

Day 71 Monday November 5, 2007

Discussion #097 – Dennis Leri

What makes a lesson a lesson?

CD#15/T01 [80 minutes]

Abi: what makes a lesson a lesson. Dennis: small progressions, positions; reducing what we are looking at; giving an instruction and getting 30 different responses; dynamic perspective like headstand; setting up the big picture; non-competitive message; taking care of yourself; different idea of care or self; find a way to proceed and a path that enables you to check that; convey a different attitude towards self, mindset, or sense of self. Abi: the FM view, setting up room and attitude, movement patterns and finding relationships with self at the service. Dennis: use lessons as ways into a primitive process or global meaning, a-historical self. Listen to and work from self. Reeducation of the vestibular system is embedded in everything MF does. Brian: physical construction of lesson, by the end of the lesson, people look more similar, which allows us to then individuate. Reference movements and metamoves and people applying their own ideas. Dennis: reference movement is controversial. Reference is when more in more scientific bias, but could also be more artistic. When we hear an instruction we are mostly compelled to act. "I want to do this right." We can be good at acting but not in being in the process. There is something besides doing. Expect it from your group, that being part rather than the doing. Recognizing a part of our self. When we are very controlled, the reward is the control. Tres: teaching long lesson and getting uncomfortable feedback. Dennis: people sometimes come to groups to be anonymous. Some people like the individual attention. Milton Erickson, "Keep doubts on the other side of the table." Can break a lesson earlier when the group can't get to the "end". Pelvic clock – get the cardinal directions clear, the breath independent, connection to head. Dennis: making the student fit the lesson or the lesson fit the student. Barb: discomfort in teaching. Dennis: change the emphasis to the light shining in them. Teach the lesson you know really well and feel it. Marge: asking for feedback from a new person is tricky. Michael: David's checklist. Dennis: list's shortcomings – not segregated by awareness. Michael: How much set-up do you do in the beginning, like directions. Dennis: orientation is very important to make explicit during/throughout lesson. Dennis: example of Yvan talking a lot during a lesson, it's viable. Experience of teaching the San Fran material and Moshe talking a lot during first lesson. Five weeks later gave the same lesson beautifully. Dennis' experience of teaching in Austria and "just" taught the lesson. Distinction of Dennis/Yvan styles. Giving my experience of the instruction. As teachers we depersonalize the instruction so people can personalize it for themselves. Abi: back to knowing what makes a lesson. Dennis: you can just read a lesson and not even be able to do it or understand it. Abi: FI? Dennis: story about girl with missing brain.

ATM Lesson #167 – Dennis Leri

Four points #1

CD#15/T02 [29 minutes] []

Stand, hands on floor, pelvis high, head hanging, lift R hand, note weight shift. Rpt w/L hands. Lift both hands same time. Lift one foot, the other then both. Alt lifting hands, then feet. Lift diagonal foot/hand at same time on each side. Alt lifting diagonal hand/foot. Lift R hand/foot, lift L hand/foot. Lift all fours at once, hopping, hop L, R, forward, back.

Discussion #098 – Dennis Leri

Four points lessons

CD#15/T03 [58 minutes]

Small groups then 2 larger groups, Dennis present in one of the groups, Diana with the other. Then full group.

ATM Lesson #168 – Dennis Leri

Four point #2

CD#15/T04 [36 minutes] [Alexander Yanai #]

Stand, hands/feet on floor, head hanging down, step forward with R hand/foot then L hand/foot. Stand, walk w/one side moving forward then the other. Return to 4 points, step with diagonal hand/foot then stand and walk. Hands/feet on floor, draw line between L hand/foot such that half of leg would be to one side of the line, other half on other side of line, take R knee through gap of L foot/hand, top of R foot touches back of L heel, sit on R thigh so you end up facing to the L. L lower leg stays standing perpendicular w/knee over foot. Rpt OS then alternate. Add a hop in the middle so both feet are off the floor when you switch sides. Do just to the R and come all the way back up to standing. Go side/side with sense of continuity.

