

## Day 91 Monday May 12, 2008

### FI Exploration #082 – Alan Questel

#### First 3 FI moves, then 3 obscure moves

CD#19/T01 [78 min] DVD#10-1 Scene 1 [158 min]

Bear intro. Alan: Learning to like yourself. Coalescing the lesson. "I have a great lesson, why don't you feel good?" or "I didn't give a good lesson so why do you feel great?" Five things that help make a great lesson – 1. Proximal distribution of effort. 2. Mobilizing the hip joints. 3. Freeing lower abdomen. 4. Connecting head to torso for orientation. 5. Bring in function. SIDE LYING–what are the first things you do as a habit? Create lists: Take hip/shoulder forward/back, same time and opposition/alternately. Bring shoulder/pelvis together/apart. Move just pelvis up/down. Lift head for sidebending. Feel along spine. Push through sitbone, add palpating along spine. Push through C7. Lift ribs from below. Stand top hand, hold elbow/shoulder, take forward/back. Lift from ankle, internally rotating hip. First things with person lying ON BACK. Lift leg, roll from trochanter. Lift pelvis, tilt pelvis up/down, side/side. Lifting bent leg. Lift shoulders. Lifting head forward and down. Translate ribs side/side. Hand to face. Move C7–forward, translating. On front: lift lower leg, roll leg. Lift chest. Roll pelvis. Lift bent leg – take to side. Lift shoulders. Lift head. Lift shoulders, translate ribs. Partners: Receiver chooses position, practitioner do 3 things over and over. No talking. Discussion afterwards. After break with same partner do 3 obscure or unfamiliar moves from handout. Repeat as before. Then switch. Large group discussion.

### ATM Lesson #209 – Alan Questel

#### Pressing/lifting ribs, on side

CD#19/T02 [57 min] Source: Alan's DVD#10-1 Scene 2 [59 min]

On back, scan. On side of choice, press ribs into floor. Press middle of ribs, how is diff than first time. Lift same ribs. Press/lift same ribs. ROB. Return to same side, sense ribs opposite ribs were pressing, imagine hand, push ribs into hand. Alt pressing/pulling away ribs from imaginary hand. ROB Same side, lift middle ribs away from floor, pause, push opposite ribs into imaginary hand, note diff. Pause. Press middle ribs into floor, pause, pull opp ribs away from imaginary hand. Repeat sequence with lower ribs. Rpt full sequence with upper ribs. Bring "top" shoulder/hip together, pause, think of "bottom" hip/shoulder move apart. Rvs to bringing "bottom" hip/shoulder together, "top" side separating. Think both activities at same time, top apart, bottom together. Return to middle ribs pressing/lifting, note diff from beginning.

### FI Exploration #083 – Alan Questel

#### Proximal distribution, on side

CD#19/T03 [18 min] DVD#10-1 Scene 3 [53 min]

Working with proximal distribution. Demo: Brian lying on side, moving shoulder forward/back; pelvis forward/back. Think of all ways to inform person to move more evenly distributed through torso only touching from bottom of pelvis to top of shoulder, no more. Move ribs forward/back; lift along spine; bring pelvis/ribs tog/apart; lift ribs by scooping up under table side of ribs. When practicing, think of other side, i.e. moving top shoulder, think about bottom one against the table.

## Day 92 Tuesday May 13, 2008

### Discussion #128 – Alan Questel

#### Lessons and recipes

CD#19/T04 [16 min] DVD#10-2 Scene 1 [18 min]

Shira question. Abi about how much pressure. Recipe. First lessons were just by positions. Gradually putting dots on paper, eventually a rabbit in hat when lines drawn. Emergent quality in lessons. Creative process – rare to arrive where you think. Back pain and co-contraction. Holding belly tight.

### ATM Lesson #210 – Alan Questel

#### Sacral Clock

CD#19/T05 [48 min] Source: Alan's DVD#10-2 Scene 2 [48 min]

On back, imaginary small clock on back of sacrum. Go between 6/12, 3/9, then circle each direction. Cross right ankle on left thigh, sacral clock again. Note how you adjust to keep clock round. Repeat w/left ankle crossed on right thigh, repeat. Legs long, sacral circle. Cross right ankle on left thigh again, circle keeping it a true circle then allowing circle to be distorted. Repeat on other side. On hands and knees, flex/extend. Repeat but imagine eyes on sit bones, looking up/down. Repeat with attention on top of pubic bone directing it towards and away from floor. On hands and knees, imagine eyes in crease of hip joints and the eyes open/close with the previous movement. Alternate between eyes in different places then just do the movement. On back, hold pubic bone, lifting it up, while holding it up, move 12/6. Repeat but while pushing down on pubic bone. Return to straight legs, sacral clock.

### FI Exploration #084 – Alan Questel

#### Proximal distribution, on side cont

CD#19/T06 [43 min] DVD#10-2 Scene 3 [118 min]

Demo with Kristen. Repeat from previous practice. Add lifting pelvis, “folding” pelvis, lifting belly and lower slowly.

