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**Day 41 Monday February
12, 2007**

ATM Lesson #105 – Dennis Leri

Primary Image #1: Five Lines

CD#09/T01 [50 MINUTES] [ALEXANDER YANAI #338]

On back, 5 lines. Come to sit in sweeping motion through side keeping sense of lines. Sit w/legs and arms straight out in front, sensing lines. Sweeping move back down to lying, recreate the position of arms/legs straight out in front, sense the lines. Line from C7 to shoulder joints, make a point at shoulder joints. Same w/hip joints. Connect R hip/shoulder points, same w/L points. Create rectangle with 4 points. Think of rectangle as a plane. Bring arms/legs forward as before, think of plane, tip plane to L, R side of plane lifts. Repeat w/eyes open. Sense length of lines from C7 to shoulder joints. Length of line from top of head to C7. Sense 5 lines, imagine looking down at lines from above then from below. Same from feet or head. Sense while seeing the lines. Arms/legs forward, tip plane of torso R/center. Sitting w/arms/legs forward, take plane forward via hip joints closing, arms stay in same relationship so hands end up coming towards floor when tilting forward. Sense 5 lines, have point on R knee, imagine string pulling knee directly forward so line bends at knee, foot slides along floor. Point at R elbow, lift from elbow first to ceiling. Lift R elbow/knee point at same time, eventually straight arm/leg towards ceiling, take into tipping the torso plane. Repeat on L side, remember other lines. Bring both elbow/knee points forward, straighten R arm/leg to roll L, bend line to come to center, straighten L arm/leg, tip plane R. Sit, arms/legs straight out in front, tip plane, coming onto one hip then other. Stand, think of torso plane, lift both arms, feel plane move backwards; feel if don't let plane move. Fold forward, feeling back side going back.

Discussion #060 – Dennis Leri

ATM deconstructing, 5 lines, self image

CD#09/T02 [65 MINUTES]

Questions? Brian—waiting for breath in ATM/FI. Laura—attention shifts when breathing changes. Marge—clarification on pelvis in 5 lines. Abi—how to deconstruct ATMs. Dennis—own experience relative to threads through lesson, content/intent/structure, pedagogy, types of lessons, orientation, notation vs. watching movement, functional themes in lessons (phylo- or ontogenetic, from movement forms, etc). Abi—the 5 lines lesson, the plane. Dennis—specificity of intention, clarifying sense of self via location/"address." 5 lines is schematic, related to movement, not necessarily body/pain/sensation/effort; can be relieving for people in pain. Laura—personal observations. Marge—perception of bent lines vs. straight. Tres—notation. Dennis—self-image, affecting it, Feld not about pathological sensitivity or correcting—rather about observing

situations, changing something, observing again. Sense of constancy with 5 lines. Becoming yourself to become a practitioner. Experience vs. what's actually happening. Let the lessons teach themselves.

FI Exploration #049 – Dennis Leri

Pushing through foot to head, on back

CD#09/T03 [14 MINUTES] [DV#1 0-13]

Student standing, practitioner shifts weight side to side. LOB, observe trajectories of legs, guess which will be clearer when push through. Hold foot/ankle with both hands in position as if standing (if working with R leg: L hand under heel, R hand around foot to bring to standing), and push through leg aiming towards head. Push through at different angles. Stand and feel weight shifting to compare.

ATM Lesson #106 – Dennis Leri

Primary Image #2: facial dimensions, lift head, on back

CD#09/T04 [58 MINUTES] [ALEXANDER YANAI #339]

On back, sensing face: lines of 2 eyes to nose; nose to shoulders; eyes to ears; mouth relative to nose, ears, eyes; chin to jaw joints; width of head. Bring head forward, think of line of spine bending. Lines from tailbone to cervicals to shoulders. Lines hip joints to central line to C7. Sit, legs straight out in front, arms straight out in front, head forward, line of spine bends. Take arms straight forward, chin away from chest, chin to chest and w/o head following. Take head back, chest forward/up. Sit, arms rest, legs straight out in front, lift one straight leg thinking of the line of the leg lifting. Lift leg line, take leg L/R, then in circle. Define leg and arm lines while on back. Bend knees, arms straight forward, define lines, lift R bent leg line while keeping other lines. Repeat w/L leg. On R side, head straightforward and then chin to chest note back. Roll head/L shoulder back. Move head/shoulder opposite directions. Repeat on L side. On back, feet standing, lift one leg/line, unbend knee, foot to ceiling, keeping sense of all lines. Repeat w/other leg. Sit, arms/legs straight out in front, arms lengthen forward, chin to chest. Then keep arms/head in same relationship to torso and bow from the hips. Arms/legs straight out in front, lift one leg.

**Day 42 Tuesday February
13, 2007**

Discussion #061 – Dennis Leri

What is Awareness Through Movement?

CD#09/T05 [48 MINUTES]

Groups of 3, discuss: What is an ATM lesson? What is a lesson LIKE? How does a lesson unfold, develop, process)? There are tangible elements to how poem/music/ATM unfold. What's unique to a person; what's general to humans. Moshe's process developing & teaching ATMs. Defining can be difficult—must set up conditions. Philosophy; knowing & not-knowing, experiencing. Feldenkrais: orientation, manipulation, timing; movement has temporal order to spatial configurations; Feld experiments with temporal orders. Marge: question about "temporal."

ATM Lesson #107 – Dennis Leri

Primary Image #3: bending leg lines

CD#09/T06 [46 MINUTES] [ALEXANDER YANAI #340]

LOB, arms directly out to sides throughout lesson. Lines from C7; leg lines. Feet to standing, lift front of foot so heel stays on floor, lift leg keeping ankle shape, bend and unbend leg line. Repeat OS. Lift front of R foot, bend hip joint more, reverse order to come down. OS. Bend R ankle, slide heel on floor to lengthen leg line. OS. Bend R ankle, place on L knee, lift R hip, notice all lines, relationship L hip jt and R knee. Slide R heel to compare. OS. Return to bending/unbending R leg line in air, keeping ankle shape. In air, rotate R leg. R leg long, flex ankle, roll leg in/out. Repeat OS.

