

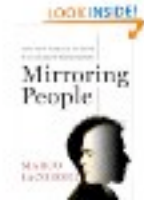
Day 111 Monday November 10, 2008

ATM Lesson #250 - Yvan Joly

Five Winds Kata take 2 #1

CD#23/T01 [71 min] DVD#S12-1 Scene 1 [73 min] Source: San Francisco inspired

Sit, legs crossed in front, hands on floor near pelvis, go back as if to lie on back. Sit, R leg crossed in front, hands to sides of pelvis, fingers oriented forward, go back, gaze to horizon, top of head parallel to ceiling, go towards lying on back w/o contracting belly, keep feeling of length. Cont, lengthening R leg forward as go back. Switch legs, rpt. Go back without lengthening legs. Sit, L leg in front, R hand on floor, L hand on front of throat, monitor muscle tone of neck while going back. Talk about effort. Mvts we do in ATM is useless, learning how to learn. Sit, hands on floor, go back, sense any contracting and stop/rvrs, cont. One leg in front, other hand on floor, go back, lift free arm forward when feel any contractions. Rpt w/both arms forward, add both legs extending. On back, legs long, slight lift of R heel from floor, not lengthening/shortening. Imagine leg is velcroed to floor so when imagine lifting leg, trunk would come to leg. Rpt w/L leg. Then both legs. Sit, hands to sides, go back as if to lie on back.



Marco Iacoboni wrote book about *Mirroring People*.

Discussion #149 - Yvan Joly

Kata origins, Culture of Chairs, Yvan's Request

CD#23/T02 [26 min] DVD#S12-1 Scene 2 [26 min]

About the Kata lesson. History of the series, rooted in Judo. Michael: Teaching Kata to public. Yvan: sitting on floor is challenging for many. If support pelvis to be more comfortable, also support hands at same level of sitbones. Historically chairs are relatively new. Culture of chairs effect much, birth, digestion, defecation. Lora: realization in first 5 min. of lesson. Surprises and frustrations. Yvan: It's the experience of our life, not the life we have. Michael: interest in psychology. Yvan: request people write what they would like from the segment, personal, professionally, whatever.

ATM Lesson #251 - Yvan Joly

Press/lift shoulders/hips, on back

CD#23/T03 [22 min] DVD#S12-1 Scene 3 [23 min] Source: Amherst inspired

On back, sense shoulder blades, take shoulders back/pressing floor. Press/release shldrs. Arms straight forward, lift/press shoulders, one at a time, both at same time, alternately. Press/release hip joints, one at a time, both. Diagonal hip/shoulder press/release. Both shoulders press, both hips press, all 4 press, note knees/elbows. Imagine coming to sit from this.

Discussion #150 - Yvan Joly

How do you know what you are doing in FI?

CD#23/T04 [51 min] DVD#S12-1 Scene 4 [52 min]

Yvan: What have you been doing with FI? Being able to explain what you do as a practitioner. Analogy of dancing Tango. Improve. Thinking is not the same as explaining. Think with whole person. Technique isn't enough. Developing a vocabulary. Many students share. Kim: Finishing an ATM lesson. Yvan: overall sketch.

ATM Lesson #252 - Yvan Joly

Rolling interlaced hands #1, on back

CD#23/T05 [67 min] DVD#S12-1 Scene 5 [71 min] Source: San Francisco inspired (kata series)

On back, interlaced hands on chest, elbows lifted, roll hands, move hands up/down as roll. Cont, hands overhead, extend arms, hands away from head. Stand feet, hands interlaced overhead, lift pelvis, add alternating head/pelvis. Alt arms lifting w/head or staying on floor. Legs long, lengthen arms overhead, look up/down. Sit, legs long/spread, interlaced hands on floor btwn legs, bend/straighten one arm, shift weight. Sit, legs crossed, interlaced hands on floor in front, bend/straighten arms. On knees, interlace hands overhead to ceiling, bend/straighten, look at hands as straighten, switch to look down. Similar on belly, arms extending overhead, head look up or down, add toes standing, lifting knees/pelvis/head.

