

## Day 81 Monday February 11, 2008

### ATM Lesson #189 – Dennis Leri

#### Twisting #1, taking arm from front to back, on side

CD#17/T01 [37 minutes] [Dennis generic]

On R side, knees/hips bent at 90, L palm on R, lift L arm towards ceiling, out to side, hand in direction of ceiling, take arm back towards floor behind, eyes follow hand. Rpt OS. On R side, same position, L arm goes back, roll head R, towards floor. Rpt OS. L arm to ceiling again, lengthen/shorten, hand gets closer to ceiling then closer to floor, shoulder blade slides towards/away from spine, head/eyes looking towards L hand. Add turning arm around axis clockwise/counter clockwise. Rpt OS. On R side, roll head, face to ceiling, L arm wrapped around head, lift head to see L hip. L arm resting on floor behind, R hand under head, lift head. Interlace both hands behind head, elbows forward, lift head. Palms together, take L arm back, head/eyes follow hand. Take arm half way and make that the beginning point. Rpt OS.

### Discussion #111 – Dennis Leri

#### Gaby's video working with Nancy L. Part 1

CD#17/T02 [53 minutes][DVD#18 Scene 1 - 50 min]

Getting the broad brush stroke of a lesson and not get hung up on technique. Watch the first part of a lesson of Gaby with Nancy. Small groups make up a story about what Gaby was thinking/seeing. Discussion afterwards. Watch same again and groups of three work with each other from the point of view of starting a lesson. Discussion afterwards.

### Discussion #112 – Dennis Leri

#### Gaby video working with Nancy L. Part 2

CD#17/T03 [47 minutes][DVD#18 Scene 2 - 56 min]

Watch few more minutes of Gaby with Nancy on table. Discussion about video and then general discussion comparing effectiveness of other modalities with Feldenkrais.

### FI Exploration #072 – Dennis Leri

#### Organizing by pushing through the leg in dyads

CD#17/T04 [3 minutes] [DVD#18 Scene 3 - 3 min]

### ATM Lesson #190 – Dennis Leri

#### Twisting #2, circling arms, on side

CD#17/T05 [38 minutes] [San Francisco Year 2]

On R side, arms straight out in front, palms together, slide L hand on floor overhead, around to behind. Hand may need to lift from floor at some point. Stay twisted back with L arm on floor behind, circle R arm around overhead, across chest. Rpt OS. Circle both arms at same time. Rpt OS. Stay twisted with "top" arm back behind at shoulder height, top knee can be lifted a little if necessary, start taking top knee/hip forward, feeling through to the point that effects head. Note the spiraling movement through the spine to the head. Switch legs to other side, rpt. On R side, L knee on floor in front of L, L arm behind, not touching floor, lift knee a little so arm comes to floor behind, lower knee to lift arm from floor, back of head on floor, face to ceiling, do amount of seesaw move of arm/leg so head doesn't move. Change level of knee/arm, knee a little more up, arm a little down so change the point around which you are pivoting/teeter-tottering. Explore different levels of arm/leg to feel different areas of the spine being asked to twist. Rpt OS.

## Day 82 Tuesday February 12, 2008

### Discussion #113 – Dennis Leri

#### Gaby video working with Nancy L. Part 3

CD#17/T06 [31 minutes] [DVD#19 Scene 1 - 45 min]

Watched next section of Gaby with Linda. Linda on her side, top leg in front; top leg in back; taking shoulder forward/back, connecting head to pelvis, visa versa, assisting ribs/torso in conjunction with pelvis creating side bending. Small groups make story about what they saw. Replayed same section.

### ATM Lesson #191 – Dennis Leri

#### Twisting #3, arm/head variations, on side

CD#17/T07 [44 minutes] [AY#413]

On L side, knees stacked, slide R hand on floor around from front to overhead, little behind to where comfortable, rtn. Palms together, lift R arm, fingers point to ceiling, head rolls so back of head is resting on floor, face to ceiling, take arm a little more to R, head rolls little to L, return both to beginning (facing forward relative to chest). Return to sliding R hand on floor towards overhead and behind, head moves along with arm. Rpt OS. On R side, thighs straight down under pelvis, knees bent so feet are behind, take L arm to ceiling, look at hand, imagine ray of lights from eyes to hand so connected, take L arm back towards floor, head/eyes/hand connected, moving as one, rtn. Rpt, going to the point of comfort, feel for what's stopping you, let it go so hand comes to floor behind, L knee can lift, return. Stay with arm behind, knee "naturally" lifted a little, as you take the knee to touch the other again, arm lifts a little. Rpt OS. On L side, R arm out to side to ceiling, take arm little farther behind, head rolls forward, return to beginning. On L side, knees bent, legs behind, take R arm towards ceiling, wrap it over top of head holding L temple, slide head/arm down to R. Repeat, add top hip moving forward when head/arm slides. On side, take top arm to ceiling, head/eyes follow, stay with arm back behind, slide knees forward like in beginning, slide hand along floor overhead, like beginning, circling over top of head, eyes/head follow whole time.