Discussion #062 – Dennis Leri

Temporality, 5 lines, primitives

CD#09/T07 [45 MINUTES]

About 5 lines lessons. Taking structure through movement = function. Shira: lines/time question. Primitives relative to orientation and timing: flexion, extension, lateral folding. Marge: question about direction. Constancy of length of leg line. Felt sense of 5 lines (different from sensation). Rolling ball lessons are precursor to 5 lines lessons. Moving parts relative to other parts, coordinates, orientation. Thought experiments. Learning affects 5 lines; using the learning; using 5 lines to move, don't have to think about which muscles, the pattern controls the muscles. Abi: experience of lines as flat. Dennis—as work with this, lines will configure, lines can eventually lead the mvt; could divide lines into linked segments. Michael: 5 lines as a constant? Marge: lines and movement. Sound and image, we link those to explanation (example of hearing car); sensations from experience, link them in our thinking, bringing into relationship.

ATM Lesson #108 – Dennis Leri
Primary Image #4, tubes with water

CD#09/T08 [35 MINUTES] [ALEXANDER YANAI #341]

On front, arms straight out to sides, chin on floor, imagine central line as tube, water running through from bottom to top, switch to forehead on floor, repeat image. Valves at C7 so water can run out arm tubes, same at hips for leg tubes. Lengthen out one arm at a time, affecting rest of tubes. On back, arms straight out to sides, same image/sense of tubes, lengthening out limbs. Take quality of clearest line and transfer to other lines. On front, look to L and sense tubes; look to R. Look to L, lengthen L arm out, constant with flow of liquid through tube. OS. Look R, bend R leg out to side, straighten/bend knee, same image of tubes with water. OS. On back, arms to side, lengthen R arm in direction of flow; L arm. R leg bent open to side, same idea, bend/straighten; L leg, think, then do. On front, think arms flying up/back, think legs, then all four, with no effort, just force of water running through tubes. Same on back. Stand with arms out to sides, as above.

ATM Lesson #109 – Dennis Leri

Sliding arms #1 (sawing arms): sliding crossed arms in front, on back and sitting

CD#09/T09 [40 MINUTES] [ALEXANDER YANAI #341]

LOB, arms bent in front, forearms crossed at wrists, R inside L, hold L still and slide R arm from wrist to elbow, keeping contact with same point on L arm. Sitting, same position/movement with arms. Sitting, slide midpoint of R arm from L wrist to L elbow and back. Same LOB. LOB, same position of arms, slide from L wrist to L elbow on one point of still R arm. Slide one point of L arm from R wrist to R elbow. Switch arms, repeat variations LOB and sitting. L inside R, slide both towards elbows, hands aiming towards ears. L inside R, slide L arm so hand goes towards ear; same other arm. Both arms again. Switch arms, repeat variations towards ears. R inside L, saw arms so fingers reach and explore back of neck. Switch arms, same. Discussion about lesson, sitting vs. lying (affects of gravity on agonists/antagonists).

**Day 43 Wednesday
February 14, 2007**

ATM Lesson #110 – Dennis Leri

**Sliding arms #2 (sawing arms): sliding
crossed arms in front, on back and sitting**

CD#09/T10 [49 MINUTES] [SAN FRANCISCO TRAINING YEARS 3 & 4]

Review what you remember from sawing arms yesterday. Sit, both elbows bent, have the crooks of the elbows together, slide right elbow to come towards left and then through. Think of the right hand moving towards the left ear. Repeat but move the left arm so that the right elbow starts to come past the left. Repeat idea but both arms are moving, right elbow goes past left, hands go towards ears. Repeat on back, right arm bent inside left bent arm, as when sitting, slide right arm inside of left so right elbow goes passing left elbow. Continue so you do the four variations done in sitting. On back, knees bent, left arm inside right, bring elbows near each other, slide the left towards and going past the right. Repeat variations of each arm moving then both, as above. Sitting cross-legged, right arm inside of left, slide the arms so elbows cross and hands come towards shoulder blades, behind the neck, fingers towards each other. Switch crossing of legs and arms and repeat. Repeat on back, right arm inside left, reach hands behind neck, over back of head, shoulders. Sit, right arm straight out in front, thumb down, cross left straight arm over left, thumb down, interlace fingers, bring hands to chest, slide right elbow through. Repeat with arms switched. On back, repeat arms crossed with interlaced fingers, sliding hands up, elbow coming through and past other. Do both variations of which arm is on top. Repeat, note the gap between the forearms, slip overhead so head comes through gap. Go back to just sliding elbows across each other, bringing hands towards back of neck.

Discussion #063 – Dennis Leri

**Intent, motivation, organic learning,
reverie, NLP**

CD#09/T11 [71 MINUTES]

Brian: Intention during ATM? Dennis: Intention/motivation. Function is the means whereby you translate intention into action. Carl Pribrim "image of achievement" gets in the way of learning. Moshe, learning how to learn, organic learning. Learning in the same domain like babies. Horizon of success is in the process. People come and want to change and have an idea what it would look like. NLP, the meaning of my communication is what you understand, not my intent. Understanding is what we want in communication in conversation and in FM. Example of Aikido roll, the intention of coming to stand at end of roll compared to someone comes to stand at end of ATM and gets light headed. Practitioner who is afraid of someone having emotional reaction. Organism is self correcting so we provide environments for self correcting. Story of

practitioner who read paper while teach ATM. Russell Delman's style of teaching. Erickson story of guy who thought he was Jesus. Jeff Zieg story, couple, husband retired, vacuuming. Who is Milton Erickson? Being with him. Trance versus hypnotic state. Heinz von Foerster, founder of cybernetics. Kinds of math. Lumber and stringers, lumpers see whole thing at once, big picture. Stringers are procedural. Different presentations for those different styles. What is an ATM lesson? Why do lessons start on right side? Right-handedness, left side of brain active then transferring to right side can happen faster. Researcher says men more back brain, women front brain. Different kinds of challenges in lessons. Describing FI lesson for self. Practitioner can fill it in for someone who doesn't have an image of what has been done on the table. If person does recognize, don't have to call it. Series of lessons are more powerful than once a week. FI for writer's block.