Day 72 Tuesday November 6, 2007

Discussion #099 – Dennis Leri

Breaking down lessons

CD#15/T05 [32 minutes]

Breaking lessons down into smaller parts. Lessons have beginning, middle, end and each of those parts have a beginning, middle and end. Shira: skeletal and the 4 pts. Lesson. Dennis: talking skeletally does not mean anatomical in this work, it's a sense. Muscles are a nuance, they are good at taking orders. Good martial artist is a skeleton wired to the nervous system. They have no insecurity or need to defend. Doing lesson, people start getting the idea of where it's going, they lose the attention needed. So you do another lesson to refresh and come back to original lesson. Or people get relief from pain with one lesson and they try to get the same results from the same lesson all the time. We want to have 3 ways of doing something.

ATM Lesson #169 – Dennis Leri

Judo roll #1

CD#15/T06 [42 minutes] [Dennis version]

On hands/knees, R ear on floor, change pressure along side of head, roll up/down from jaw to top of head in comfortable range. Roll head in direction of turn head, pressure changing front to back. Then circle around on R side of face against the floor. Same position, R cheek on floor, slide R hand/arm on floor in direction between L hand/knee, add taking head through gap. Rpt OS. Add looking towards ceiling when head is under arm. Rpt, w/head turned L through gap, toes tucked, lift L knee/hip so roll more onto R shoulder. Rpt, bring palms together, lift L arm up towards ceiling and lift L knee/hip.

Discussion #100 – Dennis Leri

The lesson

CD#15/T07 [34 minutes]

James: lengthen as result of rounding back. Dennis: length in front/back. Kristen: length while in judo roll. Brian: breaking down lesson. Dennis: We're interested in the how is what. Suspend their habitual way of doing things. Brian: brought in lesson during Alan's headstand. Marge: difference in Alan's, head fixed vs. mobile. Dennis: neck is in extension in the position of lesson, head on floor and go from ext to flexion. Michael: about embodiment. Dennis: directionality, like geometric shape of pelvic clock, using movement as a way not to have separation between body/mind. We don't really feel our physicality, we're feeling pressures, directions, temporalizing and specializing our experience.

ATM Lesson #170 – Dennis Leri

Four point #3

CD#15/T08 [29 minutes] [Alexander Yanai #]

Stand on hands/feet, lift hands/feet different combos. Take R knee through gap of L hand/foot, lowering pelvis to floor. Send straight R leg through gap, reverse. Rpt OS. Take R knee through, roll onto back, return to sit and 4 pts. Let feet/legs, arms all go overhead, swing up to sit/stand. Rpt w/straight R leg

Discussion #101 – Dennis Leri

Science and the brain

CD#15/T09 [58 minutes]

Beginning of life by Blechschmidt. Sherrington in and out of favor. Ester Thelen. Alvin Noe – perception. Use of attention. The world is the hard drive not our brain.

ATM Lesson #171 – Diana Razumny

Taking knees to floor with legs crossed, on back, sitting and elbow propped

CD#15/T10 [54 minutes] [Alexander Yanai #173]

On back, feet standing, spread, take L knee to floor near R foot, keep R knee "standing". Note what lifts. Rpt OS. Alt L/R. R knee to floor again, L foot on middle of R lower leg, touch floor w/both knees. Extend belly forward to help L knee go towards floor to L. Rpt OS Rpt, add – lift head with interlaced hands. Remove hands, take knees to floor, note diff. Rpt OS. Same w/legs, elbow/forearm propped, take knees towards floor, extend belly forward, lower back arches. Seesaw move between belly/chest. Rpt OS. Rpt but lean on hands behind. Which hand more essential? Seesaw move of chest/belly. Cont w/head hanging back. Return to elbows, head hanging back, easier for knees to go to floor? Stand feet, R knee to mid, L foot on R thigh, lean on hands, belly forward, L knee to floor. Note which hand you could lift to facilitate L knee to floor. Same, lean on both hands, head hanging back, seesaw move belly/chest. On back, same leg crossing, turn

head/face to R, L hand behind head, R ear, lift head. Note sides of back moving towards floor. Rpt OS R knee to mid again, L foot on lower R leg, knees to floor, lengthen arms on floor overhead, as knees go towards floor, note R arm shortening, instead lengthen it away from head as knee goes to floor. Take L knee to floor while lengthening R arm. Pause, rpt OS One knee between, other foot on lower leg as before, on elbows, head hangs back, top of head on floor. (arms overhead to help lift shoulders and come onto top of head?) Stay and lift arms from floor, seesaw belly/chest, note if knee lowers to floor. Rpt OS. Stand feet, hands behind head, lift head/knees, elbows/knees together, breathe. Stand legs, arms down, note chest, pelvis spine on floor.