### Discussion #114 – Dennis Leri

#### Gaby video working with Nancy L. Part 4

CD#17/T08 [5 minutes] [DVD#19 Scene 2 - 4 min]

Repeat showing of middle of the lesson. Then short discussion.

### FI Exploration #073 – Dennis Leri

#### Pushing through torso from sit bone, on side

CD#17/T09 [24 minutes][DVD#19 Scene 3 - 23 min]

Demo with Si (visitor), lying on side, noting line up of bent knees, rolling pelvis holding in front/below top knee, other hand on pelvis. Then pushing from sit bone at different angles to see how force moves through torso to head.

### ATM Lesson #192 – Dennis Leri

#### Twisting #4, lifting head and bottom leg, on side

CD#17/T10 [39 minutes] [AY#415]

On R side, L bent knee on floor in front of R leg, palms together, lift L arm, take back little, head rolls to face ceiling, stay, lift head, combine with lengthening R leg. Repeat, arm behind resting, lengthen, lift straight R leg with head lifting. Add L hand holding head to help the head lifting. Lift top arm towards ceiling again, take back behind only to comfort, stay twisted and do seesaw move of chest/belly. Repeat with arm a little farther back if comfortable. Return to lifting head/leg, arm helping head. Stay twisted, create hoop with arms in front, lift head/leg. Lift just head/shoulders, without leg, then add leg again. Top arm to ceiling, bottom arm holding head, lift head/leg. Roll head between to hands while leg is lifted. Top arm wrapped over top of head (still in twisted position), slide head/arm, face to ceiling, do seesaw move of chest/belly, push belly out as head/arm slides. Return to arm to ceiling, bottom arm holding head, lift head/shoulders and straight bottom leg. Get up, walk around, return to floor, do short hand version on other side.

## Day 83 Wednesday February 13, 2008

### Discussion #115 - Dennis Leri

Gaby video working with Nancy L. Part 5

CD#17/T11 [16 minutes] [DVD#19 Scene 4 - 26 min]

Showed end of lesson. Little discussion. Repeat showing of beginning of the lesson.

### ATM Lesson #193 - Diana Razumny

Bending backwards, touching heels, standing

CD#17/T12 [51 minutes] [AY#437]

Stand, feet slightly spread, take pelvis forward, allow knees to bend when happens, take chin from chest, eyes look up. Rpt small/quickly. Rpt w/face to L, look to L heel, lift R heel, note shoulders turning. ROB Rpt OS. Rtrn to orig., looking up, lift both heels. Stay w/head back, pelvis forward, lift R heel, quickly. Rpt OS, then lifting both heels. Attn to no pressure on toes. Both hands to L, pelvis forward, look to L heel, think hands to L heel, lift R heel, lift L heel. Lift L heel quickly many times. ROB. Rtrn to orig. move. Stay back, lift R heel many times, then L heel, then both. Both hands to R, rpt from OS. ROB. Stand, arms out to sides, shldr height, rpt pelvis forward, looking up, several times. Stay looking up, lift one heel, other, both. ROB. Stand, both hands to L heel, lift L heel. Rpt to R. Alternate. Kneel on R knee/L foot, L hand on L knee, R hand on R heel, bring pelvis forward, add L arm to ceiling, turn head, look to R/L hand alternately. Rpt OS.

### FI Exploration #074 - Dennis Leri

Compression through C7, on side

CD#17/T13 [16 minutes][DVD#19 Scene 5 - 16 min]

Demos with Michael and skeleton.

### FI Exploration #075 - Dennis Leri

Moving shoulder, holding elbow, on side

CD#17/T14 [48 minutes][DVD#20 Scene 1 - 35 min]

Dem with skeleton and then with Barb D. Sitting at head, person on side, hold upper arm from elbow and shoulder, move shoulder forward/back, relative to elbow. Move up/down, relative to elbow. Move elbow/shoulder in opposite directions. Discussion about proximal/distal, flexion/extension, mature behavior. Demo with Cheryl.