Discussion #064 – Dennis Leri

Deconstructing Pelvic Clock ATM

CD#09/T12 [48 MINUTES]

Reading from ATM book about Pelvic Clock lesson; specifying "address" of movement, breath and movement, counting, pelvis & head clocks, comfort & learning, foreground/background & perception, relationship to external—not just internal. Marge: intention, subjective, objective, reality. Undifferentiated movement relative to objective/subjective. Seeing what we know, birds have apparatus to see color temporalizing; Diana: seeing live creatures when driving; seeing & mental processing. Robert S: clock lessons that utilize clock diagonals? Prototypical Feld lesson?, types & families of lessons. Abi & Dennis: series. How does a lesson lesson.

ATM Lesson #111 – Diana Razumny

**Sliding sternum and softening ribs #1:
head and shoulders twisted to back from
side**

CD#09/T13 [57 MINUTES] [ALEXANDER YANAI #217]

On R side, knees bent, R arm straight forward, L hand standing near chest, lift head, turn head/eyes to look to R shoulder. Repeat, Other Side. On R side, L knee on floor in front/above R, L hand on floor near chest, turn to look along floor to R. Repeat, OS. On R side, knees bent one on other, take L arm to L, eyes/head look L, without lifting knee. Stay looking L, R hand wrapped over top of head to L temple, take R ear towards R shoulder. R hand helps head lift and look L. On R side, turn shoulders L, stay, fingers on sternum, push sternum L. Trace sternum, feel pairs of ribs connecting to sternum, fingertips press each set of ribs to slide sternum L. Repeat, OS. On R side, L hand on floor, look along floor to R and behind, note change. Roll shoulders L, return to looking around to R. Stay looking to floor, L palm holding forehead, roll head with L hand to look more to R. Repeat, OS. On R side, turn shoulders L,

fingers on sets of ribs at sternum, press down, flattening chest from all 9 sets of ribs, exhaling, softening chest. Change legs to other side, continue. Then while lying on back. On R side, L hand on floor, R arm straight out in front, look along floor to R/behind. Put L palm on forehead when looking down to floor, take head to look more to R and lift head, belly out. Repeat, OS

Discussion #065 - Dennis Leri
Reconstructing "sliding sternum" lesson

CD#09/T14 [3 MINUTES]

Small groups reconstruct sequence of the "sliding sternum" lesson.

Day 44 Thursday February 15, 2007

ATM Lesson #112 – Dennis Leri

Sliding arms #3 (sawing arms): attention to C7, head, breathing, in sitting & on back

CD#09/T15 [48 MINUTES] [SAN FRANCISCO TRAINING YEARS 3 & 4]

Review what you remember of "sawing arms" lesson on back and sitting. Sit, slide one arm along inside of other, directing elbow through/past other elbow, tilt head one side/other. Repeat keeping head in middle. Sit, slide arm/elbow, allow C7 to come forward/rotate, note clavicles. Right hand on forehead, keep head still and pretend sliding left arm through imaginary right arm, sense C7 moves forward/rotates. Bring right arm in place to slide L arm/elbow again. Rpt other side. On back, arms crossed in front, slide inside arm/elbow along other, direct hand to opposite ear. Rpt other side. Take both hands towards opp ear, hands behind neck, fingers touching neck, towards interlacing. Use easy crossing to bring fingers towards interlacing behind neck, take elbows side/side then forward, head staying behind on floor, attn to C7. Rpt w/other crossing. Rpt, noting belly/lower back. Rpt w/seesaw breathing. Return to taking elbows forward, feeling connection to C7. Sit, rpt original move, direct hand towards ear, behind neck.

ATM Lesson #112 continued – Dennis Leri

Sliding arms #3 (sawing arms): attention to C7, head, breathing, in sitting & on back continued

CD#09/T16 [33 MINUTES] [SAN FRANCISCO TRAINING YEARS 3 & 4]

On back, slide crossed arms, elbow through, feel connect to C7, note head tilt, take ear to shoulder. Rpt w/arm cross switched. Slide elbows through so fingers come behind neck, seesaw breath, C7 forward/back. Sit, arms straight out in front, crossed, interlace fingers, bring hands to belly continue, bringing up in front of chest/throat/face, straighten arms, leave hands out in front, move arms/elbows up/down, side/side, forward/back. Play w/different directions of taking interlaced hands through/forward. Sit, rpt, w/interlacing of fingers changed. Rpt, other arm crossed on top. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head, circle head w/hands. R hand crossed to L, fingers wrapped to back of neck, L hand on R elbow to direct arm/hand. Bridge hands next to head, bring one hand on other elbow, bring elbow towards middle, lift head, rest head on forearm. Rpt other side. Hands bridged, nearer to center behind head, lift head and take towards each arm alternately. Imagine taking C7 forward.

Discussion #066 – Dennis Leri C7, how a lesson lessons, orientational systems

CD#09/T17 [46 MINUTES] [DV#1 13-52]

Paula: C7 anatomy? Walking related to C7; organization of knee. Michael: vertebra moving forward in ATM. Experimenting with lessons; cheating; recreating steps of ATM; sequence and consequence. Robert P: experimenting and "not a lesson." What's a lesson, what's an experience; genius vs. talent. Combining elements of lessons; logic of a lesson, making up a lesson. C7 moving forward in morning's ATM, relevance within logic of lesson. Isolating, locating, moving with participation of other parts, vitality and function. "Functionality." Unifying thread through lessons. Michael: functionality and how a lesson lessons. Notational systems allow elegance, reference, and manipulation. Orientational systems; being awake, conscious, aware; system of reference in background. Mechanics, movement, orientation; mathematics; sense of self in world. Michael: quote about affecting change.

