same position w/hand on floor, fingers parallel to spine; move shoulder up but little forward/back, to back of head or cheek; then move shoulder down towards pelvis and little forward then middle then back. ROB. On same side, move pelvis up/down. Hold over top of head w/"top" arm, lift/lower head; add lifting top foot, knee stays down. Note hip/shoulder tog/apart. Pause, lift head by itself. ROB, note sides, stand.

### FI Exploration #044 – Yvan Joly

#### Side bending demo with skeleton, in side lying

CD#08/T08 [20 minutes] [DVD#8 Scene 3]

### FI Exploration #045 – Diana Razumny

#### Side bending guided, in side lying

CD#08/T09 [35 minutes] [DVD#8 Scene 4]

Guided FI: ref in standing of sliding hand down thigh. Lie on side, lift head. Go to pelvis, roll up/down; at head, shoulder up/down; at pelvis, lift foot, roll pelvis; at back shorten/lengthen side; at head, hand over top of head, lift head/arm, help ribs/shoulder. Lift just head. Stand, slide hand down leg.

### Discussion #057 – Diana Razumny

#### About FI Exploration

CD#08/T10 [23 minutes]

### ATM Lesson #097 – Yvan Joly

#### Head circles #7, sitting and lying

CD#08/T11 [11 minutes] [Amherst 1980]

Sit, lean on hands behind, soles together, knees bent to sides, slide feet away/towards. Stay knees bent, hang head forward, move shoulders forward/back alternately. Roll head around on shoulder, making half circle on each side. On back, soles together, knees open, take one knee to floor on one side, note resonance to head. Sit, hang head, bring shoulder to meet head as it circles to side, continue doing full circle. Note knees. Moshe video.

### Moshe Video – Yvan Joly

#### Amherst lecture on asymmetry with head circles ATM

CD#08/T12 [37 minutes] [Amherst July 17, 1980 Tape #46]

Video starts with Moshe teaching head circle ATM as was Yvan. Then goes into talk about asymmetry and has

a few students demo the head circles. Returns to head circles ATM.

## **ATM Lesson #097 continued - Yvan Joly**

Head circles #7 continued, sitting and on belly

CD#08/T13 [14 minutes] [Amherst 1980]

Yvan picks up the ATM again, sitting with head circles, then on belly, propped on elbows, continue but with one arm extended straight forward, the other elbow still standing. Sit, soles tog, lean on hands, circle head.

**Day 38 Friday November 17,  
2006**

**FI Exploration #046 – Yvan Joly**

**Side bending guided, in side lying**

CD#08/T14 [66 minutes] [DVD#9 Scene 1]

Guided FI: Start by looking at asymmetry of person lying on back. Have them roll to side. Are they really on side? Lie on side, lift head. Bring shoulder up/down. Add waiting, noting breath, explore w/eyes closed. Return to lifting head to note diff. Go to pelvis, roll up/down (video demo w/Pam & Michael); lift foot w/one hand, other on trochanter to roll pelvis then on iliac cress again; return to head, add one hand on ribs indicating folding w/head lift; their hand over top of head, lift head/arm, help ribs/shoulder. Have then lift head. On back again, observe like beginning. Stand, slide hand down leg.

**ATM Lesson #098 – Diana Razumny**

**Hooking the big toe #7, on back, sitting**

CD#08/T15 [49 minutes] [Amherst 1980 inspired]