Day 73 Wednesday November 7, 2007

ATM Lesson #172 - Diana Razumny

Arching back, coming onto knees and top of head - sitting, on back, elbow propped

CD#15/T11 [46 minutes] [Alexander Yanai #174]

Sit, legs crossed, L leg closer to body, lie back, lengthen arms overhead, lift back, note knees/legs, knees open towards floor. Chg legs, rpt, protrude belly forward w/back lifting. L leg closer, stand R hand in bridge near shoulder, L hand on elbow, move side/side then push overhead, lift R lower back, R knee towards floor while elbow goes towards floor overhead. Rpt OS. Sit, L leg closer, R leg on L, lean on hands behind, lift pelvis as if to roll up onto knees. Chg legs, rpt. Rpt above, leaning on elbows/forearms, chg legs, rpt. On back, L leg closer, R leg on L, both hands bridged, protrude belly, slide back of head on floor, come onto top of head. Rpt w/legs chg. Sit, L leg closer, R on L, hands on floor in front, slide hands away, exhale, soft neck. Sit, cross legs, hands near pelvis, take head forward to floor, lean on head, lift pelvis so lean on knees. Chg legs, rpt. Sit, slide hands forward, note diff. On back, legs crossed simply, arms overhead, lengthen arms, lift lower back, protrude belly. Chg legs, rpt. Cross legs, R on L, on back, bridge arms, push hands, slide onto top of head, lower back lifts. Chg legs, rpt. Legs long, roll legs in/out.

Discussion #102 - Dennis Leri

Questions and stories

CD#15/T12 [96 minutes]

ATM teaching #20 - Dennis Leri

Deconstructing pelvic clock

CD#15/T13 [49 minutes] [DVD#16 Scene 1]

ATM Lesson #173 - Dennis Leri

Judo roll #2

CD#15/T14 [23 minutes] [Dennis version]

Hands/knees, side of face on floor, move up/down along line on side of face on floor. Rpt OS. Take head along line from front to back, nose goes towards floor/ceiling, differentiate the eyes while rolling head. Rpt OS. Circle cheek on each side. Toes standing, slide R hand on floor through gap of L hand/knee, take head under, looking under arm to ceiling. Cont, lift L knee, leg straightens, pelvis lifts high, rolling on shoulder. Rpt, lift L hand/arm to ceiling, make circle with arm, each direction. Rpt OS. Stand.

ATM Lesson #174 - Dennis Leri

Four point #4

CD#15/T15 [47 minutes] [Alexander Yanai #]

Stand on hands/feet, variations of lifting hand/feet. On back, arms/legs in air with imaginary floor in front with hands/feet on floor in front. Stand, lift R hand/foot at same time. Rpt OS. Lift diagonal foot/hand. Rpt OS. Hop, all fours leave at same time. Take straight R leg through gap of L hand/foot. Rpt OS. Alt side/side. Quickly. Do once to L, imagine 20 times, do one more, ROB. Rpt OS. Take straight R leg through to L, stay, lean on R hand, L hand on top of head, circle head feeling through spine to pelvis.

Day 74 Thursday November 8, 2007

ATM Lesson #175 - Dennis Leri

Rolling head between hands

CD#15/T16 [34 minutes] [Amherst - Key breathing 1st year?]

On back, L hand on forehead, R hand behind, roll head between hands. Roll head w/o hands, sense nose, eyes, ears, top of head. Roll head w/L hand on forehead, continue, roll R leg in/out. Roll head/leg so nose/toes go same direction, then toes/nose in opp. Roll head w/R hand, roll R leg and bend knee, bring foot to stand, chg to L hand rolling head w/o interrupting leg. Roll head w/R hand slowly while R leg quickly comes/goes to standing/lengthening. Cont w/leg, switch to L hand rolling head slowly. Cont w/leg moving quickly, switch back/forth between R/L hand rolling head slowly. Switch, leg goes slow, head quickly. Rtrn to easy speed of each. Rtrn to head between hands like beginning.