ATM Lesson #113 – Diana Razumny Sliding sternum and softening ribs #2: tilted crossed legs; sliding head shoulders to side with arm holding over top of head, on back

CD#09/T18 [53 MINUTES] [ALEXANDER YANAI #218]

On back, stand legs, cross R over L, tilt R, stay. Hold head with L hand over top, slide head/shoulders L. Pause, repeat sliding head L with legs long and spread. Stay with head to L, slide R hand along front of body towards R knee. Feel what happens with the collar bones, sternum. Stand feet, cross R leg over L, tilt legs R, stay, L hand holding head, take head/arm L, stay. Hands on sternum, elbows lifted, push L. Note ribs that are sticking up/interfering. Note, L side of ribs in back are lifted. Push to change the shape of chest, taking ribs to floor. ROB, note ribs against floor. Cross L leg over R, tilt legs L, L hand holds/slides head L, stay, return to hands taking sternum L, bending chest L and down. When at bottom of sternum, push ribs down to L and lift head/shoulders. Return head/shoulders to floor, leaving chest to floor. Repeat, press ribs lifting head, leave ribs down, return head/shoulders to floor. Hold head with L hand, slide L, note diff. Then with legs straighten. Cross R leg over L, tilt R, hold head from top with L hand/arm, slide L, extend R arm overhead, lengthen up/L as head/shoulder slide L. Stay to L, R hand on forehead, roll head L/R. Return to sliding head/shoulders L, stay, roll head R/L with L hand. Stand, walk. Imagine weights in hands, bend L/R, note how to each side. Reverse everything to other side. Stand on knees, R hand on L temple from over top of head, bend directly to R. Add L hand sliding along R forearm towards elbow. Have L foot standing, continue. Repeat, OS. Add at end to straighten

the R leg straight out to side, thinking of taking L elbow towards floor on L. On back, lift head, hands press chest down, return head to floor leaving chest in full contact with floor. Stand, imagine holding weights in hands, bend to sides.

Discussion #067 - Dennis Leri

Lesson themes in ATM and FI; organization

CD#09/T19 [50 MINUTES]

Laura: analyzing. Reconstructing lessons; focal point; a lesson is "about" different things for different people. Lesson themes relating to functionality. Brian: doing one lesson repeatedly. Doing little amounts of lessons. If improvise, does it measure up? Might be useful, but is it a lesson? Laura: is this similar to sticking to a particular dance technique in creating movement? James: if someone is not well organized, part or whole? Looking at just "organization," what one has and what one can do with it. Erickson and time distortion; somatic encoding. Robert P: creating a lesson in FI. Controls on practitioner's mode of working in FI: calming the limbic system, Judo principles, organizing oneself. Functional themes, specificity, evoking responses, exaggerating what's already clear, structural vs. functional shortening. Mia Segal, precision; clarifying a direction by its opposite. What's essential? Using thinking/imagination in FI.

**Day 45 Friday February 16,
2007**

ATM Lesson #114 – Dennis Leri

Sliding arms #4 (sawing arms): crossed arms with interlaced fingers; arm behind head holds chin, on back and sitting

CD#09/T20 [42 MINUTES] [SAN FRANCISCO TRAINING YEARS 3 & 4]

Sit, saw R arm inside L, explore neck/fingers; change arms, same. Arms straight out in front, right over left, interlace fingers, bring hands to belly continue, bringing up in front of chest/throat/face, slide the right elbow through and past the left. Repeat arm position, start with the right elbow through a little then slide the left elbow around the right elbow. Then move both elbows to create the slipping of the elbows past each other. Repeat starting the finger interlacing by crossing the left arm over right. On back, repeat variations. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head; explore taking head through gap. Repeat w/ arms changed. L hand behind head to hold chin, use R hand to help. Hands together behind head, lift head, move arms L/R; turn head to meet hands. R hand behind head to hold chin. Do easiest side, roll to side and sit, go back down; roll to the OS to sit. Change arms, repeat. Easiest side, hand in bridge position, use other hand to help slide hand farther along floor toward spine; continue movement so head lifts and elbow goes under head towards center; lift pelvis and head and circle upper back side. Hands behind waist, lift pelvis, slide head side-to-side on floor. Bring elbow behind head again, lift pelvis, move pelvis side to side.

FI Exploration #050 – Dennis Leri
Elbows moving forward

CD#09/T21 [8 MINUTES] [DV#2 0-8]

Groups of 3. 1st person LOB, bend knees, interlace fingers if can behind head; bring elbows forward while 2nd person rides along C7. 3rd person rides along ribs/spine/abdomen as student brings elbows forward. Demo with skeleton and Leanore.

**FI Exploration #050 continued –
Dennis Leri**

Elbows moving forward

CD#09/T22 [1 MINUTE]

New trios, same explorations as before, in sitting.

Discussion #068 – Dennis Leri

About FI practice, Peirce, unfolding of FI lessons

CD#09/T23 [40 MINUTES]

About the FI practice. Peirce, the Play of Musement. Inferences: *Deduction*: Rule—all the beans from this bag are white; *Case*—these beans are from this bag; *Result*—these beans are white. *Induction*: *Case*—these beans are from this bag; *Result*—these beans are white; *Rule*—all the beans from this bag are white. *Abduction*: *Rule*—all the beans from this bag are white; *Result*—these beans are white; *Case*—these beans are from this bag. Guessing, waiting, feeling in FI. Creative process, discovery, mistakes; demonstrating. Moshe's process with a young girl with cerebral palsy. Unfolding of FI lessons; engaging limbic system, "life-threatening" to the pattern; supporting present shaping. Robert P: applying this; purpose of morning's ATM lesson. Completing the image. Kim: flexion for protection. Tres: Feld with eating disorders. Controls in ATM; skill and technique in our craft, person's experience, expectations. Self direction in ATM.

ATM Lesson #115 – Diana Razumny
**Sliding foot through gap #1 (pretzel legs):
fingers and toes relating, on back**

CD#09/T24 [45 MINUTES] [SAN FRANCISCO TRAINING JUNE 21, 1976]

Stand, scan 5 lines. On back, scan 5 lines. Stand feet, open L knee to side, slide L foot and lower L leg through gap between R foot and pelvis. Slide in/out. Stay with foot through gap, imagine connection between R fingers and L toes. Move large L toe, thinking of R thumb. Continue on to each toe/finger. Slide L foot through gap to R, reach with R hand towards L foot, and reach L arm overhead. Slide L foot through gap, stay, R hand touching L foot, palm to sole. Slide L leg in/out of gap, note belly coming forward and L. Note different use of head/pelvis. Slide L foot through gap, stay, explore top of foot/toes with R hand. Slide foot through, stay, R palm facing L sole, not touching, think relationship of toes/fingers, bend big toe up while thinking thumb. Continue on with each toe and finger. Slide L foot in/out of gap. Alternate sliding through gap and bringing outside of L ankle to front of R thigh. Leave L ankle on R thigh, bring R palm towards L sole, not touching, play between fingers and toes. Same position, bring sole/palm to touching, bring leg/foot/hand away from R thigh towards ceiling, R side shortens a little. Slide L foot through gap again. Stand, walk, sense L foot and R hand. Return to back, R foot standing, L knee out to side, slide through gap and then bring out to touch top of R thigh, keeping L knee out to L. Leave L ankle on R thigh, push L knee away/down bringing L sole to orient towards face. Ankle stays on thigh, R palm to L sole, fingers/toes relating, pushing each other back and forth individually. Slide L foot through gap, hold from top of foot with R hand, bring sole of L foot to R buttock. Holding foot, lengthen L arm, roll onto front, bring sole of L foot to R buttock. On back, 5 lines, compare sides.

