

Day 101 Monday August 11, 2008

ATM Lesson #226 - Dennis Leri

Circle/roll pelvis, sitting with soles together

CD#21/T01 [51 min] DVD#S11-1 Scene 1 [51 min] Source: AY recording in Israel

Sit, soles together, lean on hands, lower self back. Sit open/close knees. Circle around R sit bone. Rpt quick/easy. Rpt w/R knee/thigh on floor, pause, quick/easy. Rpt OS. Sit, soles tog, hand on floor far behind, lean, lift/lower each knee, alt, circle around sit bones. Rpt w/hands near pelvis. Hands in comfortable place, circle pelvis over each sit bone then in infinity/figure 8. Sit w/fingers forward, pull belly in/out, head up/down, roll pelvis for/back, note chest, shoulders. Rpt w/chg hands, fingers pointing back. Sit, roll pelvis for/back on sit bones while holding belly in, then belly pushed forward, then free belly. Rpt: Fix chin to chest. Rpt w/keeping upper torso still. Rpt w/keeping lower torso still. Rtrn to all moving together. On back, soles tog, roll pelvis up/down, variations: hold belly in, hold out, then allow belly to facilitate. Keep face parallel w/ceiling while rolling pelvis. Quick oscillation of pelvis. Sit, roll pelvis for/back. Rpt w/head hanging back, to one side/other. Lean on elbows/forearms, soles tog, circle around each sit bone, note movement through whole. Rtrn to rolling pelvis in middle, note movement through whole. Lean on hands, soles tog, R thigh to floor, move for/back through center. Rpt w/L leg on floor. Rtn to symmetrical rolling for/back, feel front/back shorten/lengthen from head to tail.

Discussion #137 - Dennis Leri

Learning Functional Integration

CD#21/T02 [62 min] DVD#S11-1 Scene 2 [64 min]

People learn differently. Difference between algebra and geometry, lumpers and stringers. Teaching moves and overall approach. Sense of transmission of force through skeleton is basic. Trainers have very different ideas about training pedagogy. Awareness Through Movement "rules" by David B. or Steve R. Every trainer has some of their own rules they make for themselves in doing FI. There are different ways to look at how to get into an FI with someone. Example of looking at shoe soles. People build their practice around little shticks. Tres: Alan's rules. Brian: Runner workshop. Feldenkrais recognizes biomechanical ideals but that's second to the person's experience to learning. Demonstrates w/Cheryl. Avoid "right way" ideas, yet there are optimal ways depending on the intension or desired outcome. When someone experiences support in one area, it can generalize through out so person looks for that support in other configurations. You can use the biomechanical to zero in to particular people's ability. Socratic learning is self reflective. Aristotle approach is more abstract, academic. Abi: How to get started from here? People's complaints give you an orientation. Can have someone do a movement and see how use themselves

FI Exploration #099 - Dennis Leri

Palpating for tonus in standing

CD#21/T03 [6 min] DVD#S11-1 Scene 3 [93 min]

Demo with Ashley. Trios: One person standing, other 2 feel for tonus along spine, shift weight over one leg/other and note if extensor tone changes. Feel tonus in legs, note how standing on feet, hold head and shift weight over each leg, hand on chest/other on spine feeling ea side of spine.

ATM Lesson #227 - Dennis Leri

Standing oscillations #1

CD#21/T04 [36 min] DVD#S11-1 Scene 4 [45 min] Source: San Francisco July 24, 1975

Stand, move for/back from ankles, scanning throughout, walk, ROB. Stand, feet tog, move for/back, scan through whole, walk, ROB. Stand, feet apart, move side/side from ankles. Rpt w/feet together, walk, ROB. Stand, feet tog, eyes open, circle, rvrs direction, note breath, walking pause, ROB. Stand, feet apart, circle. Stand, feet apart, tilt for/back, keep eyes in mid of socket so as tilt back, eyes go up a little, down when moving forward, then switch to keeping eyes fixed on horizon so as tilt for/back there is relative movement in neck. (FI practice, help each other hold head to keep head/face parallel.) Return to exploring alone.

Day 102 Tuesday August 12, 2008

ATM Lesson #228 - Diana Razumny

Nose and head clocks, sitting

CD#21/T05 [48 min] DVD#S11-2 Scene 1 [48 min] Source: AY#98

Sit cross leg, hand on legs, tilt forward, side/side, circle. Circle tip of nose around clock, pushing hands of clock
Cont, eyes closed. Think point at top of head circling. Where is "head point" when nose at 6? Track "head point" when nose arcs 6/9 (ROB) Imagine clock overhead (ceiling/hovering) Switch to circling "head point" around clock. When head arcs 12/3, where nose arcing? Arc nose 3/6, note head arc - alt attn, then same time. Arc nose 6/9, note head, nose/head at 6 at same time. head forward/nose down. Arc head 6/9, note nose arc. Arc head 6/3, note nose-Switch to nose. Alt then both at same time. Cont with nose circle. Switch attn to head, note how nose chg. Chg direction - track head/nose - front/down. Track nose, finger on top of head - 3/12. Shift between head/nose then both. Relevant to space, floor, self, walls. Sit, tilt forward, compare to beg, easier sitting, plumb? Tilt R/L, make circles, both directions. On back, circle nose clockwise. Note top of head circle in relation to floor. Arc nose ½ circle 12/6, track head circle. Clockwise circles w/head Switch directions, note nose. Circle nose around L side of clock, 12/6 thru 9. Note head, 6/12, near/away from floor. Sit, tilt pelvis forward. Note: ease/range, weight on sit bones.