Sit, stand feet, legs together, hug legs with both arms, lift/lower fronts of feet, pivoting on heels. Lift fronts of feet, bring hands to hold outer edges, start sliding heels away so legs straighten, then slide them towards you again. Continue, gradually straightening legs. Leave legs straight as comfortable, start rolling legs both R/both L. As legs/feet roll to R, lift L side of pelvis, tilting towards R. Alternate, add looking over arm on side pelvis is lifting, like want to see the pelvis lift. Pause. Repeat, when feet/legs are rolled to one side, start bending knees to that side, sliding heels towards you so knees go to outside of both arms, drawing the heels to the pelvis. Slide feet out/away again, switch, bending knees to other side, sliding feet. On back, hold arches, arms inside knees, bend/straighten knees, taking both knees to side of both arms, alternate side/side. Sit, lean on hands, stand feet, legs together, tilt knees side to side, feet stay same place, sole of top leg lift from floor when knees tilted to side, head and eyes looking towards soles of feet. Quickly, add hands coming to feet each time. Repeat, when knees are tilted to one side, hold front of "top" shin w/both hands and slide whole leg to side/back onto floor, turning around in direction foot is going. Stay to one side, slide other foot to standing, knee to ceiling, lift/lower knee from floor, push belly out/in, let head hang back, long in front when knee comes to the floor. Lower self to elbows, repeat knee flapping. Lean on hands again, wave standing knee side/side. Bring back to side sit position, slide back leg on top of other so knees/feet are together, lean on hands, tilt side/side, looking to soles of feet. ROB Stand feet wide, reach L hand to L ankle, slide foot up so knee can go down to floor, bend all toes up/down, note effect on knee, when does it lift/lower. Belly in/out, taking knee to/away from floor. Very slowly, slide foot to standing then lengthen both legs. Repeat OS. Sit, lean on hands, stand

feet wide, take one knee to floor in middle, leave it there, start directing other knee to middle, imagine someone pulling knee/sliding pelvis towards knees as knee goes to/away from floor. Repeat OS. On hands/knees, knees wide, slide R foot to L knee, look at foot, then slide out to R, bring inside edge of foot to floor and look w/head/eyes at foot to R. Alternate sliding foot R/L, looking. Add taking pelvis back/down towards floor without sitting, each time foot is in middle or to outside, take pelvis back/down then return pelvis and slide foot to other side. Repeat w/other leg. Alternate, one foot in/one out, take pelvis back/down each time feet come to position. Pelvis comes forward then change feet, repeat. With both knees wide, take pelvis back/down between feet, just little. Leave feet wide, bring knees together/touching, take pelvis back to floor to sit.

**Discussion #058 – Yvan Joly**

**General question & answer**

CD#08/T16 [76 minutes]

**ATM Lesson #099 – Yvan Joly**

**Head circles #8, sitting and lying**

CD#08/T17 [59 minutes] [Amherst 1980]

Sit, lean on hands behind, soles together, look up/down. Repeat propped on elbows, pause looking forward, circle head. Repeat leaning on hands, clear that shoulders are supporting head circling. On hands/knees, cross R knee to the L of L knee from behind. Knees crossed/weighted, circle pelvis. Repeat w/knee crossing reversed. Sit, lean on hands behind, soles together, circle head using chest, shoulders, pelvis. On back, one hand on belly, one on sternum, expand belly w/inhale. Repeat w/chest then hold breath, sending volume up/down.

**Day 39 Monday November  
20, 2006**

**ATM Lesson #100 – Diana Razumny**  
**Hooking the big toe #8, on back, sitting**  
CD#08/T18 [52 minutes] [Amherst 1980]

On back, hook big toes with index fingers, lengthen one leg, roll side/side. Take knees in/out of arms; both knees out, both in, one in/one out, both knees to side of both arms. Knees inside, Hold arches, feet overhead to floor, swing up to sit. Hold L big toe with R index, lengthen leg to roll L/R. L ankle on R thigh, thumb btwn big toe, hold over top of 4 toes with R hand, lift/lower foot. Hold w/both hands, leave foot in air, tilt R knee L/R, add foot side/side. Return to position, R hand holding L foot, L hand behind head, lift head/leg: look to sex then look to outside L hip; L elbow into space of L leg/R arm. Aim elbow towards R knee. Repeat, elbow into space. Think of space coming towards head. Stay w/elbow in space, remove L hand from head, take L hand/arm through gap, to tail. Continue, think L shoulder under L leg, roll a bit to help. Stand to feel differences between sides. Imagine other side. Hold big toes with indexes, take knees to one side of both arms. Swing up to sitting and do same thing. Sit, lean on hands, stand feet, tilt one knee to midline/forward, take forward, pelvis slides forward, knee touches floor then flap knee. Repeat OS. Alternately take knees to floor, then same time. W sitting. Squat, hands to floor in front, bring knees to floor, sit back between feet, rock forward, hands forward, rock back to a squat. Hold big toes, roll side to side, coming up to sitting. Roll straight forward and up to squatting. Holding big toes, take knees in/out in various configurations, then roll straight forward up to sitting.