### Discussion #129 – Alan Questel

#### Interview questions and request

CD#19/T07 [29 min] DVD#10-2 Scene 4 [40 min]

### ATM Lesson #211 – Diana Razumny

#### Sitting on the heels #1

CD#19/T08 [52 min] Source: AY#190 DVD#10-2 Scene 5 [53 min]

Kneel, lean L hand on L heel, toes extended. Stand R foot, lean on L heel, hold/move heel side/side.

Sit, legs forward, bend L leg back without using hands. L hand on L heel, roll heel in/out. Same position, pull each toe individually and then as group. Return to heel in/out. Kneel, L knee, R foot, lean on L heel, take L/R. On back, stand R foot, rest outside of L ankle on R thigh, slide fingers between big/2<sup>nd</sup> toe, wrap fingers around top of 4 toes, thumb on bottom of foot, twist toes/foot so L knee goes away, sole of foot towards face. Cont with R leg straightened down on floor. Kneel, R foot standing, L hand on L heel, roll heel R/L. Think peg between space of big/2<sup>nd</sup> toes, turning around peg w/heel moving L/R. Kneeling, R foot standing, hands on floor, lower pelvis to heel, alternate R/L. Move heel w/buttock moving R/L. ROB, note diff in feeling of feet/legs. Stand, walk, pause, go up/down on toes of R foot then L. On back, remember what was done. Kneel w/L foot standing, R hand on R heel, take R/L. Sit w/R leg back, L leg extended, move R heel L/R. Fold toes. On back, R ankle on L thigh, L foot standing, wrap fingers around top of toes, between big/2<sup>nd</sup>, bend toes, twist foot, sole towards face, knee moves away/down, heel turns, lower leg bones move in knee. Kneel, L foot standing, R hand on R heel, take R/L. Hands on floor, lower pelvis to heel, then R/L of heel. ROB

On back, bring R foot near R of pelvis, bend toes, twist foot, turn foot so heel comes up, slide toes. Can roll L to help bring R leg bent back. Palm presses on bottom of heel, take heel R/L. Rpt OS. Stand feet, toes turned in, heels wider, R hand to R ankle from outside, pull foot under pelvis pulling toes so only little toe is touching floor, bend foot toward buttock, L hand on toes, R on ankle. Stay and extend l leg, roll pelvis L/R. Rest, rpt w/L leg.

Stand feet, hold both feet w/both hands, pull feet under pelvis, big toes close to each other in middle, between buttocks. Stay, lift pelvis, feet roll on outer edge. Lift pelvis, alternate taking feet under pelvis. Stand, walk.

## Day 93 Wednesday May 14, 2008

### Discussion #130 - Alan Questel

#### Structure and Function

CD#19/T09 [41 min] DVD#10-3 Scene 1 [42 min]

How are we different? How we look, half full. We're skilled at observing and look more neutrally. How do we create evaluation that is more proactive than judgment. Identify coffee mug and different functions. Different shapes. Different functions, advantages/disadvantages. Metaphor for looking at people. Practice looking for the advantages with something that normally is judged as bad.

### ATM Lesson #212 - Alan Questel

#### Lift/lower foot/knee, on side

CD#19/T10 [49 min] Source: Alan's based on "mobility of hip"/Amherst DVD#10-3 Scene 2 [50 min]

All fours, lift each hand/foot, all combos. On R side, lift/lower L leg. Lift/lower just L foot. Rpt, lead the lifting with little toe, return/lower leading with the big toe. Lift/lower L foot w/attn to inside edges of feet in contact and breaking contact evenly and returning evenly. Leave foot down, lift L knee. Alt lifting L knee/foot. Leave leg lifted while alt knee/foot touching opp knee/foot. Arms straight out in front, palms together, lift L straight arm, take arm behind, return to palms together. Leave arm behind, as return arm, lift leg, alt. Lift arm/leg at same time, eventually continue so the R arm/leg start coming away from floor and roll all the way to L side, return. Stay on R side and lift just L leg, compare to beginning. Lift L arm, think about R shoulder joint opening/closing. Lift/lower L leg, think of R hip joint opening/closing. Lift/lower L arm/leg, thinking of R hip/shoulder. Go all the way to L side, thinking L arm/leg are bringing R arm/leg to L, alt side/side. Go quickly side/side. Stay on R side, go slowly to other side. On hands/knee, lift L hand thinking of front of R shoulder to help. Same idea w/L leg. Then lift L arm/R leg, thinking of opp diagonal hip/shoulder. Lift L arm/leg, using R hip/shoulder to stabilize. Rpt OS. Compare to beginning.

### FI Exploration #085 - Alan Questel

#### Proximal distribution, on side cont

CD#19/T11 [25 min] DVD#10-3 Scene 3&4 [59 & 43]

Demo with Cheryl. Repeat from previous practice. Add pulling/pushing arm, student resists in variety of ways.