Discussion #138 - Dennis Leri

Differences in style

CD#21/T06 [13 min] DVD#S11-2 Scene 2 [15 min]

FI Exploration #100 - Dennis Leri

Head and jaw connection

CD#21/T07 [11 min] DVD#S11-2 Scene 3 [47 min]

Demo with Barbara D. Nod head up/down, open/close jaw. Take head/face forward/back, take jaw forward/back. Take head side/side, jaw side/side.

Discussion #139 - Students

Feldenkrais Annual Conference reports

CD#21/T08 [56 min] DVD#S11-2 Scene 5 [57 min]

FI Exploration #100 cont - Dennis Leri

Head and jaw connection

DVD#S11-2 Scene 4 [36 min]

ATM Lesson #229 - Dennis Leri

Standing oscillations #2

CD#21/T09 [16 min] DVD#S11-2 Scene 6 [16 min] Source: San Francisco Year 1

Stand, tilt forward from the ankles. Rpt w/feet tog. Feet apart, tilt/sway side/side, rpt w/feet together. Feet apart, circle whole body from ankles. Feet tog, chg directions. ROB. Stand, R foot half step forward, oscillate forward/back. Rpt OS. Rtrn symmetrical.

Day 103 Wednesday August 13, 2008

ATM Lesson #230 - Dennis Leri

Moving C7, sitting and on head/knees

CD#21/T10 [59 min] DVD#S11-3 Scene 1 [59 min] Source: San Francisco Year 1

Cross leg sit, tilt forward from hip joints. Rpt w/hand on head. Cont but head stays and come forward w/C7. Switch hands. Interlace hands on head, tilt forward w/whole then from C7. Switch legs/finger interlacing, cont. On back, take C7 for/back. Sit, take C7 for/back. Hands/knees, head on floor, hands interlaced cupping head, take C7 to/away from floor. Pause sitting, C7 for/back. Hands/knees, head down, take C7 for/back by taking shoulder blades tog/apart. Pause, rtn, hands on C7, take for/back little, pelvis moves little up/down. Sit, one hand on head, other on C7, take C7 for/back. On back, feet standing, lift/lower lumbar, note C7, when does it go back/for. Leave lumbar lifted, seesaw breathe, note C7 towards/away from floor. On knees/head, hands under knees, take shoulder blades tog/apart, C7 for/back. Sit, take C7 for/back. Roll head between hands, pause, take C7 for/back, switch hands, roll head. On knees/knead, hands under knees, roll on head between 6/12; 3/9, noting C7. ROB On head/knees, hands stand to sides of head, elbows in air, roll across top of head, note C7, ears towards floor alternately, cont w/hands behind back. Sit, C7 for/back, note how eyes involve, if sense dominant eye effecting C7. Lean on L hand, R hand on top of head, circle top of head. Switch arms/legs, cont. On head/knees, hands under knees, toes for running, lift knees little, 3 sm circles each direction on top of head.

ATM Lesson #231 - Dennis Leri

Taking hip back, jaw forward part 1, sitting

CD#21/T11 [55 min] DVD#S11-3 Scene 2 [55 min] Source: AY# 335

Sit, soles facing, not touching, R hand on top of R hip/ilic crest, take hip back small amt, sense through whole torso. Quiet/small quality w/a lot of attn to self throughout. Pause, cont, feel legs involved, R knee lengthens tiny bit, L knee shortens. ROB. Rpt w/attn along vert, imagine someone touching each vert, one at a time. Rpt, face comes forward, which vert does it correlate to. ROB. Rpt, sense sternum/breath. Rest/Rpt, sense space/gap of R arm changing if looking from front. Rpt, sense clavicle, ribs, sit bones, pelvis on R side. Rest/Rpt, think of board on top of head, board inclines forward when taking hip back. Rtrn, thinking of plane of face lining up with which vert. Rtrn, think of each vert to have participate. Stand, bow forward, note sides of hips. Rtn to taking hip back, smile when going back few times, smile when erecting. On back, explore going from smiling to bringing jaw forward. Switch combo of jaw forward w/hip back. Take jaw for/back during the movement of taking hip back. Sit, lift/hold both arms out in front of you, do w/elbows soft, stay until arms fatigue. Lift R arm, support under forearm w/L hand, allow R elbow/wrist soft/supported. Arms down, lift R arm, lift both, compare.

Discussion #140 - Dennis Leri

About pushing hip back ATM

CD#21/T12 [26 min] DVD#S11-3 Scene 3 [26 min]

Brian: type of ATM, position, movement, constraints. Abi: dynamic between mobility/stability. Dennis answered w/analogy about brain has activity in order to fix something like held shoulder. James: reflecting on Dennis' earlier statement that "you can't do two things at the same time". Dennis: opposites can't be done at same time. Tied together with eliminating activities that aren't necessary in a movement of a lesson, like the taking hip back. One simple movement with a lot of attending. Story of Jack Heggie standing on his head.

FI Exploration #101 - Dennis Leri

Explore many moves, noting C7

CD#21/T13 [3 min] DVD#S11-3 Scene 4 [56 min]

Start in standing, moving them from C7. Have person on back and explore many moves with the idea of feeling how that movement can effect or move C7.