**Day 84 Thursday February 14, 2008**

**FI Exploration #075 cont. - Dennis Leri**

Moving shoulder, holding elbow, on side

CD#17/T15 [1 minute]

**ATM Lesson #194 - Dennis Leri**

Twisting #5, reaching for heels behind, on side

CD#16/T16 [50 minutes] [AY#427]

On back, feet standing, seesaw breathing. Lie on R side, knees bent, feet behind, hips are open in front, take L arm behind on floor, leave there, roll head R and back to face ceiling. Rpt OS. Same position, on R side, R arm little overhead on floor, L arm wrapped over top of head, slide head down/back, feel belly moves forward. Rpt OS. Rpt position on R side, lift/lower L knee while head/arm stays down to side. Same side/position, sliding head/arm down to R, take L hip forward. (break in note taking) On L side, take R arm/hand down back towards heels behind; add lifting R leg and bringing ankle to meet the hand, hand to ankle. Rpt OS. On R side, (twisted as usual), hands behind head, lift head, bring L hip forward. On L side, twisted, reach R hand to L heel/ankle behind, lift head to reach.

**Discussion #116 - Dennis Leri**

Proximal/distal, flexion/extension

CD#17/T17 [19 minutes] [DVD#20 Scene 2 - 17 min]

Demos with Cheryl and Brian.

**FI Exploration #076 - Dennis Leri**

Push/pull through arm to C7, on back

CD#17/T18 [16 minutes] [DVD#20 Scene 3 - 13 min]

Demos with Robert S.

**ATM Lesson #195 - Diana Razumny**

Twisting #6, seesaw moves while twisted, on side

CD#17/T19 [53 minutes] [AY#430]

On R side, extend arms in front, palms together, L knee on floor forward of R leg, R leg straightened a bit, lift straight L arm, follow hand with eyes/head. What stops hand from going to floor behind? Allow L knee to lift. Continue, allow L hand to come towards floor in back, knee lifted then start returning knee to floor, hand will come a little away from floor. Take arm to floor behind again, allow knee to lift, stay there, expand chest, pull in belly, visa versa. Do "seesaw" movement small/quick. Lower knee to floor, note if hands stays closer to floor. Repeat-other side. On R side, L knee on floor, turn face to ceiling, L hand on forehead, turn head L, eyes follow elbow. Stay with head rolled L, lift L knee until elbow touches floor, lower knee so elbow lifts, moving from pelvis. Remain with elbow on floor, knee lifted, do "seesaw" movement of chest/belly. Pause, take knee to floor, elbow lifts and repeat "seesaw". Repeat-other side. On back, arms out at shoulder height, palms to ceiling, R leg in air to ceiling, R leg to floor on L. Follow foot with eyes. As foot comes near floor, extend through heel, allow R shoulder to lift. Remain with R leg to L, do "seesaw" moves. Same position, stay with R foot on floor to L, hold over top of head with R hand, slide head/arm down to R, face stays towards ceiling, allow shoulders/chest to turn R. Stay with head to side, do "seesaw", quickly. Repeat-other side. On front, arms out at shoulder height, bend knees, L ear on floor, join knees, take heels to butt, bend toes up, then extend legs/feet/toes. Repeat with just R leg then L. On front, legs touching, knees bent, separate feet. Stay with feet apart, knees touching, move pelvis R/L. Repeat with face to L.

## Day 85 Friday February 15, 2008

### FI Exploration #076 continued - Dennis Leri

Push/pull through arm to C7, on back

Not recorded

Switch roles.

### Discussion #117 - Dennis Leri

Learning how to learn

CD#17/T20 [18 minutes]

Discussion about FI exploration. Content and process.

### ATM Lesson #196 - Dennis Leri

Twisting #7, foot through gap, twiddling toes, on back

CD#17/T21 [41 minutes] [AY#431]

On back, stand L foot, open R knee to side, slide R foot through gap of L foot/pelvis. Stay w/foot through gap, slide L arm/hand towards L heel. Add, L arm over top of head, slide head/shoulders down/L. Pause down to side, reach R big toe with L hand, fold big toe towards sole of foot. Stay w/R foot through gap, bring outside of L ankle to rest on R thigh, hold and fold the L big toe. Add holding R big toe w/L hand so holding both feet w/both hands, turning the feet, soles towards ceiling so the knees go towards the floor. Foot through gap, bend each toe. Rpt OS. Have both feet in hands, legs cross (like before), hold feet, take knees away/down, slide onto top of head. Switch legs, repeat. Arms/legs long, push belly forward, slide back of head to come onto top of head. L foot through gap, bend toes, bring L leg out and place outside of L ankle on R thigh, R foot still standing, bending toes, slowly straighten R leg, cont. bending toes. Hold both feet, legs crossed, take knees towards floor, slide onto top of head. Hold both feet, legs crossed, swing legs overhead and roll up to sit. Rpt several times then switch leg crossing and hand hold while legs/feet are overhead.