### ATM Lesson #213 - Diana Razumny

#### Sitting on the heels #2

CD#19/T12 [56 min] Source: AY#192 DVD#10-3 Scene 4 [56 min]

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. Still kneeling, hands on floor to sides of R foot, lift L knee from floor, think of sending L heel back towards floor. Direction of heel? Pressure on toes? Btwn big/2<sup>nd</sup> toe. Stay with knee lifted a little, move it up/down so ankle bends/unbends. Rest on back, note diff in feet standing. Repeat above on OS. ROB Stand feet, lift pelvis high, R hand to R ankle, pull foot under pelvis, foot standing on the toes, pelvis against heel, push on toes to drive knee forward then return. Ankle straightens/bends, hands holding foot to help. Note pressure between big/2<sup>nd</sup> toes. Other leg helps relieve pressure of pelvis on foot. ROB Rpt OS. Return to R heel under pelvis, weight btwn big/2<sup>nd</sup> toe, hands help arrange toes then take heel R/L then circle heel. Note R knee circles. Rvrs. ROB, rpt OS. L heel moves L of L buttock then to R (mid of cheeks) Kneel, stand toes, lean on heels w/both hands (L on L, R on R), push pelvis/belly forward. Stay lifted, move heels away from each other/apart, note pressure between big/2<sup>nd</sup> toes. No need to lean whole weight on heels. Lighten weight by pushing belly forward. On back, stand feel, lift pelvis, pull R heel under pelvis, toes standing, lift/move pelvis to outside/inside of heel. Note knee goes towards floor as pelvis lifts. R heel btwn buttocks, both hands holding foot, take knee forward towards floor to touch. Elbows on floor for help, lift shoulders if need be, lean on head. Pause. Rpt OS. Kneel, stand toes, bring heels together/touch, spread knees, hands on floor in front, lift knees, take heels to floor, hands stay on floor whole time. When on toes, heels are touching. Head lowers when heels go to floor, arms/hands between legs. Cont, take knees together towards floor and separate knees when lifted. Start to circle knees, sitting on heels whole time as much as possible. Chng direction of circles. ROB. Stand feet near pelvis, catch ankles, bring closer to pelvis, heels touching, lift shoulders, lean on elbows, open knees, start circling. Pressure stays between big/2<sup>nd</sup> toes. Rvrs direction. Pause, slide onto head, pull on ankles to slide so knees go towards floor. Go up/down. Heels touching go down less, up more. Get up, walk.

## Day 94 Thursday May 15, 2008

### Discussion #131 – Alan Questel

#### Levels of attention in Functional Integration

CD#19/T13 [75 min] DVD#10-4 Scene 1 [76 min]

Kristen: on the edge. How do you look for what you don't know? Disperse attention. What is an FI? Where do we begin? Listening to self/other in context of contact/connection. Feel quality of tonus Comfort. Ray: movement of energy. Michael: drawn to something. Feeling quality. Feel seen/heard. Aspects of movement? Range, ease, starts/stops, weight, effort, connectedness, location/relation of parts to whole, transmission of force, what doesn't move/isn't included, trajectory, a/symmetry, breathing, awareness, rate/speed/pacing, agonist/antagonist, theme, planes of action, fundamental moves of spine, bend/reach/turn/lift/push/press (3D in environ). Story of Moshe falling asleep when rolling head. Stop thinking without falling asleep, out of language into sensation. Functions – walking, dancing, standing, sitting, running, golf (intention). Connected to life, curiosity. What people ask for in realm of attitudes/emotions: rid pain, more vitality, confidence, independent, taking care of self, self-image. Family system.

### ATM Lesson #214 – Diana Razumny

#### Sitting on the heels #3

CD#19/T14 [55 min] Source: AY#193 DVD#10-4 Scene 2 [86 min (includes lunch time by mistake)]

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. R hand on R knee, L hand on L heel, push L heel back/down towards floor, lean R hand on R knee and take L knee from floor. More weight on R hand/knee, direct L heel w/L hand, weight on ball of foot. ROB Rpt OS. Kneel on both knees, hands on heels, lean and lift one knee at a time. Pelvis is far forward, hand pushes heels back towards floor alt. ROB. On back, stand fee, lift pelvis, hold R ankle w/hands, stand on toes, heel R/L. Whole back moves R/L of heel. ROB. Rpt OS. Kneel, toes flat, R hand lean on R heel, take heel L/R, peg btwn big/2<sup>nd</sup> toes. Rpt OS. ROB. On knees, toes flat, both hands to heels, lean, belly forward head up, heels tog/apart. Sit back, come up. Explore head up then hang back. ROB. On back, stand fee, lift pelvis, R hand pull R foot under pelvis, stand on toes then same w/L, heels touching, toes apart, lift shoulders, push knees forward, pull ankles, head slides on floor. Rtrn several times. ROB. Stand feet close to pelvis, lift high, reach hands fr inside to hold ankle, pull under pelvis, send weight to outer edge/sm toes, drive knees forward/down. Heels end up outside hips, pelvis between, move pelvis R/L, pelvis moves in relation to shoulders staying still. ROB. Kneel, stand toes, hands on heels, belly forward, lift/lower one knee then other. Pelvis high, head hanging back, lower pelvis to sit, lift lower knee. Kneel, lean on heels belly forward, head back, lift/lower ea knee, push heel back to lower heel to floor. ROB. On back, stand fee, lift pelvis, pull feet under, hold from outside of ankles, heels touch, pull heels to floor then drive knees forward, alt. Come onto head. Heels touch whole time. While knees are forward, shift all weight to R foot/leg, lift L foot in air, switch sides. ROB. Rtrn, only w/R leg, when knee is forward, lift L leg straight up towards ceiling. Rpt OS. Both feet under pelvis, heels tog, knees forward, on top of head, pelvis on heels. Stay on head, lower heels to floor. Kneel, toes flat, lean on heels, sit pelvis back few times, gradually sit between heels. Pause, rtrn to sitting btwn heels, turn heels in when sitting btwn, turn our when lift pelvis. Rpt leaning on toes, lift knee, alt. (sit/squat?) Hands btwn knees on floor, knees wide, heels tog, lift knees, sit on heels. Rock forward/back.