Day 112 Tuesday November 11, 2008

ATM Lesson #253 – Yvan Joly

Rolling interlaced hands #2

CD#23/T06 [65 min] DVD#S12-2 Scene 1 [66 min] Source: San Francisco inspired (kata series)

On back, hands interlaced, roll in/out, arms extended in front towards ceiling. Cont., start bringing arms overhead, turn palms away when arms are overhead. Feet standing, arms by sides, roll pelvis up/down, notice chest. Keep feet standing, pelvis rolling, add rolling interlaced hands, moving arms overhead, note when palms are turned away overhead, which way is pelvis rolled. Soles touching, knees wide, roll pelvis up/down, note knees open/close. Rpt, add arms extended overhead, hands interlaced, palms away, note when arms extend more easily relative to rolling pelvis. Leave knees open w/o rolling pelvis and feel effect on knees opening/closing of the arms extending, palms away from head. Stand feet, non-habit interlacing of hands, lengthen arm overhead, palms away, move arms little to R while extending, note which arm extends more easily, switch to L, compare; alt L/R w/arms, add tilting legs, opp direction of legs, then same side, compare. Stand feet, cross one leg over the other, tilt knees towards top leg, with interlaced hands overhead, take extended arms to opp side of legs tilting.

FI Exploration #110 – Yvan Joly

Arms extended overhead with tilting legs

CD#23/T07 [36 min] DVD#S12-2 Scene 2 [36 min]

Students share about lesson position of interlaced hands. Demo w/skeleton, interlace fingers, show difference in palms away vs. palms towards top of head. Shows little Buddha statue of holding up sky with position of hands. Close up of shoulder joint, clavicle, shoulder blade and effects on sternum and chest. Legs bent/crossed, tilt, note pelvis turning, vertebral bodies turning inside chest with sternum. Abi: belly, diaphragm. Yvan: emotional also. Yet, FM focuses more on process and skeleton. Our focus on skeleton. Skeleton doesn't have feelings. Gerta Alexander said Moshe stole from her. They both agree contacting the skeleton was towards spirituality. MF studied acupuncture, Adler psychology, yoga, Zen, Gurdjieff. Tres: clarification of clavicle's connection and weight bearing. Michael: difficulty doing the extended arms lesson. Yvan: Talk of skeletal movement without history, emotions, content.

FI Exploration #111 – Yvan Joly

Standing leg

CD#23/T08 [38 min] DVD#S12-2 Scene 3 [105 min]

Demo w/Laura. Looking for which leg she prefers for standing. One that doesn't roll out as much, feels more solid, closer to the midline, more tone. Standing her leg by holding foot and knee, standing the foot in place for stability. Lifting with a "horseshoe" shape of hands, the web between thumb and index, against the lower leg just below the knee. Looking for how the foot lands on table. Talk of dance training. Worked w/one leg, "standing" first then brought other up as well, compared and then lengthened the first. With both feet standing, palpating in one hip. Taking knees together, tilting. Finished with rolling head a little. Sitting up, feet on floor, playing from the foot, lifting and turning knee in with awareness of lower back relationship. Come to stand with legs crossed, hands on table to side, rotate coming up. Worked w/feet in standing.

ATM Lesson #254 – Yvan Joly

Looking up, on front

CD#23/T09 [48 min] DVD#S12-2 Scene 4 [49 min] Source: San Francisco inspired (kata series)

On front, hands overlapped, forehead on back of hands, lift head to look up overhead. Forehead on hands, lift one elbow, other both, note shoulder blades. Lift head and both elbows. Tuck toes, push to lift knees, pelvis. Add lifting head. Keep knees lifted, lift/lower head/pelvis alternately to rock on front. Hands separated on floor near head, face to R, stand R toes, push to lift R knee and head, add pelvis lifting. Rpt OS. Rtrn to forehead on back of hands, toes tucked, push from toes to lift knees, lift/lower pelvis/head alternately. ROB On front, hands on floor near overhead, arms framing head, forehead on floor, lift pelvis. Face to R, lift only R side of pelvis, allow R knee to bend. Rpt OS. Alternate side/side. ROB. On front, hands near head, heels turned in, lift pelvis, tail to ceiling, add lifting head w/pelvis. Cont. stand hands for pushup, lift head/pelvis alternately, push w/hands to lift head. Hands overlapped on floor just above head, lift head/elbows. Stand hands, elbows up, lift head/chest, using hands. ROB. Bend knees, hold knees w/hands, rock side/side gently. Sit, legs crossed, hands on floor near pelvis, start to go back as if to lie down. On back, imagine coming up to sit rolling pelvis so belly comes forward, etc, following kata movement.