Discussion #103 - Dennis Leri

Lesson of rolling head

CD#15/T17 [29 minutes]

Gurdjieff similarities. Autonomic/sympathetic NS. Prey/predator. Predator's dream, prey don't have the luxury. Offensive/defensive moves. Flexor/extensor. When musculature comes to neutral the autonomic system comes to neutral. Moshe was speculating, with another scientist about the autonomic NS, wrote a book, transcript was lost. Hasir. Whole being was wiped cleaned milliseconds. Ability to function in state of unbalance as a higher level of functioning. Reorganize quickly. When reorganizing it system feels chaotic. Example of Kung fu teacher, making the end clear made everything previous clear.

ATM teaching #21 - Dennis Leri

Instructions for practicum

CD#15/T18 [4 minutes]

Trios break one lesson into thirds, prepare to teach for Monday. Also take your third and expand it out into one lesson.

Discussion #104 - Dennis Leri

Self image, emotions, Erickson

CD#15/T19 [47 minutes]

Emotional orientation. Self image. Paul Schilder. Sensory motor mapping. Body responds to patterns and the muscles organize to that depending on the orientation. Body position and emotion that goes together "live at the same address". Using notes for ATM teaching. Orientation system. Abi: movement that has been learned. Ericksonian work - brief therapy. Hypnosis, trance work.

ATM Lesson #176 - Diana Razumny

Lengthening arm, rolling to sit, on back

CD#15/T20 [55 minutes] [Alexander Yanai #310]

On back, legs spread, lift R shoulder, track skeletal linkage, note back of head sliding down, chin lifting. Direct towards L hip. Think length along back diagonal to L hip/top of pelvis, shoulder moving in arc, first slides a little up before lifting, keeping sense of lengthening in back as shoulder arcs up towards ceiling and down towards L hip. Lift R arm/elbow in front of chest, elbow/wrist bent/limp, as if someone standing near L side of pelvis is holding you at elbow and wanted to bring you to sitting by pulling your arm in direction of L hip. Do in such a way that it's all about the skeleton moving and use least amount of muscular effort, no pressing against the floor. Allow head to hang back, only go as far as head still stays in contact w/floor. Interlace fingers, form arm hoop, take hoop towards ceiling, head hangs back. Stand R foot, R arm in front, lengthen up towards L as if to come to sit w/o pushing R foot or anything against the floor. Chest? Rpt OS. Allow head to depart from floor. Arm hoop, think hoop connects thru C7 so taking arms forward, lifts C7 part of hoop, taking it forward, head hanging back. Interlace hands behind L thigh near knee, take leg away, pulling arm hoop via leg. As leg goes away the skeletal hoop at base of neck gets pulled forward, head dangling back. Rpt OS w/R leg, right before head starts to lift from floor, take R knee L/R. Stand R foot, direct R elbow forward/down, stay w/head hanging back, turn head/eyes L/R. Rpt. OS, attn to breath. Arm hoop forward, towards ceiling. Rpt, add forward/L w/hoop, allow to move through to pelvis/legs, knees bending little to L. Stay to L, head hanging back, turn head/eyes L/R. (Dennis? Had them lift head to side R ear/R shldr) Rpt OS. Hands holding below knees, send knees away, back of head slides on floor, chin moves away from throat, shoulders lift. Alt knees moving away/down, keep tension in arms, head hanging/turning. Take both away, head hangs then lifts little from floor. Rpt, take knees away, head hangs/lifted, turn head L/R, knees respond - head turns R, R knee goes little R (explore opp, intentionally take knees R/L). Return to beginning, R arm forward/down to

roll up to sit towards L, allow knees to bend to L, roll up onto L elbow. Breath easy, pour self up to sit. Pause, rpt OS, alt. How much skeleton can track while alternating side/side?

Discussion #105 - Diana Razumny & Dennis Leri

About ATM Lesson

CD#15/T21 [26 minutes]

Day 76 Monday November 12, 2007

ATM Teaching #22 - Dennis Leri

Instructions for 1st practicum & discussion afterwards

CD#16/T01 [61 minutes] [DVD#16 Scene 2]

Two trios get together, one trio teach the other, lesson broken into 3 parts, each teach a third of the lesson. Switch roles and then discuss with each other. Afterwards, the whole group join together, exploring some questions about the lessons, notes and teaching.