Day 46 Monday February 19, 2007

ATM Lesson #116 – Dennis Leri

Sliding arms #5 (sawing arms): arms behind head, on front and back, holding chin

CD#10/TO1 [44 MINUTES] [SAN FRANCISCO JUNE 30, 1975]

LOF, forehead on back of hands. Roll R heel out, allow mvt in pelvis, ribs, spine. Roll head side to side. Roll R heel. Head on back of R hand, L hand push-up position, roll R heel out towards floor, let torso follow. Forehead on L hand, R hand explore back of neck/head; explore with R ear on floor; L ear. Behind head, hold R index finger w/ L hand; explore sliding arms side-to-side with forehead and each ear down. Hold R wrist w/ L hand, slide arms in the 3 head positions. LOB, hold R finger/wrist w/ L hand, explore behind head, changing position of head. LOF, L hand holding and guiding R wrist, slide arms. Forehead on back of hands, roll R heel out. Stand, turn, walk. Sit, hands behind head as above, explore. Slide arms so that when R hand goes behind head, look to R elbow; look to L elbow; alternate. As take arms to L, turn head to L towards holding chin w/ R hand. On R side, hold R wrist/arm w/ L hand behind head, lift R elbow off floor. Sit, hands behind head, slide and turn head to hold chin w/ R hand; L hand on floor, slide it side to side. LOF, forehead on hands, roll R heel. Roll head. Roll head with leg; roll opposite. LOB, recollect the lesson.

Discussion #069 – Dennis Leri

Principles/strategies of the ATM lesson;
Peirce on organizing thoughts

CD#10/TO2 [56 MINUTES] [DV#2 8-END]

Small groups, discuss structure, principles, strategies of lesson. Kristen: differences between strategies and principles. Tres and Cheryl: multiple spatial orientations. Linda: attending to the unexpected. Jonathan: exploring back of head. Paula: pain, posture; constrained positions. Barb B: not doing what's painful; goal orienting. Brian: test mvt, applying constraints, differentiation & undiff. Robert P: distal/proximal. Demo: Robert S, proximal/distal from ATM. Employing principles to give rise to different impressions. Robert P: clarify proximal/distal. Michael: other principles? Tres & Dennis: thinking about lessons; 5 lines; references. Reading from Peirce: relationship between images and thoughts. Relationship among sensations, impressions, ideas, comparisons, literal/abstract. Relationship of observer to impressions. Setting up novelty. Michael: nodes/ideas. Abi: ideas of I, foot, sensations, shifting. Materiality, art, scientific thought experiments, sensory continuums.

FI Exploration #051 – Dennis Leri C7, lying on side

CD#10/TO3 [14 MINUTES] [DV#3 0-12]

Groups of 3, #1 LOS, #2 push through C7, #3 listen and feedback from sit bone. Hands at C7: one hand on C7 spinous process, other soft fist on transverse process so pressure goes through arm and first finger near knuckles. Demos with Michael, skeleton, Kim.

ATM Lesson #117 – Diana Razumny Sliding foot through gap #2 (pretzel legs): fingers and toes relating, on back

CD#10/TO4 [46 MINUTES] [SAN FRANCISCO TRAINING JUNE 22, 1976]

On back, stand R foot, slide left foot through gap between R heel and R buttock, keeping outside of L thigh stays on floor, knee out to L. Repeat, imagine L heel touching R buttock. Repeat, turning foot so little toe comes towards buttock. Think sole of foot coming towards buttock. Add taking R hand towards L foot as it slides through. Hold top of foot from outside, turn top of foot towards floor and sole of foot towards R buttock. Alternate taking L foot through gap then L ankle on R thigh. Leave on R thigh, R palm near L sole, imagine fingers/toes connecting. Hold L foot while on thigh with R hand, turn foot bringing sole more towards head/face, note L knee moves away. Return to sliding L foot through gap, thinking of little toe coming towards buttock. L ankle on R thigh, R palm to L sole, direct L foot towards ceiling. L ankle on R thigh, take L knee down/away, note sole comes more towards head. R palm on L sole again, straighten L knee, foot/hand towards ceiling. Slide L foot through gap. L ankle on R thigh, match fingertips to toes, push little toe with little finger, little toe pushes back. Repeat with thumb and big toe; ring finger and 4th toe; index and 2nd; middle finger and toe; then all 5 toes/fingers at same time. Return to sliding L foot through gap. Sit, R leg long, L bent out to side, L ankle on R thigh, lean on R hand behind, hook L big toe with L index finger, swing L leg so foot goes towards R cheek of face then swing/straighten L foot out to L. On back, slide L foot through gap then out and slide ankle onto front of R thigh, keeping L knee out to L the whole time. Sit, L ankle on R thigh near hip, L index between big/2nd toe, turn foot, sole towards face. Swing L leg out to L, straightening knee then bending, bringing foot towards face again. Ankle still on R thigh, bend R knee, sliding R sole on floor, L foot comes towards face as R knee bends up. On back, slide L foot to R buttock, R hand holds L foot, bring L hand to L foot also from behind pelvis, bring foot towards/away from pelvis, lifting and lowering pelvis. On front, bend knees, hold L foot with both hands, slide L foot across buttock to R. On back, scan 5 lines. Stand, walk, turn, walk backwards.