### Discussion #118 - Dennis Leri

Gaby lesson with Linda F.

CD#17/T22 [21 minutes] [DVD#20 Scene 4 - 38 min]

Watched video and then short discussion. Some of video was audible this time so those parts were recorded

### Discussion #119 - Dennis Leri

Awake, awareness & altered states

CD#17/T23 [62 minutes]

All kinds of good stuff in this one. Worth the listen.

### ATM Lesson #197 - Diana Razumny

Lowering heel, taking hip back, standing at chair

CD#17/T24 [37 minutes] [AY#443]

Stand behind chair, hands on back of chair, bend R knee, lift heel. Rpt w/R foot half step back. Note hip joint moving forward/back. Rpt OS. Lean on R forearm on back of chair, rpt movement. Rpt OS. Walk backwards, heel touches lightly, feel erecting w/each step. Walk in circles backwards to R/L.

## Day 86 Monday February 18, 2008

### ATM Lesson #198 – Dennis Leri

#### Edges of the feet lifting/lowering, on back

CD#18/T01 [50 minutes] [AY#433]

On back, bend knees, stand feet, lift inside edges of feet. Qkly. Lift outside edges. Qkly. Alternate inside/outside. Stand R foot, bend L knee out to side, slide L foot between R foot/butt, lift outside edge of R foot w/o moving R knee. Repeat w/legs switched. Stand R foot on L foot, L knee on floor, lift inside/outside edge of R foot alternately. Same position, add: L hand on forehead, roll head R/L while lifting inside edge of R foot. Ease of head each direction? Same, roll head L/middle only and lift inside edge. Repeat rolling head R/middle only. Roll head R/L, lift inside edge. Stand R foot on L, lift outside edge of R, R hand on head, roll L/middle. Roll head R. Roll R/L. Lift inside/outside. Note timing/coordination. Vary: Roll L/lift outer, roll L/lift inner while still alternating R/L roll and in/out lift. Repeat 3–6 with L foot standing on R. Try each hand rolling. Stand R foot on inside of lower L leg near L knee, lift R/L edges. Let R knee open to side so outer edge rests on L leg, same movement of ankle when lifting edges of foot. Mimic movement w/L foot that's on floor. Move feet same time. Repeat w/L leg on top, knees open sides. Sit, open knees, one leg on other, hands on floor behind, lift pelvis, knees come towards standing. Change over top leg. On back, soles together, press inner edges together then outer. Soles a little apart, same movement of ankles.

### Discussion #120 – Dennis Leri

#### Edges of the feet ATM

CD#18/T02 [24 minutes]

Judith, Brian, Laura & Michael shared impact of “edges of feet” lesson. Marge asked Brian about how to fake a move. Dennis – reverse engineer the lesson, deconstruct. You could start with sitting in lotus position and look at the involvement of the legs. Japanese feet. Shoes, wear all sorts. Orthotics.

### FI Exploration #077 – Dennis Leri

#### Feel along the spine

CD#18/T03 [10 minutes] [DVD#20 Scene 5 - 10 min]

Demo with Leanore. Person on side, other feel along spine, sensing for differences side to side and above and below.

### FI Exploration #077 continued – Dennis Leri

#### Feel along the spine

CD#18/T04 [2 minutes]

### ATM Lesson #199 – Diana Razumny

#### Lift/lower front of foot, straightening knee, touching big toe, standing

CD#18/T05 [50 minutes] [AY#444]

Stand, feet little spread, bend head/back, folding, arms hang; add bending knees; add lifting R heel, R knee floats forward, R side of pelvis comes forward, note turning so head is going to L as R hip comes forward. Walk, stop, rpt OS. Rpt orig bending, alternate lifting R/L heels. Note head goes opp lifting heel. Add, hands on knees. Attn: no pressure on toes. Walk. Bend, hands on knees, when bending R knee more, lifting R heel, also slide R hand down lower R leg (outside), hand sliding down coordinated w/heel lifting. Erect slowly. Rpt OS. Walk. Bend/fold, arms hanging, lift both heels. Attn: no pressure on toes. Walk. Hands on knees, alt lifting heels. Add sliding R hand down inside of lower L leg. Walk, rpt OS, L hand down R leg. Walk. Bend both knees, lift both heels, slide both hands down outsides of respective legs. Starting w/hands at knees, lifting heels/hands sliding are simultaneous. While hands are near floor/heels, alternately lift heels, quickly. Lift both heels same time, faster. Walk. ROB. Stand, bend/fold, arms hanging forward. Pause, lift front of R foot, heel stays on floor, R knee straightens, pelvis turns, L side of pelvis comes forward/R backwards. Add, R hand slides down inside of lower L leg, as R foot lifts. Pause, rpt OS. Walk. Rtrn to lifting R foot, L hand slides down inside R lower leg, reach for R big toes. Pause, walk, rpt OS. Bend/fold, lifting fronts of both feet. Add hands coming towards big toes, R to R, L to L. As fronts of feet lift, knees straighten, hands/toes come together. Pause, walk. Bend/fold, hands sliding down outside of lower legs while heels lift. Alternate, think of holding heel as hand approaches. Walk. Bend, lift toes of R foot, both hands slide down R lower leg. Straighten knee, heel to floor, pelvis to L. Rpt w/L leg. Both hands to both feet, lift feet, hold big toes, straightening knees. Walk. Stand, fold, arms hanging forward, note hands near floor.