ATM Lesson #177 - Dennis Leri

Judo roll #3

CD#16/T02 [45 minutes] [DVD#17 Scene 1] [Dennis version]

On hands/knees, head on floor, hands clasped on floor at back of head, roll on head, toes tucked. (few variations not noted) On back, rolling head, attn to vertebra. On hands/knees/top of head, hands standing, elbows in air over hands, take one ear towards the floor then other side, head moving side/side, not turning, tilting. Hand/knees, slide back of R hand on floor through gap of L hand/knee, take head under R arm, R hand is standing. Repeat, toes tucked, when R arms is through gap, head coming under R arm, looking towards ceiling, lift L knee from floor, straightening leg, lift/lower knee. Repeat OS. Rtrn to OS, when arm is through, weight on shoulder, use L hand on forehead to turn head, lifting L knee. Rpt OS. R arm out to R, take head under L arm, roll on R shoulder, arm turns. Rpt OS. R arm out to R again, head under L arm, rolling on R shoulder, lift one knee, lift the other, both. R arm out, head through back, knees lifted, walk feet around to L. Rpt OS.

ATM teaching #23 - Dennis Leri

Instructions for 2nd practicum

CD#16/T03 [2 minutes]

Day 77 Tuesday November 13, 2007

ATM Lesson #178 - Diana Razumny

Hands on knees, coming to sit

CD#16/T04 [56 minutes] [Alexander Yanai #311]

On back, legs spread, prop on elbows/forearms, bring knees to chest, head hangs back, straighten/lengthen legs forward, rock on pelvis, back arches, belly forward, sit up w/counter balance on sit bones, rolling up onto sit bones to sit. Come up asymmetrically, one elbow lifts before other while legs still go straight forward. Have R ear near R shoulder and repeat coming up to R/L few times each. Return to coming up in middle. On elbows, hands near opp elbow, rpt taking legs forward, head still hangs back, lower back arches, come to sit w/o swinging, push w/palms. Switch arm crossing, come up to one side, one elbow lifts, then to other side, other elbow. On R side, hands hold knees, lift/open L knee to L, roll to L, return R, head hangs back whole time, roll side/side. In middle, push R knee to R/forward, head hangs back, drags R, alt L/R. In middle, knees wide, push knees forward, head hangs back. Heels go away from butt little. Hold knees, feet touch, knees spread, push forward. Rvrs, knees touch feet spread, push forward. Feel which way come to sit more easily. Do one side, R knee inward, R foot out to R, push R knee. Rpt OS. On R side, hold knees, push L knee forward/up, pull so head hangs, L foot higher than knee, cont so L knee goes in front of R lower leg (not back/familiar way) Rpt OS. In middle, hold both knees, spread feet, push to sit, rpt with knees wide. In middle, hold knees, take R foot to R, push through R knee, roll to L, head hangs back, R shoulder in direction of L foot. Rpt OS. (took a break) Alt. In middle, hold knees, knees tog/apart. Alt side/side, look to side rolling towards, opp foot lifts high, knee inward. Lean on elbows/forearms, bend/lift legs, head hanging back, extend legs, move towards sitting, note difference. Then alt lift one elbow, other, middle. Lean on elbows, hands near opp elbow, lift bent legs, take heels to sides to come to sit. On back, legs bent/lifted, arms hoped forward, roll R as if to sit, take L knee forward as before, L heel lifts to side higher than knee. Rpt OS. Release arm hoop, rpt coming to sit side/side. Rpt but w/chin to chest, head not hanging back.

Discussion #106 - Dennis Leri

ATM teaching and morning ATM

CD#16/T05 [36 minutes]

ATM Lesson #178 continued - Diana Razumny

Hands on knees, coming to sit part 2

CD#16/T06 [25 minutes] [Alexander Yanai #311]

Picked up lesson again to complete. See above description.