ATM Lesson #232 - Diana Razumny

Rocking on diagonals, on back

CD#21/T14 [49 min] DVD#S11-3 Scene 5 [49 min] Source: AY#114

On back, spread legs. Lift/direct R to L hip, R shoulder lifts, feel clavicle. Lift L leg in direction of R shoulder, lifts L hip. Shorten distance between L hip/R shoulder. Rtrn to R arm to L hip. R hand on L hip, lengthen arm, add head lifting. Slide hand on outside L hip/leg. Lift L leg, take in direction of R shldr. R shldr, circle L heel. Rpt holding L knee w/R hand. Chng direction, few moves w/o hand. Repeat OS, Hands towards L hip, head lifts, R shoulder lifts, hands constant distance apart. Rpt OS. Lift legs, in air, direct L leg up/R to shoulder, rpt OS. Move arms/head towards R hip/L hip. Pass from R to L,

without going down, lengthen arms passing through middle. Arms on floor, spread/lift legs, distance stays constant, direct R leg to L shoulder then L leg to R shoulder. Pass legs side/side w/o bringing pelvis down in a continuous move. Lift legs/pelvis, direct legs to R shoulder/L shoulder altrly, then pass through middle. L leg in the air, R leg long, hold L ankle with R hand, head lifted, rock from L hip to R shoulder. Rpt OS. Hold both ankles, head lifted, round back, move line of pressure on back in a circle in middle of the back. Pause, repeat circle in opposite direction.

Day 104 Thursday August 14, 2008

ATM Lesson #233 - Dennis Leri

Taking hip back, jaw forward part 2, sitting

CD#21/T15 [53 min] DVD#S11-4 Scene 1 [54 min] Source: AY# 336

Sit, soles facing, R hand on R hip, take hip back, sensing hip joints, spine. Rpt, add alternately exposing teeth and pursing lips, coordinate w/folding/unfolding. Time so teeth are exposed when folded and unfolded, coming to neutral in transition. Rpt OS. Next variation: take jaw forward w/teeth exposure. Next vari: when unfold, expose teeth, jaw forward, mouth opens. On back, palms to floor, elbows wider than hands, jaw forward, teeth show, mouth opens, pause observe exhale, time so exhale w/mouth opening w/puff of exhale at end, close mouth, breathe through nose. Sit, hands on hips, folding, rpt last version of jaw/breath. Sit, hands on hips, fold, imagine someone painting/drawing along from C7 to elbow. Cont, add down lower arm down little finger, feeling chest organize to force out exhale. Rpt OS. Vari: draw line from L little finger up arm, thru C7 down R arm to R little finger. Add drawling line along clavicles, add back in drawling across back through C7 so both present. Rpt, add sudden burst of exhale at end (on back with sitting fold). Sit, hands on ribs in front, rpt folding move, elbows come forward, wrists bending, jaw forward. Sit, draw midline from C7 in back, over top of head, down face to sternal notch in front while folding, hands on ribs. On back, imagine same line. Sit, L hand on lower ribs, same move, add thinking of line along occiput from ear to ear, continue along jaw. Rtrn to simple folding, hands on hips. Sit w/legs crossed.

Discussion #141 - Dennis Leri

About pushing hip back ATM

CD#21/T16 [7 min] DVD#S11-4 Scene 2 [8 min]

Pam: so many things to attend at same time. Dennis: function of face, jaw, sternum, lengthening front/back.

ATM Lesson #234 - Diana Razumny

Bridging #1, on back

CD#21/T17 [42 min] DVD#S11-4 Scene 3 [43 min] Source: AY#438

On back, stand L foot, press foot, lift L hip, pelvis rolls R. Knee to R? Pointing forward towards ceiling? Hip joint? Faster, smaller, easier. Rpt OS. Note head, chin, transference of force through spine. Press head to floor. Lift spine btwn shoulders a bit, leaning on elbows, back of head to slides down, eventually onto crown. Remain on crown few seconds. Stand L foot, L arm long above head, lift L hip. L shldr slides down then whole L side lifts. Turn face/eyes R w/lifting of L hip. Faster, note L hand slides. Stand R foot, R arm above head, lift R hip, turn face/eyes L, look to R hand. Faster, smaller, easier. Stand feet, lift pelvis slowly, return slowly, eyes look down as pelvis lifts up. Note chin towards throat, back of neck straightens, head pushes upward. Smaller movement, just beginning, pubic bone lifts, eyes look toward pubic bone, then return. Legs extended, arms along sides, lift spine btwn shoulders, pressing elbows, head slides, see wall behind. Note ease Quick/easy. Stand feet, lean on elbows, lift spine btwn shoulders, back of head presses, remain there, move knees away from head, pelvis lift a little. Smaller/faster. Stand feet, lift pelvis a bit higher, press elbows, lean on head, remain few seconds. Rpt., start w/pelvis down, lean on elbows, lift shoulders, slide head towards crown, lift/lower pelvis. Rpt, move knees away from head over feet. Stand feet, interlace hands behind head, lift head /knees, roll R/L.

Discussion #142 - Dennis Leri

Framing a lesson, showing off

CD#21/T18 [62 min] DVD#S11-4 Scene 4 [63 min]

FI Exploration #102 - Dennis Leri

Connecting ribs and spine

CD#21/T19 [25 min] DVD#S11-4 Scene 5 [72 min]

Demo with skeleton & Michael. Abi: Lucia taught at conference rolling from back to side. Observing group doing the lesson and people's pattern. Dennis: pedagogy of that particular lesson. Moshe was going to call his work "pattern Integration" but then thought it was too static. Moshe's idea of development came from Piaget and his wife's profession with children. Ester Thelen's idea, children develop differently. Example of Ester's research of baby reaching for something and helping them. Related it to giving FI. Story of bringing a man to Moshe that had knee problems. Danger in thinking you know how to work with knees. Having success early is unfortunate. Abi: Anastasi's workshop "Framing a lesson". Si & Ashley comments. Brian: Van's workshop, every FI is different even if pattern is the same. Dennis: Gaby story of bringing people to sit from side lying. Framing depends on your stance in relation to the person. If concerned about who person is or who you are in relation to being a practitioner. We have what/how we do and then who we are when we do a lesson. What is

the person coming for? Pain related to job? Address the pain or whether they want to be doing that job. That's the problem with staying with the frame of an activity. Reflective or not? Larry "teaches movement, not awareness". Story of Frank & Larry's approach to selling the method. Shira shares about experience at Frank Wildman's workshop. Marge: Mischul's workshop. Dennis: Aristotle - Pleasure - doing activity for pleasure is hedonistic, doing activity well has byproduct of pleasure. Learning is the most ecstatic activity.