### FI Exploration #086 – Alan Questel

#### Proximal distribution, on side cont

CD#19/T15 [32 min] DVD#10-4 Scene 3 [99 min]

Demo with Ashley. Repeat from previous practice. Add rolling torso back w/arm connected to chest and head, take shoulder/arm back, pull shoulder blade away from ribs, compress shoulder w/opp ribs in front, keep compressed between hands and roll for/back, roll back, let go of shoulder to roll farther back. At head, connect in to spine w/little compression from top of head, roll back.

### FI Exploration #087 – Alan Questel

#### FI movement into activities

CD#19/T16 [13 min] DVD#10-4 Scene 4 [31 min]

Demo with Ray. Simple bringing elbow and knee together while on belly and relate it to activities of daily life. Partners work w/each other sliding leg up while having different activities in mind. Person receiving guesses which activity they are thinking of.

## Day 95 Friday May 16, 2008

### ATM Lesson #215 - Diana Razumny

#### Sitting on the heels #4

CD#19/T17 [60 min] Source: AY#194 DVD#10-5 Scene 1 [56 min]

On back, feet standing, pull ankles w/hands to bring heels under pelvis, toes standing, heels tog/toes apart, pull w/hands to slide along floor, directing knees to floor then reverse, gradually come onto head. When return, think of heels going towards floor. Return to being arched, knees towards floor, leaning on head, knees are wide apart, make circles with knees, 2-3 in one direction, rvs. On back, R foot standing, both hands on R ankle, pull foot under pelvis, R heel under R buttock, pull so R knee goes towards floor. Stay, lift L leg in air, foot to ceiling, turn leg in/out (not circles). Rpt OS. Kneel, stand toes, heels touch, spread knees, hands on floor (close tog) between knees, lift knees, pelvis sits on heels, lower head. Lift/lower knees, weight between big/2<sup>nd</sup> toes. On back, R leg up towards ceiling, ankle circles - note toes/heel makes circle. Opp dir. Quickly, each dir. Rpt OS. On knees, knees wide, hands tog on floor btwn knees, stand on toes, lift/lower knees. This time head is up when knees are up. Instead of leaning on hands, if necessary use finger tips. Drive pelvis/knees forward/back staying upright. Rtrn to same move except alternate knees going to floor, back is turning. Sit on heels, hands on knees, take knees forward/back while staying upright with torso/head. On back, legs straight up in air, hold behind legs w/both hands, feet/knees touching, circle at ankles, track toes/heels. Each direction. Quickly. Stand, feet little apart, bend knees, hands on knees, go down to sit on heels, heels lift from floor. Alt knees to floor. Knee comes to floor in middle. Then past middle. Stand, heels tog, bend down, hands on knees, sit on heels, take knees to floor alt. Light/quick. Extend arms forward/shoulder height, rpt. Turn pelvis, not shoulders. Rpt, arms forward, lift/lower both knees same time. On back, heels under pelvis, hold ankles, drive knees to floor, rtrn. Alt knees going to floor, towards middle. Stand

### Discussion #132 - Alan Questel

#### When to go to other modalities

CD#19/T18 [11 min] DVD#10-5 Scene 2 [12 min]

About Alan's foot stress fracture and when to decide to go to the doctor.

### FI Exploration #088 - Alan Questel

#### Three familiar/unfamiliar moves starting with interview

CD#19/T19 [19 min] DVD#10-5 Scene 3 & 4 [102 min & 8 min]

Work with original partner from Monday. Three questions: Pain? Is there an activity you enjoy doing? Is there anything you would like to be better at? Short answers. Shuttle between 3 familiar things. What is it like now after exploring during the week. (hip joints, lower abdomen, proximal distribution) 20 minutes of the same 3 familiar moves, person in same position. Then unfamiliar moves.

### FI Exploration #089 - Alan Questel

#### Give 45 lesson including interview

CD#19/T20 [19 min] DVD#10-5 Scene 5 [111 min]

Demo with Michael, reviewing side lying FI moves from the week. Partner's (new) exchange 45 minutes lessons that include interview and having the person stand/walk at end.