FI Exploration #071 - Diana Razumny

Accessing hip joint from the knee to move the pelvis

CD#16/T07 [30 minutes] [DVD#17 Scene 2]

Demos with Cheryl, Abi and others. Pairs: On back, feet standing, direct knees over feet, note movement through to head. Hands above one knee, direct knee in, out and middle to note difference of effect through torso/head w/ different directs of the knee. Repeat w/both knees to middle or both knees out. Add holding the person's own hand wrapped around leg just below knee (like in ATM), leg is lifted, direct knee down/away from head, connecting into C7, like in the lesson. Similar idea on side, taking top leg w/both hands, one supporting from inside of knee, other on the outside and that lower arm is under the lower leg for support, direct knee towards midline/floor while foot goes higher and lengthen out in the direction of the knee, similar to before. Can roll pelvis forward/back, through hip joint, knee opens out to side when rolling towards back, knee inward rolls towards bell.

ATM Lesson #179 - Dennis Leri

Judo roll #4

CD#16/T08 [46 minutes] [Dennis version]

Hands/knees, toes tucked, head on floor, hands interlaced above head, roll on head, feel any asymmetry in the hip joints or torso even though you keep the line of pressure straight up/down along of the head on the floor. Return to position, take R arm through gap of L knee/and, roll on R shoulder as L knee lifts and legs straightens. roll on R shoulder again but w/ R arm straight out to right. Rpt OS. On back, lift pelvis, legs overhead, hold pelvis w/hands. Rpt, take feet to floor side/side, shifting weight on shoulders. Hold feet, roll back, feet to floor, w/momentum. Hands/knees, arm out to side, other hand standing, lift knees, walk legs around. On back, roll, swing legs overhead, feet to floor, walk legs around, find bridge position for one hand then switch to other side, bringing knees to floor near head on one side then other. On hands/knees, lower forehead to floor, roll across head side/side, elbows move side/side. Hands/knees, R arm out to side, L hand standing, lift knees, walking around, rolling on shoulder. Rpt OS.

Day 78 Wednesday November 14, 2007

ATM Lesson #180 – Dennis Leri

Four points #5

CD#16/T09 [54 minutes] [Alexander Yanai #]

Stand, hands/feet on floor, lift each then in combinations then hop. 4 pts, bring R knee through gap of L hand/foot, the top of the R foot touches back of L heel. Rpt to OS. Alt side/side. Add hop in middle. Chg to take straight leg through gap. Do each side and then alternate. Try same thing by starting in lying. Rtrn to simple taking the knee through. Alt side to side, one hand lifts. Rtrn to lifting each point then all combos. Hop.

ATM teaching #24 – Dennis Leri

Groups of 3 divide lesson into thirds

Not recorded

Discussion #107 – Dennis Leri

ATM teaching

CD#16/T10 [59 minutes] [DVD#17 Scene 3, 2 minutes]

Discussion of the groups that met for breaking their ATM into 3rds and break the third into thirds for the next teaching. AY lessons. San Fran eve lessons by Mia & Gaby. How to pick lessons. Spacial & temporal attention is the continuous background. The design of the lesson is built on that. Fundamental ground of experience is thought, how we organize experience. Hypnosis, collapsing states of sober and drunk. Regression to age before needed glasses. Objective/subjective index/reference.

ATM Lesson #181 – Dennis Leri

Diagonal rolling, arms/legs in the air, on back

CD#16/T09 [33 minutes] [Alexander Yanai #]

On back, reach R arm forward and a little L. Lift L leg towards ceiling, take leg up/R so feel pressure along back side on diagonal towards R shoulder. Stand R foot, lengthen L leg forward again, take L leg little to R/up towards R shoulder. Rtrn to R arm forward, directing down/L, add lifting head. Rpt, add pressing L arm into floor, feeling elbow can participate. L leg in the air again, circle leg each direction. Rpt w/R hand on L knee/calf. Rpt w/L arm/R leg. Both arms in front, hands as if holding dowel, take arms forward towards L hip, head/shoulders come away from the floor, rpt OS then alt. Both feet to ceiling, rpt same ideas with legs as did w/arms. As legs go towards L shoulder, L shoulder lifts. Rpt OS. L leg in air, hold L ankle w/R hand, circle leg. Rpt OS. Rock on diagonal while holding ankle. Hold opp ankles, rock on diagonals, circle middle back. Arms forward, holding dowel, lift R shoulder/head then both shoulders to come to sit on diagonal, rpt OS. Cont, use arm/elbow to help come to sit over one hip/other.