## Day 87 Tuesday February 19, 2008

### ATM Lesson #200 – Dennis Leri

#### Twisting #8, arm/leg in opposition, on side

CD#18/T06 [36 minutes] [AY#434]

On R side, roll head/shoulders to face ceiling, stay, roll head w/L palm on forehead. Rpt OS. R side, L palm on forehead, when elbow is pointing towards ceiling, L knee lowers, as elbow moves forward (to R) w/head roll, L knee lifts. Rpt OS. On R side, L palm on forehead, take elbow/knee in direction of ceiling, move elbow/knee small moves in opp directions. Rpt. OS. On L side, straighten R leg forward, arms straight out to sides at shoulder height, lift straight R leg and straight R arm so both (hand&foot) end up pointed to ceiling, rtn. Rpt position, bring hand/foot little from floor, lift/lower arm/leg at same time, staying lifted from floor whole time. Stay w/arm/leg just off floor and teeter tauter lifting/lowering hand/foot alternately. Leave arm/leg towards ceiling and move in opp directions. Rpt OS. On L side, same position, straight arm/leg moving opp, stay w/arm/leg close/parallel with floor, take arm/leg upward towards head and then both down in direction of feet. Rpt OS. On L side, roll head w/R hand, slide R knee/leg forward as head/elbow goes back to R. Rpt OS. Stand, take hip/shoulder in opposition directions.

### FI Exploration #078 – Dennis Leri

#### Head compression, on back

CD#18/T07 [14 minutes] [DVD#21 Scene 1 - 13 min]

Demo with Michael. Start by finding neutral with the head, place pads, roll head, push through C7, push/pull from pelvis/legs, return to head, press through top of head 3 times or less, not looking for movement, just feeling through the spine to pelvis. Discussion: Dennis' suggestion to practice between segments. Only practice with head supported by pads at neutral level, rather than trying to hold head w/one hand, compressing with other.

### Discussion #121 – Dennis Leri

#### About FI Exploration and questions

CD#18/T08 [38 minutes]

Story about Moshe putting his head against the wall, get 80% of effect of headstand just standing at the wall. Abi: not needing to see it and just having an impulse to push and don't. Tres: the ATM lessons not relating to the FI practice. James: ratio between ATM & FI with clients? Dennis: starting w/ATM can give them the idea of what we feel is important to pay attention to. In ATM people are taking more responsibility. Story of working with paralyzed woman. Only need 5% of nerve going through spine if spine is isn't totally severed so can create function from the growth of dendrites. Visualizing previous movements, the brain grows and organizes to get function back. Pam: people's self image as disabled.

### Discussion #122 – Dennis Leri

#### Gaby video with Nancy McAlister

CD#18/T09 [20 minutes] [DVD#21 Scene 2 - 35 min]

### FI Exploration #079 – Dennis Leri

#### Pushing through sitbone and top side of spine, sidelying

CD#18/T10 [7 minutes] [DVD#21 Scene 3 - 7 min]

Demo with Ashley.

### ATM Lesson #201 – Diana Razumny

#### Taking tail back #1, bending ankles, knees, hip, on back & standing

CD#18/T11 [44 minutes] [AY#449]

On back, legs joined, bend ankles/feet up/down. Allow knees to bend forward when feet bend up. Inhale as feet come up towards face, exhale as bend down/away. Add lift head when feet bend down. Switch, lift head w/feet bent up. Quickly. Stand, take tail back, bend R knee forward, lift heel, lift, step forward w/R foot, as weight comes onto foot, let tail drop in direction of floor. Rpt OS, alternate. Add, when knee lift, bring opp shoulder towards knee. On back, feet stand, lift hip, lift diagonal shoulder, do each quickly, combine lifting, then quick. Stand, take tail back, lift knee, opp shoulder forward, alt side/side. On back, stand feet lift hip, quick, slow. Lift opp shldr, quick, slow. Stand feet, take tail back/down to floor, quick. Arms/legs long, lift shldr, quick. Stand feet, alt lifting hips w/opp shldr, quick. Stand, take tail back, R knee forward, lift R leg, L shldr towards R knee, shift weight. Walk.