**Day 96 Monday May 19, 2008**

### **Discussion #133 – Alan Questel**

**Q & A – last week's FI, nervous system, good posture**

CD#20/T01 [23 min] DVD#10-6 Scene 1 [22 min]

Kim: question about last week's FI. Abi: about nervous system. Alan: lengthening, How long do I do something, where do I go next, The more accurately I feel something the more I know what to do. What does self organization mean? Less resistance to gravity, move without effort, no part of you interferes with what you want to do. How do you this? When I'm working, is my pelvis free? If pelvis free, I'm mobile. Organizing around larger muscles in my body. Free in hip joints and hands can be free. James: Moshe said good posture is being able to move in any direction without preparation.

### **ATM Lesson #216 – Alan Questel**

**Mobilizing the hip joint**

CD#20/T02 [49 min] Source: AY#241 DVD#10-6 Scene 2 [49 min]

Sit, legs spread, roll pelvis, arching back. On back, stand feet, arch back, roll pelvis towards tailbone. Interlace hands around R knee, bring knee towards you. Same position, arch back, allow knee to move away. Rpt, bringing knee towards you while you arch back. Roll pelvis/arch back w/o bringing knee towards you, just hold it in place. Rpt OS with non-habitual finger interlacing around L knee. Explore initiating from the movement variations to movement in the hip joint. Combine the variations. Continue w/the L knee and R leg lengthened. Sit, legs straight/wide, roll pelvis/arch back, note difference. On back, hold R knee, arch back, pause, bring knee towards you, then both at same time. Cross R ankle on L thigh, hold front of ankle w/L hand and front of shin below knee w/R hand, arch back, add pulling R leg towards you. Rtrn to hands interlaced below R knee, roll pelvis/pull knee, compare to beg. Sit w/legs spread, roll pelvis/arch back. On back, rpt leg moves w/L leg. Feet standing, arch back. Sit, legs long/wide, arch back, add arms out at shoulder height. Hold pant leg on R, arch back, lift R leg, lengthening out the R heel so knee doesn't bend. Rpt w/L leg. Arch back w/o holding legs. On back, stand feet, hold R knee, pull towards while arching back. Rpt OS, compare. Hold each leg, knees wide, pull legs towards while arching back.

### **FI Exploration #090 – Alan Questel**

**Review sidelying**

CD#20/T03 [16 min] DVD#10-8 Scene 3 [67 min]

Demo with Shira.

### **FI Exploration #091 – Alan Questel**

**Leaning over the table, kneeling #1**

CD#20/T04 [42 min] DVD#10-6 Scene 4 [77 min]

Demo of setup with Michael and skeleton plus palpating spine, pelvis, trochanter, sit bones.

### **ATM Lesson #217 – Alan Questel**

**Flipping pelvis front/back, on back and hands/knees #1**

CD#20/T05 [39 min] Source: Alan's Puzzle lesson DVD#10-6 Scene 5 [41 min]

On back, feet standing, lift pelvis, feel up spine. On hands/knees, slide back of R hand on floor towards L of L knee, bring shoulder towards floor. Rpt OS. Alternate. On back, stand feet, lift pelvis shifting pressure along the L side of the back to go up and down the R side of the back to come down. Rvs circling direction. Hands/knees, slide one arm/hand under to bring shoulder to floor, rpt OS. Rpt, lift knee near hand. Lift both knees? Circle around placing/lifting knees. On back, lift pelvis, stay high, lift one foot, other, quicker like running in place. With pelvis lifted, cross one leg over the other bringing foot towards floor. Hands/knees, toes tucked, bring shoulder to floor, lift both knees, lift diagonal foot and cross it to the other side of other leg. Rpt OS. Rpt, lift leg and reach behind to floor to reverse from belly facing floor to facing ceiling. On back, stand feet, cross leg over, reach foot towards floor as if to rotate and turn. Lift pelvis and note ease.

## Day 97 Tuesday May 20, 2008

### ATM Lesson #218 – Alan Questel

#### Flipping pelvis front/back, on back and hands/knees #2

CD#20/T06 [45 min] Source: Alan's Puzzle lesson DVD#10-7 Scene 1 [49 min]

On back, press/lift. Stand feet, lift pelvis, note pressure under feet, areas of back. Lift pelvis, pressure going up L side of back and down R side as you lower it. Rvrs. On hands/knees, slide back of R hand towards L knee. Rpt OS. Cont taking arm farther, taking weight on shoulder, lifting knee. On back, feet standing, lift pelvis high, pressure on upper back, write name across back. Leave pelvis in the air, lift one foot, the other, press to lift. Alt quickly, running in place. Pelvis lifted, bring L foot across towards floor on the R. Rpt OS, alt. On hands/knees, R arm under, on R sholder, toes standing, press L toes, lift L knee, alt R/L knee, then both knees. Rpt OS. Take R arm under, lift L leg, bring it over to the R of the R foot. Rpt OS. On back, stand feet, lift pelvis, flip pelvis so front turns from ceiling to facing the floor. Pelvis down, slide L arm along floor overhead, R arm slides down to pelvis, L hand slides over to stand on R side. Continue to other side, alt. Lift pelvis again and continue with arms and find the time to flip the pelvis over to face the floor. Hands/knees, favorite shoulder to floor, toes for running, lift knee, take foot behind to stand. Rpt OS. On back, stand feet, lift pelvis, turn to side, imagine someone holding belt in back to lift/turn, rvrs. Rpt OS. On back, lift/lower pelvis, compare to beginning.