Day 105 Friday August 15, 2008

ATM Lesson #235 - Dennis Leri

Sensing C7 with crossed arms, on back & front

CD#21/T20 [37 min] DVD#S11-5 Scene 1 [37 min] Source: San Francisco 1976

On back, L hand to R shoulder, R arm crossed under to L shoulder, slide hands to back of neck, lift R/L shoulder. Switch arms, rpt. Hands on shoulder, bring shoulders forward, note C7/neck, cont w/abdomen expanded. Switch arms, seesaw belly/chest, note C7/shldrs. Bring elbows forward. On front arms crossed, on elbows, rock L/R. Rpt w/elbows farther apart. Rpt pos, equal pressure on elbows, take C7 for/back, look up/down. Rtrn to rocking elbow/elbow. ROB. On back, cross arms, roll onto front, slide one leg up to side, take/leave one ear to shoulder, rock elbow/elbow. Rpt OS. On front, cross arms w/elbows lower, under chest more, rock L/R. On front, arms crossed, fingers interlaced behind neck, rock pelvis L/R; leave pelvis quiet, look up/down w/eyes; pause, rock on elbows L/R. On back, cross arms, hands behind shldr/neck, lift one shoulder/other, note C7. Arms crossed, take elbows/abdomen forward. On front, arms crossed, take backs of hands to floor, roll side/side. ROB. Stand, walk, walk backwards. Walk forward, move arms twice as fast as legs, then legs twice as fast as arms, then arms/legs same.

FI Exploration #103 - Dennis Leri

Side bending and spine

CD#21/T21 [19 min] DVD#S11-5 Scene 2 [95 min]

Demo w/Si. On side, note side bending and rolling w/top leg on floor in front or behind bottom leg compared to on top of leg. Shortening side by lifting ribs from bottom.

ATM Lesson #236 - Diana Razumny

Bridging #2, on back

CD#21/T22 [48 min] DVD#S11-5 Scene 3 [48 min] Source: AY#439 first $\frac{1}{2}$

Stand R foot, R arm overhead on floor, lift R hip, turn eyes/head L, look towards R hand. Repeat OS. Stand R foot, L arm overhead on floor, slide R hand to R foot. Repeat OS. Stand R foot, R arm extended above, roll L, bring R palm to stand near head/shoulder for bridge. Push floor w/hand to roll L. Bring fingers to point foot ward, near shoulder. Keep hand standing when roll to lie on back and extend leg. Turn head L when hand presses floor. Repeat OS. Stand feet, R hand extend up, L arm alongside, slide L hand to L foot. Repeat, add lifting L hip, hold ankle w/L hand. Repeat OS. Press back of head, slide down to see overhead, press elbows to assist. Bridge arms, legs long, press hands, press back of head, slide to look overhead. Press hands to lift head to see feet.

Discussion #143 - Dennis Leri

ATM as life threatening event

CD#21/T23 [23 min] DVD#S11-5 Scene 4 [23 min]

Tres: reference to Michael's demo yesterday of squeezing side of waist. Mark's transcription, eliciting vital response. Dennis: ATM as life threatening event. Reference to being in Israel with Mark and Moshe then coming to Boulder to see Ruthy 1979 and not as interesting as before. FM died with Feldenkrais but then it lasted.

ATM Lesson #237 - Dennis Leri

Five winds kata, finding neutral for head, standing & sitting

CD#21/T24 [25 min] DVD#S11-5 Scene 5 [25 min] Source: 5 winds kata San Francisco 1976

Stand, tilt whole body forward from ankles. Take head for/back to create sway for/back, find neutral and then look up/down to find neutral in that plane, keeping neutral relation with the head, move for/back. ROB. Sit cross legged, lean on hands, fingers forward, keep head in neutral to environment, start going down on R elbow. Chg legs, go down on L elbow. Alt going down on R/L elbows, which elbow is easier in relation to which leg is in front. Roll back/for on pelvis, head neutral/eyes on horizon. Lean on R hand only, rpt, add L hand, note bias. Lean on both hands, go back/for, elbows bend, not using arms to come up, use middle/belly/low back. Lean on R hand, L hand at throat to feel no tonus chg as go back/for, note which leg wants to come forward/be in front. Rpt OS. Lean on both hands, go back/for, no weight on hands, face stays vertical. On back, roll up over elbow, head/eyes to horizon, come to stand, tilt for/back, top of head stays parallel to ceiling. Walk, head on horizon. Image of large cat or bird of prey, head stays focused to feed the food tube.

Day 106 Monday August 18, 2008

FI Exploration #104 - Dennis Leri

Head, shoulders, pelvis, arms & legs, on back

CD#22/T01 [27 min] DVD#S11-6 Scene 1 [103 min]

Demo with Linda. Feel for space behind back and knees. Finding neutral for head. Lifting shoulders, noting sternum, ribs. Roll pelvis up/down, note transmission of force to head, through chest. Legs/feet, push through to head, noting pelvis, ribs. Arms, straight forward, lifting/lengthening, noting shoulder, sternum, ribs. Return to head. Sitting, lift sit bones one at a time, Dennis's hand on opposite side of C7 from lifting side of pelvis. Alternate lifting sides.