## Day 88 Wednesday February 20, 2008

### ATM Lesson #202 – Dennis Leri

#### Twisting #9, organizing details, on side

CD#18/T12 [52 minutes] [AY#440]

Long scan, R/L from heels to head. Attn to breath, hold on inhale/exhale. Five lines. Bend big toes up towards top of feet. Switch to big toes bending towards soles of feet. Do 5 bends up, 5 down. Sense length of legs. Hands interlaced behind head, lift head. Lie on L side, arms straight out in front on floor, knees bent, slide bent legs back so feet are behind, lift R arm to ceiling, face follows hand, go only as far as the R knee doesn't lift. Take R arm back until feel the R knee starts to lift, play back/forth little in that range. Rpt, R arm back, R knee lifted, rock a little between lifting hand/knee. Rpt, use pushing R knee forward to draw R hand/arm away from floor behind. Rpt OS. On L side, same position, roll face to ceiling, R arm over top of head, slide back of head on floor down to R, feel torso doing the move. Rpt OS. Rtn to OS, rpt, scanning through self. Stay twisted, hand interlace behind head, lift head, add pushing top knee forward. Rpt OS. On back, feet stand, hands behind head, lift head/legs, elbows to knees on exhale, inhale as you lower.

### Discussion #123 – Dennis Leri

#### Omniscience, predictions, indexes & self image as hired hand

CD#18/T13 [64 minutes]

Laura's experience. Brian/Tres on FI/ATM connection. We manipulate the self-image, whatever it is. Cheryl FI/ATM connection. Sometimes we're feeling relationships through the skeleton, sometimes a person's pattern you're working with. Story of Russell D. working with musician who didn't look at people. Michael about curiosity vs. agenda. People's uniqueness. Michael again. Dennis, giving the person one elegant movement, feel connection through whole of self. Negative hallucinations and we rationalize our behavior in relation to it. Dynamic systems in relation to FM & Carl Ginsburg's book. False sense of omniscient. "My predictions much be accurate." Feeling is an immediate prediction about how to be viable. Gregory Bates said it's the survival of the "fit". Know or unknown prediction of what will happen. You keep repeating the prediction until you find a situation that matches. Neurosis of holding onto a lesson causes a disconnect rather than the desired re-connect. A book by a Feld Practitioner (Robert Schuester?) talks of temporal process of ATM, spatial and temporal, R/L or beginning/end, and a sense of moving through. Dennis doesn't agree but interesting thinking in terms of history. Author doesn't feel we can have a sense of singularity. Dennis feels the 5 lines is to the service of just that. Abi question about sense of singularity. Fleshy components of self can change vs. the body schema. ATM has meaning for a person, how does that happen? Cognitive science, language, George Lakoff, ways we make meaning. Metaphor bridges two things. Metonymic operations are contiguous or part for whole. Metonymic operations relate more to felt sense of self and generated out of our somatic architecture. Aphasia lose one or the other, lose the name or lose the parts. "The man who mistook his wife for a hat" Indexical like "this foot is heavy, this foot is light" The relational difference doesn't exist in either foot, it's in relationship. Literature or in Erickson, he didn't use metaphor. He gives out a piece of info and it begs for interpretation. When that starts to happen, he notices the person doing that. Like in ATM, over time of the lesson we create interpretation, creating sense of self. Lesson creates changes in the indexes so the sense of self changes. The indexes in FM bring earlier developmental pieces that make up the trunk and roots of our experience. There is a felt sense to the whole experience. It comes together in as one experience. The self-image as a hired hand for a greater whole. Mature behavior ability to reassemble self for new situation. Language is coordination of coordination, not verbal. Metonym

### FI Exploration #080 – Dennis Leri

#### Combining previous practice on side

CD#18/T14 [12 minutes] [DVD#21 Scene 4 - 13 min]

Demo with Kristen.