Day 47 Tuesday February 20, 2007

ATM Lesson #118 – Dennis Leri

Sliding arms #6 (sawing arms): holding chin, lying to sitting

CD#10/T05 [40 MINUTES] [AMHERST JUNE 27, 1981]

Sit, rotate head side to side. Slide R hand behind head. Guide R wrist w/ L hand. L hand on R elbow, guide R hand to hold chin from behind head, explore. R hand holding chin, take L hand forward on floor, bringing R elbow toward floor. Side sit, R leg back, R hand holding chin, L hand on floor in front, slide it away and bring L elbow to floor, hanging forward, flex/extend spine. Switch legs, same hand to chin, repeat. Side-sitting, L leg back, R hand holding chin, slide L hand on floor away and towards; same legs crossed. On back, R hand behind head, hold wrist w/ L hand, hold chin, explore range of mvt. Bend knees/stand feet, hold chin, tilt knees to L; tilt knees to R. Hold R wrist w/ L hand, slide arms so L elbow goes towards ceiling, head may lift. Holding chin, roll to R side to sit w/ L hand sliding on floor. LOB, roll to R side, come up w/ R elbow on floor. Holding chin, move between sitting and lying. Holding chin, come to sit; stand, turn head.

ATM Lesson #118 continued – Dennis Leri

Sliding arms #6 (sawing arms): holding chin, lying to sitting continued

CD#10/T06 [15 MINUTES] [AMHERST JUNE 27, 1981]

Sit, turn head. Side sit, L leg back, slide R hand behind head to hold chin, slide L hand on floor; direct R elbow to L knee; lift L knee towards R elbow. LOB, R hand holding chin, roll to L side to sit, return to back. Holding chin, roll to sit, alternating sides. Roll lying to sitting, only to R side; R leg parallel to R-side wall. Without holding chin, roll to sit, alternating sides. Same, holding chin. LOB, roll head. Sit, legs crossed, turn head. Spiral to stand, walk.

FI Exploration #052 – Dennis Leri C7, lying on back

CD#10/T07 [19 MINUTES] [DV#3 12-31]

Fist, slide down neck to neck/shoulders angle to locate. Move it side to side. Explanation of touching: skin, muscle, bone. FI: looking for transmission of force. Demos with skeleton, Kim. Demo with Brian: LOB, C7 from arm.

Discussion #070 – Dennis Leri

Limits, acupuncture, transmission of force

CD#10/T08 [40 MINUTES]

Robert P: relationship of FI practice to ATM. Doing ATM, limits, FI. Center of gravity of training, students' processes. Sense of skeletal connections are essential to

understanding FI. Michael: exhaustion/energy, C7/L4 as centers of nervous system info. Moshe and acupuncture, posture and movement, realizing self. Marge: about FI practice. Concept of transmission of force. Esther Thelen and developmental work. Kristen: principles relating to dreams.

ATM Lesson #119 – Diana Razumny

Sliding foot through gap #3 (pretzel legs): holding head and foot rolling left, on back

CD#10/T09 [57 MINUTES] [SAN FRANCISCO TRAINING JULY 6, 1976]

On back, stand R foot, bend L knee out to side, slide L foot through gap. Slide in/out. Repeat with R hand on top of head, sliding head/shoulders R. Repeat with L hand on L temple, pushing head to R with shoulders sliding down to R while sliding L leg through. Return to sliding of L leg to feel difference, then add sliding head/shoulders down to R, reach R hand to L foot. Stay down to R, relating R fingers to L toes without touching. LOB, feel connection between same toes/fingers. Return to previous position, touch big toe and thumb, alternately press each toe to finger & v.v. R foot standing, L ankle on R thigh, reach R hand to foot, repeat pressing each toe/finger individually. Return to sliding L foot through gap, pushing with R foot, R hip lifts to help. Swing L bent leg under gap and then up to bring ankle to front of R thigh. Return to L ankle on R thigh, hand around top of foot, turn foot so L knee goes away from head. Return to sliding L foot on floor then bringing ankle to thigh. L ankle on R thigh, R fingers matching up with L toes, tilt legs L so knee goes to floor, allow head to lift. Repeat without hand to foot. Slide foot through gap. L ankle on R thigh, tilt legs L leaving head on floor, think of knee moving away/down, add lifting R heel to help, then alternate lifting R toes/heel. L hand behind head, L ankle on R thigh, hold L foot from outside edge, lift head and L foot towards ceiling. Change to lifting head and R foot from floor. Same position, lift head and legs and roll to L side. Sit, hold L foot with R hand, L hand behind head, bring face and foot towards each other, think of sliding face along lower L leg. Lie on L side with legs bent one on top of other, lift R foot away from L, pivoting over L knee, add lifting head with R arm wrapped over top of head. On back, stand R leg, L ankle on R thigh, hold L foot with right hand, L hand behind head, bring head/legs together and roll L. Slide L leg in/out of gap.

Day 48 Wednesday February 21, 2007

ATM Lesson #120 - Diana Razumny

Sliding foot through gap #4 (pretzel legs): fingers and toes relating, on back

CD#10/T10 [55 MINUTES] [SAN FRANCISCO TRAINING JULY 6, 1976]

On back, stand L foot, open R bent knee to R on floor, slide R foot through gap. Leave it through, slide L standing foot on floor along lower R leg towards R knee. Repeat, leave L foot standing to R of R knee, lift/lower R knee caressing lower L leg. Repeat all on other side. L knee bent out to L on floor, slide R foot to standing to L of L thigh, take R knee towards L foot, R foot comes off floor, R ankle stays in contact with L thigh. OS. On hands and knees, bring R knee to floor behind L knee. OS. Stay with R knee behind L on floor, open/close feet. Leave feet separated and take pelvis back towards floor between feet, then towards one heel and the other. Repeat, take pelvis to floor between legs, keep hands on floor; same, hands come off floor. Sit back, bring hands behind, slowly go down onto one elbow, the other and on down to back and reverse. Switch legs, repeat. On back, bend L knee out to side on floor, stand R foot to L of L knee, take R knee towards L foot; lift head when L knee goes towards R foot. L hand over top of head, face R, lift head, L ear goes towards R knee, bring R hand towards L foot; switch arms. L knee bent on floor, stand R foot to L of L knee, reach hands to hold feet. On hands and knees, R knee to floor behind L, make quick. Leave knee behind, separate feet, pelvis to floor to sit between feet. Reverse legs, repeat. Alternate putting knees behind to feel for differences on sides.