ATM Lesson #238 - Diana Razumny

Bridging #3, on back

CD#22/T02 [45 min] DVD#S11-6 Scene 2 [47 min] Source: AY#439 second $\frac{1}{2}$

On back, press head, elbows, sacrum, gently explore sliding onto top of head. Stand R foot, R arm long overhead. Roll L, stand R hand by head, rtrn to back. Use L hand to direct R elbow/press R hand. Rpt OS. Stand R foot, slide R hand to R ankle. Hold R ankle w/R hand, lift/lower R hip. Stand L hand near head, arch onto top of head. Rpt OS. Stand hands near head/shoulders. Slide onto crown of head. Stand feet, lift pelvis, hands to ankles. Lift/lower pelvis, direct knees over feet. Shoulders slide towards feet. Press head, slide onto crown. Stand feet/hands, Slide onto crown of head pressing hands. Rpt, add lift/lower pelvis. Direct knees over/away from feet. Create rolling on top of head. Stand feet, arms along side. Press head/elbows to slide onto crown. Stay on crown, lift pelvis. Stand feet, hold ankles, Pull ankles to bring pelvis/feet close. Knees go forward/down over feet. Slide onto crown. Interlace hands behind head, lift. Rpt w/feet standing. Lift pelvis/head. Head/pelvis remain lifted, rock up/down head to tail. Hold below knee caps, push knees into hands, pull onto crown. Hold/lift head, lift bent knees, elbows/knees together, hold. Stand - Walk

Discussion #144 - Dennis Leri

Approaches to Functional Integration

CD#22/T03 [27 min] DVD#S11-6 Scene 3 [27 min]

David's approach, disprove his impressions. Moshe, finding the Archimedean lever for the person was made his lessons different than his assistants. Kristen: unique quality. Brian. Dennis about fractals. Relate it to hypnosis work with Erickson. Shira: Nancy Lamb video with Gaby. Gaby like a 3 ring circus, folding in within her creative way of working. Shira: quote from Dennis "let the ATM lesson organize you". How does that fit into FI? You don't make the person fit your idea.

FI Exploration #105 - Dennis Leri

Work from head to feel whole person in standing

CD#22/T04 [2 min] DVD#S11-6 Scene 4 [16 min]

ATM Lesson #239 - Dennis Leri

Standing oscillation #3 (short)

CD#22/T05 [12 min] DVD#S11-6 Scene 5 [12 min] Source: San Francisco year 1

Stand, for/back from ankles. Rpt w/legs tog, then spread little wider. Feet together, sway L/R, turn into circling. Arms extended forward, fingers interlaced, circle again, hands make same circle as head. Rpt w/one foot half step forward.

ATM Lesson #240 - Dennis Leri

Knees and elbows towards each other, on back

CD#22/T06 [46 min] DVD#S11-6 Scene 6 [47 min] Source: AY#364

On back, stand feet, hands behind head, lift head, scan throughout. Rpt w/feet/knees lifted. Rtrn to feet on the floor, lifting head. R foot standing, L leg long, hands behind head, lift/lower R leg. Rpt OS. Rtrn to both bent legs lifting. Legs long, lift head, direct R elbow to L knee. Chg interlace, L elbow/towards R knee. L hand bhnd head, stand R leg, head turned R, R knee to L elbow, foot flexed. Foot stays on floor, L elbow towards R knee. Rpt OS. Hold bhnd knees, hands crossed, knees to shoulders, feet flexed. Push legs into hands, roll to sit, feet on floor, bring shldrs btwn legs few times, then reverse to lie on back again. Rpt. On back, feet stand, hands lift head, R elbow to L knee, L elbow/R knee, L knee to R elbow, R knee to L elbow, R elbow to L knee, extend legs, come to sit, go down, rpt OS. Come up on diagonal, L/R. Come up through middle. Feet stand, L hand behind head turned R, come over R elbow, legs lengthen, come to sit, rvrs, rpt OS. On elbows/forearms, feet stand, reach R arm up/for, straighten L leg, come up to sit, L arm straightens. Rpt OS. From elbows, straighten legs, come to sit. Hands lift head, knees bent, straighten to sit. On back, lift legs, R arm bhnd legs, knees to chest, ext legs, come to sit over elbow. Rpt OS. Stand feet, elbows/knees, one, other, both.

Day 107 Tuesday August 19, 2008

ATM Lesson #241 – Dennis Leri

Five winds kata, back twisted from side

CD#22/T07 [42 min] DVD#S11-7 Scene 1 [43 min] Source: San Francisco year 2

On R side, twist back so shoulders are lying on back, arms down along sides, lift/lower L shldr, lowers wrist to floor, rpt w/R shldr, alt then both same time. Rpt OS. On R side, lift/lower shldrs, slide onto top of head. Rpt OS. On back, elbows wide, slide onto crown of head, tail goes back/down towards floor. Lift/lower shldrs/lower back. Slide onto crown, roll pelvis down, come to sit w/head hanging back. Sit, legs crossed, lean on hands, fingers forward, head on horizon, lower onto R elbow. Rpt OS. Go down on both elbows same time, round back backwards going down, arch to come up, keep head on horizon. Sit, R leg long, L bent, R arm straight forward, lean on L hand, fingers forward, lower towards L elbow, come up, eyes open. Rpt OS. Rpt, w/hand (one that was shldr height) on throat to feel for tonus as go back. Rpt w/hand at back of neck. Arms in front, legs in front, go back, face horizon, arch in back.

FI Exploration #106 – Dennis Leri

Speaking to Archimedean point, side lying

CD#22/T08 [14 min] DVD#S11-7 Scene 2 & 3 [92 min]

Demo with Abi. Full lesson On side. Find point along spine, relate to it from knee/hip, leg, arm, pelvis, ribs, head/neck.