### Discussion #124 – Dennis Leri

#### Gaby video with Nancy McAlister continued

CD#18/T15 [10 minutes] [DVD#21 Scene 5 - 27 min]

### ATM Lesson #203 – Diana Razumny

#### Taking tail back #2, bending ankle, knee, hip, on side

CD#18/T16 [42 minutes] [AY#456]

On R side, L hip back, take tail back, chin lifts from throat, head back. Add bend R foot up w/hip/tail going back. Add heel comes to butt when lower back arches to take tail back. Rpt w/L leg lifted. Ankle, knee, hip all fold as tail goes back. Quick. Include head/chin. Rpt. OS. On back, feet stand, tail to floor, add frt of foot lifted, lean on heels. Alt legs. Rtn to both legs. On R side, bend feet up/down, add tail/hip back, feel up to head/chin, quick. Rpt OS. Stand, join legs, take tail/head back, knees/ankles/hips bend, chin forward/up.



## Day 89 Thursday February 21, 2008

### Discussion #125 – Dennis Leri

#### Linguistic and levels of function

CD#18/T17 [48 minutes]

Linguistics, George Lakoff. Groupings – ie chair/furniture. Classifying ATMs, positions, primary movements. Moshe didn't classify but the students did. Large ideas like lying on the side, twisting back, shaping in that way. People talk about function but it can be different scales. Different trainers speak at different scales. Example, being twisted w/leg/arm in opposition and teeter tauter between so you address vertebrae like series we're doing. Small groups discuss and share. Tres: difference between process and function and reversibility. Unlearning? Unhealth? Is function reversible. Function, action to service of intension and cardinal functions of Alan's description. Kristen, coming to stand from sitting when using thumb in non-functional way, the parts of a larger function as function. Reversing, going down to floor is more important (says Moshe). Brian: distinctions between levels of function – moving one vert, moving whole spine, walking/running/breathing as next level. Dennis defines vertebra level as only functional if it's in relation to transmission of force. When the tissue is dampening the transmission of force then it's like the skeleton doesn't exist, functionally. When it gets clear it registers as an image, kinetic or whatever. It forms out of the foreground/background and emerges as a form. Shira: clarity and fluidity give sense of self to move in the world. Integration comes out of differentiation. Abi: we're functioning already at some level, within that the question of what is/isn't function is relative. Optimal/ideal, all or nothing? The organic process of our self image grows for more ability and our unavowed dreams. You can withstand shock and you have a sense of destiny or dream. James: learn/unlearn, slipping into an old/bad habit under certain conditions. Dennis: Alan Fogel, write a book on development without using the word learning. James: moving with scoliosis, viable? Dennis reference book by Schwartz – Free will, free choice or free won't? Choice implies a menu of something you know. Eugene Jenlen – "focusing", something, felt sense emerging. Learn to discern the shapes of the movements people make and the meaning – shaping through time and structure.

### ATM Lesson #204 – Dennis Leri

#### Twisting #10, reaching for foot behind, on side

CD#18/T18 [44 minutes] [AY#441]

Scan, all places making contact and not, shaping of breathing, lower belly/back. On R side, bend knees, take down under hips so feet are behind, slide bent legs back behind, head back, whole body back. On R side, knees/lower legs bent back, head/shoulders rotated back to L, reach for L heel, L hand towards L heel. L palm facing forward towards ceiling, reaching down, head/shoulders slide L, face stays to ceiling. Cont, add sliding L hand to foot. Rpt OS. On R side, rpt first move of extending whole self, stay twisted to L, L hand down in direction of L foot, slide foot towards hand, reach to hold foot, thumb w/fingers, several times. Reach for foot, hold/lift foot. Rpt OS. On R side, L knee on floor in front, L hand stand in front, slide R bent leg back, pause, twist to bring L arm/hand behind, slide L hand in direction of R foot. Pause, cont, reach hand to foot. Rpt OS. Rpt, reach to hold "top" foot w/hand, lift/lower foot. On back, hands lift head, stand feet, lift head/leg, knees/elbow tog.

### FI Exploration #081 – Dennis Leri

#### Push from C7 & pelvis, on side

CD#18/T19 [6 minutes] [DVD#21 Scene 6 - 11 min]

Demo with Michael.

### ATM Lesson #205 – Diana Razumny

#### Taking tail back #3, bending ankle, knee, hip, on side

CD#18/T20 [64 minutes] [AY#457]

On R side, take L hip back, quick. Attn: L shldr forward, chin/jaw. ROB. R side, take L shldr forward, relation to chin/jaw, head moves backwards. Just the shldr w/o head/chin, pause, now just chin/jaw w/o shldr. Put tog again, add L hip back, feel ribs/armpit against floor, sternum forward/up. ROB. On R side, bend L ankle, foot towards face, quick. Pause, cont. add bring heel to buttock. Add L hip moves back, bend foot/knee/hip, knee to face, quick. Add in the chin, quick. ROB, note sides, stand, walk. Rpt on L side. On back, bend knees, roll tail to floor, note head/chin, quick. Stand feet, rpt tail back, lift front of feet, lean on heels, quick. On R side, bend both feet to head; bend/extend, quickly, sensing small toes, edges of feet form of feet tog. Just L foot, just R foot, both. Take heels to butt, knees to chest, hip back, shldr/chin forward, quick. ROB. Rpt OS. Stand, join feet/knees, take hips back, hip/knees/ankles bend, chin up/head back, most pressure on heels. Take one hip back, knee forward, heel lift, shldr back. Rpt OS. Alt. Short discussion at end.