### FI Exploration #092 – Alan Questel

#### Leaning over the table, kneeling #2

CD#20/T07 [26 min] DVD#10-7 Scene 2 [77 min]

Demo of setup with Linda – review yesterday's plus moving pelvis side/side w/hands on trochanter/sitbones, extending along spine, flex pelvis w/fists on back of pelvis, extend w/fists on sitbone, side bend w/hands on lower ribs and arms at trochanters, flex by lifting under lower ribs.

### FI Exploration #093 – Alan Questel

#### Leaning over the table, kneeling #3

CD#20/T08 [44 min] DVD#10-7 Scene 3 [88 min]

Demo with Pam.

### ATM Lesson #219 – Alan Questel

#### Sit to stand with different placement of feet, sitting on chair

CD#20/T09 [33 min] Source: Alan's DVD#10-7 Scene 4 [35 min]

Sit on table, feet on floor, come to stand, feel how you adjust your feet/legs before you stand. Put feet farther away from you and come to stand. Lean elbows on knees, flex/extend back. Come to stand, compare. Take feet farther away and come to stand. Keep taking feet rather away. Lean R elbow on L knee and L elbow on R arm, flex/extend. Pause w/feet where they are, rpt OS. Come to standing. L arm lightly fisted extended straight down towards floor, L arm fisted extended straight up to ceiling, rotate arm around them selves, flex/extend. Rpt OS. Come to stand, put feet farther away, elbows to knees, eyes on sitbones, lift pelvis to see someone behind you. Pause, elbows on knees, take arms back, palms to ceiling, look at horizon and swing up to stand. Hands on head, thumbs at jaw bone, fingers wrapped around back of head, pull on head as come to stand.

## Day 98 Wednesday May 21, 2008

### Discussion #134 – Alan Questel

#### Art, structure and the unknown

CD#20/T10 [19 min] DVD#10-8 Scene 1 [23 min]

Difference between experienced practitioners and inexperienced. Actors as example of artists. Unknown – associated feelings – fear/excitement/curiosity. Feelings/emotions in FI. Neutral, able to move in any direction. Feeling of being neutral is uncomfortable. Feeling like you don't know what to do in FI is good in relation to being open to something emerging. Confusion precedes learning, sometimes.

### ATM Lesson #220 – Alan Questel

#### Sliding hands forward, side sitting

CD#20/T11 [53 min] Source: Moshe? DVD#10-8 Scene 2 [54 min]

Side sit, L leg in front, hands on floor in front of L lower leg, slide R hand out in front, stay little forward, look up/down, round/arch back. Rtrn to sliding R hand away, note chg. Slide R hand comf distance, turn head to look L, stay there, look up/down. Rtrn to sliding R hand forward, note chg. On back, stand feet, L ankle on R thigh near knee, take L knee away. Make very small then extreme. Same position, lift R foot from floor so legs come towards head. Interlace hands behind head, lift head/foot same time, bring L elbow towards L knee. Rpt, bring L elbow to L knee and R to R. Side sit, L leg in front, interlace hands behind head, take elbows towards knees, cont, when elbows are down, take them forward/out/up. Side sit, kiss L knee, knee stays down, cont, kiss along leg towards foot. Rtrn to sliding R arm out in front, stay w/hand far as comf, look up/down. Side sit, lean on both hands in front, slide R as far as comfortable, turn head R, round/arch like before. Rtrn to sliding R hand out, note chg. Note comf in side sitting, switch legs to other side, note comf. Side sit w/R leg in front, hands in front, slide L hand away. Rpt OS in imagination.

### FI Exploration #094 – Alan Questel

#### Interviewing

CD#20/T12 [32 min] DVD#10-8 Scene 3 [57 min]

Interview w/Abi & Brian. Groups of 3: 1 interviews other while 1 watches. Observer say if anything interviewer says is offensive. Interviewee can also say if they feel self-conscious by what was said.

### FI Exploration #095 – Alan Questel

#### Leaning over the table, kneeling #4, lifting knee onto table

CD#20/T13 [36 min] DVD#10-8 Scene 4 [67 min]

Demo with Michael. Review with pelvis and shoulders. Added lifting knee up onto table. Direct person to look under bridging hand on same side as knee comes up. Three variations: nose, chin, forehead directed towards knee coming up.