Discussion #145 – Dennis Leri

Conditions & surgery

CD#22/T09 [35 min] DVD#S11-7 Scene 4 [36 min]

Barbara D.: Question about stenosis. Neck fusions, cutting tendons, hip replacements. Tres: quote from Mark Reese. Talking about the work. Gaby's thinking/articulating. Yochanan can talk about it, analogy of poem turns into propaganda then advertising. California Tai Chi or Aikido, lacks subtly of nuances of what is implicit in each move or position. Mark talked of implying several things within one think. Moshe's friends from Switzerland, some had seizures. James: conditions/diagnosis. Form follows function. Barb B: Rheumatoid arthritis and being active.

ATM Lesson #242 – Diana Razumny

Butt hopping

CD#22/T10 [43 min] DVD#S11-7 Scene 5 [44 min] Source: AY#13

Sit, legs forward, knees soft, hands on knees, contract buttocks, Quickly. On back, legs long, spread, contract buttocks. Only R side/L side/both, quickly. Note knees/foot. On belly, hands on buttocks, contract both. Note heels/knees. Do one, other, both and hold. ROB. Stand on knees, feet close, toes extended, hands on buttocks, contract/hold both. Quickly. On R foot/L knee, hands on, contract both. Chg legs, rpt. On both knees together, hands on, contract both quickly. ROB. On knees, spread, big toes tog, hands on, contract both, hold, release. Note pelvis, lumbar, pubic bone, navel, belly. Which knee takes more weight? Contract both quickly. Stand on R leg/foot, L leg big toe touches for balance, contract R. Note knee turns out, arch lifts, weight to heel/outer border. Lift arch intentionally. Quickly. Rpt OS. Stand, toes pointing out, legs spread, contract buttocks, feel weight shift to outer edge of feet. Knees turn outward. Lift arches so weight shifts to outer edges. Lift belly, pubic bone forward, contract and lift arches. Knees straighten. ROB. Sit, feet together, hands on feet, contact both buttocks, note body lifting. Both hands on floor behind, spread legs, bend knees out to sides, contract buttocks. R only. Quickly. Contract/hold. L only. Sit, hands on floor behind, knees bent to sides, both legs in air, balance on butt. Shift onto R butt, step forward w/L. Rpt OS. Walk forward/back. Rpt. ROB. Sit, lean on R hand, shift to R, lift L leg, move L hip forward/back while in air. Quickly. Lengthening through heel. Rpt OS. Lean on hands, walk for/back, switch hands to shoulder height, lift both legs, butt walk. Sit, contract butt to hop. Stand on knees, wide, big toes together, contract both. Quickly. Stand on feet, legs spread, contract both, lift arches. Walk.

Day 108 Wednesday August 20, 2008

ATM Lesson #243 - Diana Razumny

Taking head/tail back, on side

CD#22/T11 [45 min] DVD#S11-8 Scene 1 [46 min] Source: AY#524

On R side, stand L hand, Take head back, quickly. Feel through whole self. Take L hip back w/leg lifted a bit, add ankle flexed. Rpt, think tail back, note diff. Rpt, OS. On R side, L hand on floor, L leg on floor behind R. Take head back, note tail, back, middle forward. Take L hip back, knee lifted little, foot in place. Note move through spine to head. Add taking head back. Rpt OS. (talk on limits) On R side, hug self, R hand under armpit, then L, L knee behind. Take head/tail back. Chg legs, L leg in front on floor, cont. Chg arm crossing. Rpt OS, add knees/face moving tog/apart. On back, bent knees lifted, hands behind head. Head lifted, lift/lower ea leg separately, then both.

FI Exploration #107 - Dennis Leri

Compression from front of top ribs

CD#22/T12 [11 min] DVD#S11-8 Scene 2 [91 min]

Demo with Si & Robert. Pressing on ribs just below clavicles down through towards pelvis and then up towards head. Press from pelvis up through to head, then down towards feet.

Discussion #146 - Dennis Leri

Kata, Archimedean point, no narrative in lesson

CD#22/T13 [58 min] DVD#S11-8 Scene 3 [59 min]

Demo of Brian What he does on each side when drawing up the leg, noting ribs, supported ribs in way they move on easy side, then replicate on easy side what difficult side did. Supported difficult side in doing what easy side did. Then had Brian lift head, noting what did w/chest, grew into kata. Archimedean point (master control/nexus) is where the person goes as a preparatory move/position. When working with that point, others emerge. After lesson, disorientation result of no familiar address. Give new address, may/may not accept. Lesson has no narrative, person fills in the blanks. Analogy to Milton Erickson.