ATM Lesson #182 – Diana Razumny

Swivel to stand

CD#16/T06 [45 minutes] [Alexander Yanai #312]

On back, hold knees open, push knees, head hangs back, Push knees alt R/L. Push R knee to R, take R heel more to R, head hangs/rolls R. Alt L/R. Head hangs, lifts and turns to side of pushing knee. Lie on R side, hold knees, push L leg forward/down in front of lower R leg, head hangs behind, come to sitting, straightening leg. Play w/weight shift to sit. Cont, R hand on floor near R knee, bring L foot to stand on floor below lower R leg as come to sit and end up kneeling on R knee/toes. Cont, keep moving pelvis in direction it's going (in arc) as you come up. Rpt OS. Rtrn to R side, spiral all the way up to standing on both feet, pelvis high, R hand still on floor, end facing direction where head was lying. Rpt OS. Continue this, smoothing it out, swinging legs up in air when going back down on side, gradually warm up to swinging up to stand, swiveling around to face opp wall. Rtrn, to other side, alternate side/side.

Day 79 Thursday November 15, 2007

ATM Lesson #183 - Dennis Leri

Diagonal rolling, arms/legs in the air, on back #2

CD#16/T13 [23 minutes] [Dennis']

On back, L leg straight forward, hold L ankle w/R hand, roll along diagonal from hip to shoulder. Add L hand behind head. Rpt OS. Hold both legs at ankles, roll along diagonals. Both legs in the air w/o hands, take legs in direction of rolling on one diagonal, towards one shoulder, then other. Take both legs in direction of knees coming to floor to one side of head, then other side. Legs long, arms forward, take both arms in direction to roll along one diagonal then other. R arm forward and down a little towards L hip, rolling up over L elbow. Rpt OS. Bring legs in air, direction knees to floor near head on one side, the other side. Swing legs overhead, arms forward, roll up to sit, swinging arms/legs, then back, feet/hands overhead. Note rolling along back, down middle or off to side.

ATM Teaching #25 - Dennis Leri

2nd practicum

not recorded

Two trios get together, one trio teach the other, third of lesson broken into 3 parts, each teach a third of the lesson. Switch roles and then discuss with each other.

Discussion #108 - Dennis Leri

ATM teaching

CD#16/T14 [44 minutes]

ATM Lesson #184 - Diana Razumny

Roll up to sit holding legs/feet, on back

CD#16/T15 [64 minutes] [Alexander Yanai #315]

ATM Lesson #185 - Dennis Leri

Judo roll #5

CD#16/T16 [18 minutes] [Dennis version]

Hands/knees, slide one arm through, then other side. On back, L hand in bridge by head, legs in the air, direct knees to R side of head, roll across the diagonal, can come to sit, the R arm is straight out to side and your roll over the R shoulder. On hands/knees, bring L arm through, rolling across L shoulder. Try w/L arm out to side, pushing through toes to bring pelvis high, roll across diagonal. Rpt OS.

Day 80 Friday November 16, 2007

ATM Teaching #26 - Efrem Razumny

Review ATM lessons

CD#16/T17 [2 minutes]

Groups of 4. Recall pieces of ATMs from this segment that you would like to review with the group. One person demonstrates movement.

Discussion #109 - Dennis Leri

ATM teaching, Moshe stories

CD#16/T18 [55 minutes]

About ATM Teaching process. Story of Moshe in Boulder. Feelings and emotions in the method. Feelings come up, sometimes there is content and sometimes no content in the expression. Question from Shira: When student in class emotes, how to support and fold back into the lesson. Question from Abi about rest, space in ATM lesson. In ATM you ask for things that student can fill in.

ATM Lesson #186 - Dennis Leri

Extended scan

CD#16/T19 [21 minutes]

ATM Lesson #187 - Dennis Leri

Judo roll #6

CD#16/T20 [25 minutes] [DVD#17 Scene 4]

Discussion #110 - Staff

Presentation of ATM Certificates

CD#16/T21 [10 minutes]

ATM Lesson #188 - Dennis Leri

Pushing through knees to come to sit

CD#16/T22 [47 minutes] [Alexander Yanai #316] [DVD#17 Scene 5]