## Day 90 Friday February 22, 2008

### ATM Lesson #206 – Dennis Leri

#### Twisting #11, on side

CD#18/T21 [54 minutes] [AY#447]

On R side, knees bent down under, roll head/shoulders to ceiling, roll head L/center quickly. Lift/lower L shoulder, quickly. Reach L hand, palm down, to feet. L arm behind head, lift, quick. Rpt OS. On back, legs joined, bend ankles, either heels fixed or slide, w/o bending knees, coord w/breath. Rpt, one ankle at a time, w/breath, quickly, then both same time, quickly. Legs joined, bend both ankles/feet up, inhaling, exhaling as bend away. Add interlaced hands lifting head when feet bend up, inhaling, exhale when lowering head. Join legs, bend knees, stand feet, lift front of foot, balance on heels, press heels, tilting pelvis, head moves. Rpt quickly. On L side, L arm under head, knees bent down under, R hand standing on floor in front, lift lower R foot, quickly, not shoulder. Leave foot down, do movement of torso/shoulder. Rtrn to lift R foot. Leave foot, take pelvis for/back, quick. Start in same position then take R leg back behind L, turn head/shldr to R, R palm down, slide hand towards R foot, quickly. Same position, L hand behind head, lift head, R hand on chest/ribs, indicating softening when lifting head. Rpt OS. On back, join legs, bend ankles/feet up/down w/breath. Bend knees, join legs, lift foot to lean on heels, interlaced hands lift head while front of feet stay lifted, push heels into floor, rolling pelvis. Rpt w/head resting on floor. Add lifting head again, quickly. Legs long, spread, arms crossing chest, hands hug opp shoulder, roll side/side, head goes along w/arms, pause, take head opp arms. Rpt w/arms other crossing.

### ATM Lesson #207 – Diana Razumny

#### Taking tail back #4, dragging heels, on back & side

CD#18/T22 [ minutes] [AY#458]

On back, bend R knee, drag R heel on floor toward pelvis, quick. Rpt OS. R leg in air, knee bent, knee to face. Stand foot, note breath. Lift bent leg, bring knee to chest, quick w/o effort in chest. Rpt OS. Note if roll R/L. Drag heels on floor again, quickly w/o holding breath. Join legs, bend feet towards face, big toes together, quickly. Rpt, bending knees, quickly. Legs apart, bend knees, lift feet from floor, knees to belly, bend feet w/o holding breath/chest. Pause, do 5 movements, pause, do 10 moves. Extend legs, lift R leg in air, sole to ceiling, pull straight leg to face, help w/R hand behind knee, quickly. Pause, lift R leg w/o help of hands. Pause, use L hand to help R leg, quickly. Rpt OS. Lift both legs spread, legs towards head w/o lifting pelvis or bending knees. Do 3 quick move, pause, 3 more. Rpt w/legs joined tog. Legs long, lift/lower lumbar, tail back. Legs sprea little, , take tail back, bend feet/knees u, heels on floor, bely forward, tail backward, quickly. Rpt one leg at a time then both legs joined tog, quickly. Bend feet/knees, drag heels on floor, belly forward, tail backwards. Legs spread, think R heel to pelvis, quickly. Rpt OS. Rpt both legs, drag heels, tail back, rpt w/legs joined together. On R side, L leg on floor behind R, bend both feet up, cont, add spreading bent legs away from each other. Rpt OS. Quickly, attn to tail going back as knees/legs spread apart. On back, lift legs, hold below knees, pull legs towards belly, quickly. Rpt w/legs joined tog, 5 times fast. Stand, walk.

#### Gaby video with Nancy Lamp

Not recorded

Repeat showing.

### Discussion #127 – Dennis Leri

#### General, ATM teaching

CD#18/T23 [26 minutes]

Shira: How did Moshe create ATMs? Chunking down a movement into parts. AY lessons were recorded and re-recorded.

Brian: temporal/spatial question. Tres: ATM teaching, students wanting notes to remember the lesson.

### ATM Lesson #208 – Moshe Feldenkrais

#### Sitting rotation

CD#18/T24 [53 minutes] [Amherst June 17, 1980 am]