ATM Lesson #244 - Dennis Leri

Five winds kata, twisted, on side, back, front

CD#22/T14 [45 min] DVD#S11-8 Scene 4 [45 min] Source: San Francisco year 2

On R side, L knee behind R then forward in front of R, L arm on floor behind, lift L shoulder, lift head w/shoulder, feel neck w/R hand, help head lift w/R hand behind. Rpt OS. On front, legs spread, arms by head, lift head/arms, look side/side, rolling side to side as if rolling to back, keeping head/eyes on horizon. Rtrn to original positing, lift chin/head forward, lift head/pelvis, top leg in front then back, switch to lifting legs. Rpt OS. On back, legs straight, crossed at ankles, think taking feet from floor, then lift, note lower back, allow lower back to lift a little. Allow back of head to slide, chest to lift. Rpt, add lifting head/torso to come to sit, cont, come to stand, walk, carriage of head. On R side, L leg in front, shoulder/head rolled back, L arm on floor behind, lift pelvis, feet on floor, leave feet/pelvis down, bring shoulder/sternum forward, sliding onto top of head. Rpt OS. Rtrn same idea, top leg in front, lift feet, lift shldrs, rpt w/leg behind, lift legs. Rpt OS. Legs to R, top leg forward, lift chest/sternum, note breath, pause, take chin forward, use arms on sides, come up towards sitting, chin to chest. Rpt OS. On front, hands pushup, elbows in air, lift head, look L/R, rolling pelvis. Hands in pushup, forehead on floor, chin to chest, lift shldrs/torso keeping chin to chest. Extend arms long overhead, elbows wide, forehead on floor, lift elbows. Cross arms in front, lean on two elbows, hands holding shldrs, rock side/side, pause in middle, lift/lower head, tail lifts w/head. Toes tucked to push on floor, hands standing, push towards head, knees lifted, head/pelvis lifted, rock up/down. Rpt last move w/L toes stand, R ankle crossed on L Rpt w/legs switched. Rpt w/feet uncrossed, knees/pelvis lifted, rock up/down, eyes forward. Sit, legs in front, comfortably bent, hands behind head, elbows forward, folding, elbows wide, arch back, come forward, rock back w/small fold, the arch to come up. Smaller, lighter, quicker.

Day 109 Thursday August 21, 2008

FI Exploration #108 – Dennis Leri

Explore any FI move in several positions

CD#22/T15 [2 min] DVD#S11-9 Scene 1 [69 min]

ATM Lesson #245 – Dennis Leri

Five winds kata, sitting, going back

CD#22/T16 [42 min] DVD#S11-9 Scene 2 [43 min] Source: AY#365

Sit, feet standing, arms hanging, tilt back w/o flex or extend, eyes on horizon. Sit w/legs long in front, hug self, rock for/back on sit bones w/o flex/ext. Rpt while hold opp elbows behind back. Rpt w/L foot standing, R leg long, go back, direct one elbow then other to floor behind. Cont, think of R elbow coming to floor first, transfer to L elbow, come up. If don't reach floor, imagine. Rpt OS. Circling w/head on horizon. Sit, both feet on floor, hands interlaced behind head, go back, lift feet from floor, rtn. Rpt w/hands on hips, elbows pointing back, back arched, legs in front, direct one elbow to floor. Rpt, stand feet, feel counter balance of feet coming from floor. Rpt, arms up, elbows point to ceiling, hand cross behind neck, head in front of arms, legs in front. Stand on knees, same arm position, tilt back, hips stay extended as take pelvis back while extending in back. Rpt w/arms forward shldr height. Sit, feet on floor in front, hands behind head again, elbows pointing to ceiling, tilt back, feet lift, eyes on horizon. Rpt, hand interlaced behind head, go back circling. Holding elbows behind back, tilt back down middle, come all the way to floor and reverse, coming up from back w/arms behind.

Discussion #147 – Dennis Leri

Language, competency, quantum and trauma

CD#22/T17 [74 min] DVD#S11-9 Scene 3 [87 min]

Online studies through egroup. Language. Varella & Oscar Iguato story. Use of language in ATM teaching by students. Artist using colored boxes and relationships create something different. Psychologists to study perception from magicians. Marge: lifting legs in lesson. Michael: about letting go vs. integration. How to describe FM? Kristen: Alan's quote about competency from Dreyfus article. Varella blew holes in idea of brain like computer. Quantum mechanics. Student's language in/out of training. Having the experience and conveying understanding. Marge: explore in FI and not creating what you thought. Kristen: Article "24, 42 I love you," having answer doesn't get you anywhere, doesn't express info of your experience. Capturing experience. Rhetoric in ancient Greece, philosophy in the gymnasium. Debate as a game. Brian: does person need to understand what happened. Marge: FI practice of transposing. Dennis: each position has relationship to gravity and development. Paula: about transferring learning from lesson into life. Dennis: Stories of hypnosis and trauma. Spornsky, no definition of health or pathology. Research, morphine and shock. Moshe's definition of health, recover from shock, live avowed/unavowed dreams. Gurdjieff's use of shock. (Note: video only: off mic for 10 min about complainers)

ATM Lesson #246 – Diana Razumny

Lifting head and eyes, on front

CD#22/T18 [47 min] DVD#S11-9 Scene 4 [47 min] Source: AY#525

On front, stand hands, elbows up, close eyes, forehead on floor, Look up w/eyes. Lift head little, look down w/eyes, lower head, look up. Forehead on floor, eyes up/down quickly. Rpt w/head lifted. On front, stand hands, draw R knee up to side, stay. Lift head to look at R knee, push w/R hand. Slide knee down/up, look w/head/eyes as knee slides up. Stay w/head towards knee, eyes closed, look L/R, quick. Rpt OS. Knee slides little away/towards as head looks to knee. Legs straight, arms behind back, holding wrists/elbows. Lift R leg, bent or straight. Rpt, head turned L, look towards R heel. Whole body turns, lean on R hip. Stay up, take head/eyes R/L, eyes closed then open. Rpt OS. Lifting/looking at L leg. Slide R knee up to side, cont. Head stays up, eyes L/R fast. Hands standing. Lift head, eyes open, look down, lower head, lift eyes. Head lifted, take eyes up/down quickly. Forehead on floor, eyes L/R. Think of lifting both legs, toes extended. Imagine belly presses floor, lift head/eyes slowly. ROB, note lower back. On back, stand feet, hands behind head, lift head. Think R elbow to L knee, L elbow to R knee, elbows to both knees. Hold knees open w/hands, push knees into hands, feet come towards floor. Push once w/R leg, once w/L, alternate. On front, hands behind back, hold elbows, lift head/shoulders. Look around L to see R heel. Rpt OS, alternate L/R, legs help, body rolls. Stand hands, think lifting knees. Lift head, turn R to see heel, then L. Lift knees alternately, elbows move side/side, straight/bend. Straighten legs, rpt move with head side/side, eyes direct move. Lift head, look down w/eyes, lower head, look up, quick. Turn head to L, R ear on floor, take head/chin forward towards R shldr, back of head to L shldr. (hen pecking) Quick/easy, note jaw for/back. Rpt OS. Bend knees, feet in air, turn head R/L, look over each shldr at heels. Think of lifting knees from floor, lift head/eyes. Leave head up, look up/down w/eyes, quick, then L/R quick. Roll/tilt both legs to R when head looks over L shldr. Alt L/R. Push w/hands to come up to stand.