FI Exploration #053- Diana Razumny

Quality of touch

CD#10/T11 [53 MINUTES]

Each person roll air-filled Ziploc bag between hands, fingers pointing opposite: light, heavy, just right. Roll grapefruit same way: feel texture, weight; press harder, feel into neck/shoulders. Roll own head between hands, compare; roll hands by turning head. At chairs: grapefruits between hands, all fingers pointing forward, roll. Partners, stander at sitter's side, hands to head, roll head. Person sitting, think about lunch plans, practitioner roll head. Waiting game: hands on head, sitter continue thinking for a few moments then arrive sensing self/pelvis on chair. Stander begins rolling when sense sitter is present. Reverse roles: sitters turn head to move person's hands, feel through to their shoulders. Repeat, change speed to fast; change speed to slowest. Standers re-roll with new awareness, feeling through spine to pelvis/sit bones. Discussion. Brian: guiding the mvt. Marge: about thinking then arriving. Michael: hair sliding. Leonora: sense of trust. Pam: went in with ease. Taking this quality into FI practice. Abi: wanted more

feedback dialogue; sensitivities rolling head. Pam: using self. Involvement of whole self as practitioner. Brian: connecting nervous systems but not blending. Tres: experiences when person thinking; Marge. Eyes/imagining affecting neck.

FI Exploration #054 - Diana Razumny

Sliding Sternum ATM (#111)

CD#10/T12 [17 MINUTES]

Trios: play with ATM #111, bring in quality of touch from previous exploration. Notes for the ATM handed out; can use them, not use them, use slide show, in order, not in order, be creative. Kristen: details while riding along. Abi: propensity to move what's not moving; learning. Kim: breaking away from the paper. Michael: purpose; Diana: using self-encyclopedia when doing FI. James: which part of foot in morning's ATM. Diana Razumny

FI Exploration #054 continued - Diana Razumny

Sliding Sternum ATM (#111)

CD#10/T13 [26 MINUTES] [DV#3 31-57]

Demo of using ATM #111 for FI (Jonathan).

ATM Lesson #121 - Dennis Leri Sliding arms #7 (sawing arms): holding chin, lying to sitting

CD#10/T14 [49 MINUTES] [AMHERST JUNE 30, 1981]

Sit, hold R wrist w/ L hand, slide behind head towards holding chin. Hold chin, slide L hand on floor, bring R elbow to floor. Take one foot behind, roll to R to LOB w/ L hand sliding on floor. LOB, hold chin, L hand overhead, come to sit to R keeping contact of L hand on floor; come up L. Sit, L arm behind head, explore neck. L arm behind head, hold elbow w/ R hand, move torso L/R. LOB, hold chin w/ L hand, R hand holding wrist/elbow, slide shoulder girdle L/R. Sit, R hand holding elbow, take side to side, tilting on sit bones. Sit, hold chin w/ L hand, R arm to side shoulder-height, turn torso/arm. Turn with eyes on horizon; eyes opposite; same again. Sit, turn head L/R; tilt head. L leg back, hold chin w/ R hand, hold R elbow w/ L hand, take elbow L/R. Same position, L arm out, turn torso/arm; move eyes with and opposite. LOB, hold chin w/ L hand, start to roll to R, notice pelvis. L hand holds chin, R hand holds elbow, just start a roll to each side. L hand holding chin, R arm straight overhead, roll torso side to side. Roll further towards sitting, alternating sides, reverse before head comes up; almost all the way. X-shape, bring R hand & L foot away from floor; other diagonal; alternate; both diagonals same time. Bring head forward, lead from different places. Lift, turning R ear towards floor; L ear. Lift head, bring R ear and R arm fwd; L ear and L arm. Alternate rolling to sides towards sitting; come to sit and stand.

Day 49 Thursday February 22, 2007

ATM Lesson #122 - Diana Razumny

Sliding foot through gap #5 (pretzel legs):

rolling up to sit with legs crossed, on back

CD#10/T15 [59 MINUTES] [SAN FRANCISCO TRAINING JULY, 1976]

On back, stand R foot, slide L foot through gap. Switch legs, slide R foot through gap of L foot and pelvis. Then leave the R leg stationary and slide the standing L foot on the floor along the lower R leg to around the R knee. Stay with the L foot on floor near R knee then take L knee down away, pivoting over L ankle so sole of foot comes away from floor, stay there and reach L hand to R foot and hold it. From that position sweep R arm overhead on floor, roll to L side and bring R hand to R foot. Repeat, sweeping R arm around overhead to R foot and then reverse and repeat. Repeat on other side. Switch legs, have arms overhead and sweep arms side to side, taking hands toward feet alternately, allowing head to roll and move along with sweeping arms. Switch legs again, sweep arms around side/side. Stand L foot to R of R knee, take L knee down/away, sweep arms along floor around to R to take L foot and hold foot as you come up to sitting. On hands and knees, cross R knee behind, separate feet and sit back with pelvis to floor between feet. Repeat on other side. Stay seated with legs crossed, rock forward/back then go down on one elbow to lie back down, come up, go down on other side. On back, slide L foot through gap of R foot and pelvis, R foot standing to L of L knee, take L knee down, reach hands to R foot by rolling to R. All 4's, cross knees, sit back between feet, hold both feet in sitting, rock forward/back on sit bones, then side to side then roll down onto back with legs crossed. Sit between feet again, R ankle crossed on L thigh, lift lower R knee, pivoting ankle on L thigh, put R foot standing on floor and slide L leg along lower R leg. Repeat with legs switched. Sit with legs crossed, L on top, hold both feet, straighten/bend one knee then other. Repeat with legs switched. Hands and knees, crossed legs, sit back between feet, alternate leg crossing and sitting back.

Discussion #071 - Dennis Leri

Contextualizing, experiencing, organizing

CD#09/T16 [29 MINUTES]

Feldenkrais in baseball. Brian: mvts from the ATM, contextualizing principles/structure of mvt. Leading people in their own experience, learning through unique experience, integration, functioning intelligence inside action, realizing a piece of a lesson in a life situation. Barb: FI communicating without verbal direction. James: would a well organized person do everything better? Abstractly yes; physical demands of sports determine geometries. Organization: ability to adapt, how can I do more efficiently. Profiling body types for jobs/sports.