### ATM Lesson #221 – Diana Razumny

#### Sitting on the heels #5

CD#20/T14 [56 min] Source: AY#195 DVD#10-8 Scene 5 [56 min]

On back, stand feet, use hands to pull front of R ankle to slide heel under pelvis, stand on toes, take R knee down towards floor, direct weight between big/2<sup>nd</sup> toes. Rock for/back, taking knee towards floor then heel towards floor. Angle in front of ankle increase/decreases. Rpt OS. Rpt w/both heels under pelvis, as knees go to floor slide onto top of head. Heel touching, knees spread wide. Stay on head, moving only from feet/ankles, rocking on head. Kneel, heels together, knees spread, hands on floor between knees, rock back onto heels, knees lift, lower head. Move for/back just from the feet. Alt. R/L knees going to floor in the middle. (knee between hands) Other knee goes to side. Take both knees to floor in middle, arms straight out in front, lift one knee, replace, lift other knee. Lift both knees at the same time. Kneel, knees wide, extend toes, R hand on R heel, slide toes to middle so foot is right ankle to leg and lying on outside edge. Rpt w/L foot standing. Place hands on floor, sit on heel, take pelvis side/side to move foot as before. Feel lower leg bones/knee. Rpt w/o leaning on hands. Rpt w/L foot. Kneel, knees spread wide, big toes touching, heels spread to sides, lean sit on heels. Lift eyes while lowering head. Kneel, bend R foot at right angle, place L foot on R, sit on heels, lean on R hand behind, fingers pointing forward, lower onto elbow, rvs. Up/down several times. Add L arm in air to help come up. Switch feet, rpt. On back, feet standing, pull under pelvis, lean on toes, heels touching, take knees to floor, lean on head. Alt knees going to floor then take both to floor.



## Day 99 Thursday May 22, 2008

### Discussion #135 - Staff

#### Circle meeting

CD#20/T15 [64 min] DVD#10-9 Scene 1 [65 min]

### ATM Lesson #222 - Diana Razumny

#### Sitting on the heels #6

CD#20/T16 [42 min] Source: AY#196 DVD#10-9 Scene 2 [43 min]

On back, spread legs, lift L arm/head/shoulders, roll R come up to sitting, leaning on R elbow, return, rpt OS. Alt. Head low, smooth/round mvmt. Sit, L foot behind, ankle extended, R leg straight in front, L hand on L heel, roll heel L/R, move toes to middle, ankle at right angle. Lean on R hand behind, take L elbow to floor, return to sitting. Bring R elbow to floor, rtn. L hand stays on L heel, alt going down on R/L elbows. Rpt OS. On back, feet standing, L hand pulls L ankle/heel under pelvis, R hand helps, toes turned to R/mid, extend R leg, arms to sides, lift L arm, roll R coming onto R elbow, rtn, switch arms, alt. Rpt OS. On back, legs long/spread, lift one arm, roll over other elbow to come up to sit, rtn, rpt os, alt. On back, stand feet, hands hold L ankle under pelvis, extend R leg, lift head, alt turning face R/L w/lifting, include lifting shoulder to roll L/R w/head lift. Rpt OS. Kneel, knees wide, turn R toes inward, place top of L foot on R sole, start with hands on floor in front, sit pelvis between heels, take hands to floor behind, start going down on elbows, one at a time. Gradually start to pass from one elbow to the next, head hanging back, continually moving. Kneel, L foot w/toes turned in, ankle at right angle, place R foot on R sole, lower pelvis between heels, weight of pelvis widens heels, gradually hands to floor behind. Tilt head R, go down on R elbow, rtn, rpt os. Eventually go from elbow to elbow. On back, legs spread, lift arm, roll across other elbow up to sitting, rtn, come up other side, alt. Kneel, R foot on L, knees together, hands on knees, round back backwards, head hangs forward, sitting back and then erect, bringing head up and lower back forward. Change feet, rpt. Quicker. Lower back rounds/arches, belly back/forward.

### ATM Lesson #223 - Alan Questel

#### Sitting with one cheek off chair with variations through feet

CD#20/T17 [52 min] Source: AY variation? DVD#10-9 Scene 3 [53 min]

Sit on chair/table, note which sit bone sitting more clearly on, lift/lower each side, note ease. Sit with L buttock off chair, lift/lower buttock, turn head to look L, look up/down, add lift/lower L buttock, looking up when pelvis drops down, visa versa. L cheek off edge, turn to R, look up/down, lift/lower L buttock. Turn L, look up/down, note pelvis lift/lowers differently on this side. L cheek off, L arm over top of head, bend head side/side, lift/lower pelvis. Sit w/L cheek off, arms behind head, pull L wrist w/R hand, let head turn w/arms, try variations, head turning with/against arm sliding. Leave head facing forward, slide arms behind head again, tilt head so ear comes towards arm that is coming towards head. L hand on top of head, lift lower elbow, imagine pencil coming out end of elbow, drawing a line up/down and then circle. Rpt OS. Sit w/both cheeks on, note difference from beginning, lift/lower cheeks alt, push heel into floor on side lifting. Take R cheek off, lift/lower use R heel to push to lift. Explore R foot being more L/R, front/back. Push off w/diff parts of the foot, in a circular way. Sit w/both cheeks on, push with feet in relation to lift/lower sit bones. Lean elbows on knees, lift/lower pelvis from seat, take pelvis L/R, lifting/lowering. Take arms forward, come onto feet. Sit/stand.

### FI Exploration #096 - Alan Questel

#### Leaning over the table, kneeling #5, review

CD#20/T18 [26 min] DVD#10-9 Scene 4 [84 min]

Demo with Abi.