Day 110 Friday August 22, 2008

ATM Lesson #247 – Diana Razumny

Lifting pubic bone, on front

CD#22/T19 [56 min] DVD#S11-10 Scene 1 [56 min] Source: AY#549

On front, legs spread, toes extended, Contract buttocks, note legs turn. Note: what presses, public bone, spine lengthens, head upward. L hand on R, R cheek on back of L hand. Lift head/arm sm amnt. Take head/arm little R/L. Back soft, spine/chest move w/head, inhale or exhale, legs? Rpt w/ R hand on L. Rtrn to contract buttocks. What presses floor? Contract so that legs come lift from floor. L hand on R, lift head/arm, lift one leg w/o contracting butt, press pubic bone, lift head/leg sm amnt. Cont, lift other leg. Note lengthening of spine while pressing. Lift both legs, belly btwn pub bone/belly button. Note inhale/exhale? ROB. On front, head to R, on R hand, legs spread little. Lift R hand/head. Think it, add thinking R leg lifts w/head. Note lengthening, front pressing. Do move small amnt, check what presses, note breath. Exhale as think the move. Inhale as you think it. Press lower belly, note inhale/exhale. Lift head small amnt, press belly, inhale or exhale. Add lifting legs. Lift head, take L/R. Note ribs press. Cont, direct head more R, Note L arm, elbow lifts. Note legs, L lifts more, roll to R. Switch to moving L. ROB. On front, forehead on hands, press lower belly, exhale. Lift head, elbows, legs. Elbows crawl, legs lengthen. Inhale, press lower belly, elbows/legs/head/knees lift. No effort in neck. Cont so only belly touches floor. Stay lifted, rock R/L, up/down. Rpt w/exhaling. Press all but legs, legs lift. Lower legs, lift whole back. Lift everything. Back of hands on floor, down along sides, press hands/belly, lift both legs. Same position, lift L leg/head. Leave L leg lifted high as possible, lift R leg to meet L. Come to stand, walk.

FI Exploration #109 – Dennis Leri

Exploring the face

CD#22/T20 [4 min] DVD#S11-10 Scene 2 [71 min]

Demo Barb D. Exaggerate one side of face. Very light touch. Can include ear and neck.

Discussion #148 – Dennis Leri

About face exploration

CD#22/T21 [21 min] DVD#S11-10 Scene 3 [21 min]

Students shared experiences of working with face. Eckman studied facial expression and wrote forward to Darwin's book. Tres: Gotman, man who can determine if a couple will stay together. Paula: Bill Viola, slows down interaction. Five human emotions in slow motion.

ATM Lesson #248 – Dennis Leri

Pressing/lifting shoulders/hips, on back (short)

CD#22/T22 [19 min] DVD#S11-10 Scene 4 [19 min] Source: Dennis creation

On back, R shldr towards L hip. L shldr to R hip. R hip to R shldr going forward. R hip alt to L/R shldrs. L hip to R shldr, L hip to R shldr. Variety of combos lifting/pressing hips/shldrs. Pressing back, imagine crossing of diagonal lines. Circle around 4 points, pressing, then circling with lifting of shldrs/hips.

ATM Lesson #249 – Dennis Leri

Five winds kata, coming to sit from back

CD#22/T23 [54 min] DVD#S11-10 Scene 5 [54 min] Source: AY#366

On back, slide onto top of head legs wide, press elbows, hands, come to sit. Rpt, coming more onto one elbow. Arched, come up to sit. Sit, lift legs, lean on hands, go onto elbows. Rpt keeping head on horizon, legs wide/lifted, counter balancing. Go down on one elbow, come up, other, Go all the way to back, come up/down middle. Legs together, arms forward at shoulder height, lengthen arms forward, slide onto top of head. Sit, legs spread, arms forward, belly forward, arch back, chin to throat but towards hanging back, eyes on horizon. One arm forward, one back, teeter on butt, arched back, face to horizon. Rpt OS. Both hands/arms back, rpt going back. Go up/down back to sitting, arched back, add arms long overhead on floor, arch to come up, keeping arms overhead. On forearms, lift legs, lower legs, come to sit, staying folded this time, rocking up/down. Sit, folding back, arms wide to side, not really used. On back, arms forward, arch onto head, reach w/R arm forward/down, coming onto R hip. Sit, hold opp elbows behind back, arched, go back towards floor, going down to one elbow, other, middle. Rpt, going down on one elbow, use shoulder forward to come up. Interlace hands behind head, arch, legs wide, arch towards sitting, lifting legs, lower legs to come to sit. Sit, hands bhnd head, arched, go back, use legs to come up. Rpt hands bhnd neck, go back. On knees, forehead, arms ext overhead, come up to knees arched. Sit, arms forward, go back, return. On back, arms crossed bhnd neck, legs up, roll to sit arched. Simple/small go back, arms forward., arch to come forward. On back, arms for, arch to sit. Stand, roll back, rtrn. On back, legs up, 1 strght/1 bent, roll up.