Moshe Audio

Awareness

CD#10/T17 [62 MINUTES]

Recording of Moshe at NYU, 1972.

Discussion #072 - Dennis Leri

Function, motoric sense

CD#09/T18 [54 MINUTES]

What is a lesson, what's it like, how does it lesson?

Robert S: stairs/counting. Function, functionality, generalizing. Math—*Laws of Form*, G. Spencer Brown, logic. Moshe and motoric sense of counting; sets; temporalizing sensations. Robert S: In The Master Moves, counting toes. Michael: primitives, primary image, 5 lines. Gurdjieff; integrity; evolving with the work. Self image, assemblage. Marge: being aware—about pulling up motor memory. Esther Thelen: development is orderly, but by different strategies. Typology. Martial arts. Kristen: latency and generalization. Continuum, whole structure; semiophysics.

ATM Lesson #123 - Dennis Leri

Moving C7 forward and back, on back, sitting and on knees and head

CD#10/T19 [41 MINUTES] [SAN FRANCISCO TRAINING, 1976]

Sit, legs crossed, sense C7, bring it fwd/back, leaving head in place. Same, hand on top of head. Same, interlaced fingers on head. Same, LOB. Sit, R leg fwd, hands on head, C7 fwd/back. LOB, same, one hand on neck, one on sternum. On knees and top of head, hands interlaced around head, forearms and elbows on floor, take C7 forward and back; try without moving pelvis. Same position, let pelvis move head-ward and foot-ward, allow shoulder blades to separate and come together, belly drops forward and comes back. Same, one hand on back of neck. Sit, L hand on top of head, bring C7 fwd/back. On back, feet standing, tilt tail down towards floor so lower back is lifted, back and forth a few times then stay with tail down, note breathing, feel what happens with C7. On knees, top of head on floor, hands under knees, move C7 forward/back. Sit, roll head between hands. Switch hands. Hands down, move C7 forward/back. On knees, top of head on imaginary clock, hands under the knees, move head between 12 and 6, then between 3 and 9. On knees & head, hands interlaced and wrapped around head at floor, circle top of head around clock, note base of neck/C7 making circle. On knees & top of head, stand hands to sides of head, elbows in air, circle top of head around clock. Repeat with hands behind back, one holding other wrist. Sit, take C7 forward/back, notice eyes. Sit, L leg behind, lean on L hand, R hand on top head, circle top of head thinking about C7 moving opposite. Switch legs, rpt. On knees & top of head, hands under knees, make 3 small circles around clock each direction, attention to C7 moving in circle. Rest on back, note breath, roll head.

Day 50 Friday February 23, 2007

ATM Lesson #124 - Diana Razumny Sliding foot through gap #6 (pretzel legs): legs crossed, holding feet, roll to back, on back

CD#10/T20 [60 MINUTES] [SAN FRANCISCO TRAINING JULY, 1976]

On back, notice 5 lines. Stand L leg, push through foot on floor, notice effects on pelvis, R leg. Slide R leg through. OS. On hands and knees, cross one knee behind, separate feet and sit back between feet. Go back and forth, sitting, coming onto hands/knees and switch knee crossing. Notice the changing shape of torso. Sit back, hold feet, shift weight, explore tilting of head, note shape of torso with each variation. Then tilt forward/back. Then circle pelvis on floor, head circles opposite mid back. Repeat with other knee crossed behind. On back, stand R foot, slide L foot through gap on floor. Repeat, other side. R foot standing, slide L foot through, stay and slide R foot around to L of L knee, take R knee down/away, R ankle pivoting over L thigh. Repeat, other side. On hands/knees, cross R knee behind, sit back between feet, go down on one elbow and lower to lying on back, soles oriented towards face, arms overhead, sweep both arms around to one side to hold foot on that side, then sweep arms around, over head to other side to hold other foot. Repeat starting with L knee crossed behind R on hands and knees. Legs crossed, sit between feet, hold both feet, roll down across side to come to back holding feet. Repeat with other leg crossing. Stand R foot, slide L through, hold the two feet, swing legs overhead and roll up to sit, Continue and when legs are overhead, let go of hands/feet, switch leg crossing and roll up to sitting again. On hands/knees, cross R leg in front of L then L in front of R, crawling forward then reverse to crawl backwards.

FI Exploration #055 - Dennis Leri C7 and sitbones, on back

CD#10/T21 [6 MINUTES] [DV#]

Demo: Robert S. Groups of 3. Student LOB, legs crossed as in ATM, practitioner find C7. Student stand feet, cross one leg over, tilt legs, practitioner ride along C7. Student feet standing or rollers under legs, practitioner push through C7 to pelvis, other person listen then push through sitbones.

Discussion #073 - Dennis Leri About FI practice

CD#09/T22 [22 MINUTES]

Tres comment. Abi: balance between hands. Compression, general sense of C7 location, confidence in sensing. Shira: finding sitbones when working. Marge & Dennis: direction of force. "What is a lesson" will develop with different trainers. Clarifying C7; connections. Robert P: clarity

when working. Abi: putting together points talked about in FI. Intervening, specificity, options; readiness.

FI Exploration #055 continued - Dennis Leri

C7 and sitbones continued, plus review
CD#10/T23 [2 MINUTES]

ATM Lesson #125 - Dennis Leri Primary Image #5: hooking big toes, lift feet, sitting and on back

CD#10/T24 [52 MINUTES] [ALEXANDER YANAI #342]

Sit, hook big toes with finger. LOB, 5 lines.

Start sitting with hooking big toes with index fingers, lifting/separating feet. On back, create 5 lines. Sit, hook toes, lift one foot at a time off ground, rolling on pelvis. LOB, arms out to sides, create lines with length and direction. Hook toes while on back, lift feet towards ceiling, keeping lines and without lifting head. Sit, hook toes, lift both feet. Sit, hook one toe, lean on other hand, lift/lower foot. ROB then repeat on other side. LOB, hook toes. Sit, hook big toes, lift off floor. Holding toes, shift weight to R sitbone, lift L foot. OS. One arm long overhead on floor, hook same-side big toe w/index, lift/lengthen leg, note a little rolling towards long arm/leg on other side. Repeat on other side. Hook both big toes, lift feet. Sit, hook toes, lift both feet.