**ATM Lesson #101 – Yvan Joly**  
**Oscillation from ankles, on back**

CD#08/T19 [29 minutes] [Created for FI practice]

On back, flex/ext ankles, not sliding heels. Turn legs so knees are forward, bending ankles so top of feet go towards head. Quickly, feeling through to head. Repeat w/bending ankles down, top of foot away from head. Then alternate bending ankles up/down, then quickly noting movement in head. Circle feet at ankles, note transfer through to head. Stand one foot, repeat above with the one straight leg.

**FI Exploration #047 – Yvan Joly**  
**Oscillation from ankles, on back**

CD#08/T20 [67 minutes] [DVD#9 Scene 2 & Scene 3]

Demo with Danielle. At feet, lift/lower leg, looking for neutral. Bending at ankle, using ATM oscillation. Trios explore as demo. Demo with skeleton and Eric.

**ATM Lesson #102 – Yvan Joly**  
**Head circles #9, sitting, kneeling and lying**  
CD#08/T21 [43 minutes] [Amherst 1980]

Sit, lean on hands, soles touching, knees open, lift/lower head. Keep face/eyes on horizon, roll pelvis forward/back, note taller/shorter. On back, soles together, roll pelvis up/down, note head rolling, add using hands to keep head lifted a little to feel the lengthening spine through top of head. Sit, soles tog, lean on hands, roll pelvis, note getting taller. Return to head lift/lower, noting chest/pelvis. Leave head hanging forward, move shoulders, one forward, one back, alternate while chin is on chest. Let head roll up onto shoulder that comes forward, note sit bones. On back, soles tog, open knees, tilt pelvis side/side, one knee at a time going to floor, note head. Quicker. Sit, repeat similar tilting of legs/pelvis, let head hang forward noting response. Sit, circle head/pelvis, shoulder supporting head as it comes forward. On knees, hands on hips, thumb back, lower head forward/down, raise up/back. Start circling head, note pelvis response. Kneel on R knee, L leg, L hand on L knee, R hand on R hip, lift/lower head, feel connection to L knee. Continue, circling head, noting pelvis/knee. Sit, soles tog, lean on hands, circle head. Kneel on R foot, L knee, R hand on knee, L hand on hip, lift/lower head, note knee move. Leave head hanging back, start circling head from there. Sit, lean on hands, soles tog, circle head, include shoulders, chest, pelvis, legs, reverse circle, then do only back half of circle.

**Day 40 Tuesday November  
21, 2006**

**ATM Lesson #103 – Yvan Joly**

**Head circles #10, sitting, lying front & back**

CD#08/T22 [33 minutes] [Amherst 1981]

Scan on back. Sit, lean on hands, soles together, head up/down. Repeat holding ankles. Lean on hands, circle head, use shoulders/pelvis, reverse direction. On front, elbow prop, lift/lower head, stay facing horizon, lift/lower spine between shoulder blades. On front, extend arms straight out to sides, face to one side, bring face-side straight arm "into" you, keeping arm straight (sliding shoulder blade towards spine), switch to back-of-head arm. Chin on floor, bring both arms towards/away from spine. On back, arms straight out to sides, slide one straight arm away/towards spine, note C7/neck. Repeat other arm. Alternate R/L arm. Slide both in/out. Arms forward, lengthen, note neck. Arms straight out again, take blades to/away from spine, note shape of neck.