## Day 100 Friday May 23, 2008

### ATM Lesson #224 – Diana Razumny

#### Sitting on the heels #7

CD#20/T19 [56 min] Source: AY#197 DVD#10-10 Scene 1 [56 min]

Kneel, knees wide, heels together, toes standing, hands on floor between knees, lower head, lift knees, move pelvis back to sit on heels. Go for/back w/head hanging. Note: ankle angle increase/decrease. Lumbar arch/rounds. On back, legs spread, roll up over one elbow to sit, go down on other elbow to lie down. Head/shoulder lifts and goes to side to come up. Go up/down, alt side/side. On back, feet standing, pull R ankle w/R hand, lift pelvis, L hand helps bring toes to L, top of foot on floor, lower pelvis to sole of foot, R heel is to R of R hip, extend L leg long, arms to sides, roll up over R elbow. Go up/down on R then L side. Rpt OS. On back, feet standing, pull feet under pelvis w/hands, toes standing, heels joined, direct knees to floor, lean on elbows/head. Also just leaning on shoulders w/head down. Alt taking R/L knee to floor. Without knees to floor, heels tog, lift pelvis high off heels and transfer pelvis L/R. Kneel, knees wide, L foot inside R, sit on feet, heels open to side, buttocks between heels, hands on floor behind, go down on R elbow, come up, rpt few times. Rpt OS. Explore opp arm in air. Rpt, come up over R elbow, head hanging, swing head in arc in front and go down on L elbow, swing R arm around overhead, hang head back, bring R arm/elbow to floor, roll R, bring L arm around overhead and forward to roll onto R elbow, continue around, rvrs. Arms windmill around overhead and across to opp side, circling in front and then place elbow. Switch feet/direction. Kneel, knees wide, toes standing, heels tog, hands on floor between knees, lift knees, sit on heels, hands on knees, lift head, straighten back, ext R arm/hand/knee forward to floor, rtrn. L knee moves to L. Alt side/side. Pelvis moves forward/back as knee goes to/away from floor. Note ankle angle. Take both knees to floor same time. Lift/lower knees, hands on knees. Help w/belly going forward/back to balance. Rtrn to alt knees if both is difficult. Lift one, the other, rvrs. Kneel, stand toes, sit on heels, sit erect but head hanging, arms forward at shoulder height, alt taking knees to floor in middle, belly/lumbar move for/back. Gradually try both at same time. Both knees on floor, start to lean back, lift both knees. If not possible, lift one first then other. Arms/chest free so pelvis can move. On back, feet standing, pull R foot under pelvis w/R hand, bring L foot under, heels wide, big toes close, roll up over R elbow, then L, gradually come to sit. Kneel, knees/feet apart, hands on heels directing them open to sides, lower pelvis between heels, lift pelvis, push belly forward, hang head back, rtrn pelvis to floor between heels. Continue, keep hands on heels, lower R elbow to floor to lean, come up, go down on L elbow, come up. Cont, from sitting, lower R elbow to floor to lean, come up, go down on L elbow, come up, head moves in arc in front. Then go from elbow to elbow w/head hanging back, making arc side to side behind. Eventually lean on both elbows, head hangs back to floor. Sit on heels, heels wide, hands on knees, alt R/L hand back to floor, eventually, go hand/hand w/o coming forward, head hanging back.

### Discussion #136 – Alan Questel

#### Transfer of learning in Functional Integration

CD#20/T20 [19 min] DVD#10-10 Scene 2 [20 min]

Brian: transfer of learning. Barb: her experience. Ashley: ATM & FI together. Cheryl. Michael: Practice in order to sense.

### FI Exploration #097 – Alan Questel

#### Folding over hip joints in sitting

CD#20/T21 [ min] DVD#10-10 Scene 3 [ min]

Demo with Marge. Groups of 4, 2 sitting on table, other 2 working with one person. Student lean on knees w/elbows, arch/round back. Practitioner slide fingers into crease in front of hip joints, let them feel the folding and unfolding over hipjoints. Come up to sitting while folded over hips. If person extends too much in the neck, have fingers at base of skull to keep neck long. Can be homework or a way to end a lesson.

### FI Exploration #098 – Alan Questel

#### Giving a full lesson with interview

CD#20/T22 [4 min] DVD#10-10 Scene 4 [97 min]

### ATM Lesson #225 – Alan Questel

#### Press and roll

CD#20/T23 [45 min] Source: Alan's DVD#10-10 Scene 5 [46 min]

Roll side/side. On R side, take L shoulder forward, rolling forward/back, take L side of pelvis little forward/back, lift L knee, roll a little. Press R shoulder to roll, press head to roll, press to lift L knee, press to lift L foot. Roll L shoulder forward back by pressing in different places. Rpt w/lifting L knee. Roll to back/R side, note quality, press to roll. On back, lift L shoulder by pressing something. Roll head w/pressing. On front, L knee drawn up, R arm down, lift L shldr, lift L hip, lift L knee, roll head. Rpt by pressing, rotating through places, then lift all at once. Roll to R, roll to back. Rpt OS.