**FI Exploration #048 – Yvan Joly**

**Fingers on spine between shoulder blades, front & all 4's**

CD#08/T23 [25 minutes] [DVD#9 Scene 4]

Demos: Kristen, Leanore, Kim & Linda. On belly, elbow propped, practitioner has fingers on spine between shoulder blades while person brings shoulder blades together/apart. Head hanging the face forward. Repeat on hands/knees.

**ATM Lesson #103 continued – Yvan Joly**

**Head circles #10, sitting, lying front & back**

CD#08/T24 [22 minutes] [Amherst 1981]

On back, arms straight out to sides, lengthening out one straight arm, alternate L/R. Both arms in same direction so one comes towards spine, one away. Hands/knees, face horizon, lengthen spine, bringing head higher in space, then reverse direction. ROB. Waiting until ready to come up, sit, lean on hands, soles together, lift/lower head, notice how, circle.

**ATM Teaching #04 – Yvan Joly**

**Groups of 5, one teaches 3, 1 models**

CD#08/T25 [6 minutes] [DVD#9 Scene 5]

Groups of 5, 1 teacher, 3 students, 1 person models a movement from ATM.

**Moshe Video – Yvan Joly**

**Tonus of the neck**

CD#08/T26 [34 minutes]

Moshe tells story about football player being tackled and how the tonus of the neck reflects tonus of whole body. One side he bends, other side he turns. Accidents usually comes from person's habitual ways. Effort transformed into movement or it's not efficient. Relation/movement in space, timing is related to external, to our senses which there are two, eyes, nose, ears. Head carries senses that relate to space and distance, away from self. Animals and humans: survival, predators, sex, olfactory. Head vertical, rotating around it's axis, seen in babies lying on belly. Fundamental movement. Dutch physiologist found structure in brain that connects eyes and tonus of neck. Just turning of eyes/head, whole side becomes ready to move to fight or withdraw while still looking. Head/eyes need to be differentiated for more options. Manifestations like calluses are dependent on the tonus of the neck, use of head/eyes. Blind person's head organization is ready to move in all directions.

**Discussion #059 – Yvan Joly**

**Video and sensory integration**

CD#08/T27 [43 minutes]

Yvan: importance of moving head in any direction and how it relates to the segment lessons of circling head. Marge about a blind client. Oliver Sachs article in the New Yorker in June. Magnus and Sperry were scientists who influenced Moshe. Teleceptors are our relationship to our environment, world. Jean Ayer's work with sensory integration. Alain Berthoz - *Brain's Sense of Movement*.

**ATM Lesson #104 – Yvan Joly**

**Head circles #11, sitting & on back**

CD#08/T28 [38 minutes] [Amherst 1981]

Sit, feet standing, lean on hands behind, lift/lower head, circle head including shoulders. Continue w/circle and allow legs/knees to tilt side/side while head circling. Continue, leaving R knee up, take L knee down to middle and back up to ceiling, coordinated with the head circling. Switch to taking R leg to middle, L leg staying vertical. On back, stand feet wide, tilt one knee at a time to floor in middle, keeping other vertical, note head move or head turning and chin towards throat. Take both knees to middle, feet spread so legs can go towards floor in middle. Sit, lean on hands behind, feet wide, knees up, hang head forward, circle head, allow one knee at a time to go to middle. On back, hold below knees from outside to front, take knees together, feet apart, pull up towards sitting, head hangs back, back rounds back. Sit, feet standing, feet apart, knees together, hold knees, roll back along spine. Reverse from lying on back. Sit, knees together, feet spread, lean on hands, lift/lower head, feel when to lift pelvis so knees go together and

forward when head hangs back. On back, stand R leg, take R knee to floor in middle, slide R foot up towards pelvis, add bringing up "frog" style and lengthen by taking knee inside. Note circling of the knee while heel slide in straight line up/down. Reverse direction of knee circling. Legs straight, bend both knees, directing to L, lengthen, repeat OS. Bend both knees up to L, got down on R, reverse.