Day 113 Wed November 12, 2008

ATM Lesson #255 - Yvan Joly

Feet and hands with spinal flexion/extension, sitting on table

CD#23/T10 [69 min] DVD#S12-3 Scene 1 [69 min] Source: Gaby Yaron inspired

Sitting on table, noting height of table, placement of feet, knees over feet. Knees in/out. Lift/lower heels, take in/out, note lower back. Lift/lower one foot, other. Since if ready to stand w/o preparation. Stand few times, then go down and just touch bottom to table w/o weight. ROB. Sit, roll pelvis for/back, add head looking up/down. Roll back, lower head forward and bring knees together; look up to sky and note how whole spine moves and separate your knees. Repeat. Note relationship to breathing. Note sternum moving away from the vertebral bodies. Notice efforting and see how you can distribute movement. Interlace hands behind head, lower head, elbows tog, roll pelvis back, knees tog, include eyes, then unfold in opp direction. Prepare to stand w/o preparation. Stand w/intension to walk. ROB on someone else's mat. Return to sitting on table, hands on table next to pelvis, turn/pivot/spin R hand, note effect through whole of self. Rpt w/L hand then do both. First both in/out then one in while other goes out. ROB. Turn both hands in/out, allow for spinal and head move to follow, allow knees/feet to resonate the pattern of in/out to follow the hands and then to go opposite the hands. ROB. Sit, lift leg by grabbing pants above the knee, take knee in/out, foot hanging, lower foot to floor, note diff. Rpt OS.

FI Exploration #112 - Yvan Joly

Use of self, working with legs

CD#23/T11 [38 min] DVD#S12-3 Scene 2 [46 min], Scene 3 [43 min]

Demo w/ Leanore, legs standing near end of table, hand under knee, ready to lift foot from table and Yvan is in position ready to stand if need be, without preparation. Had Leanore roll head while he took knee in/out with or against movement of head. Several variations of internal/external rotation of legs. Sitting, feet on floor, replicated some of same from knees. Looking for place of no anticipation or resisting. Went from legs to arms, got into giving a lesson rather than showing something specific to practice. Had goal of moving knee internally connected to low back rounding back. Talk afterwards. Practice in dyads.

FI Exploration #112 continued - Yvan Joly

Use of self, working with legs

CD#23/T12 [29 min] DVD#S12-3 Scene 4 [30 min], Scene 5 [34 min]

Demo with skeleton on back with feet standing. Keeping bones lined up so forces don't shear in knee or ankle. Skeleton sitting at end of table. Swing leg to place on floor. Standing up by leaning forward over legs. Practice in dyads.

ATM Lesson #256 - Yvan Joly

Five Winds Kata take 2 #2

CD#23/T13 [31 min] DVD#S12-3 Scene 6 [30 min] Source: San Francisco inspired

Sit, L leg crossed in front, R hand on floor to R of pelvis, go back towards taking R elbow to floor, top of head parallel w/ceiling, add L arm forward, L leg lengthening as you go back. Rather than taking L arm/leg forward, think getting taller. Rpt OS. Rtrn to L leg in front, lean on R hand, go back to lean on R elbow, lengthen L arm towards ceiling, then a little behind, watching hand. Rpt w/L foot standing and tilt L knee to R as you reach towards ceiling. Rpt w/L leg vertical. Rpt OS. Both hands on floor, go back, allow both leg to extend forward for counter balance as you go back. Then do w/o extending legs. L leg in front of R, hands to R, lift pelvis to come to standing.

Day 114 Thursday November 13, 2008

ATM Lesson #257 - Diana Razumny

Lifting inner/outer edges of feet, on back

CD#23/T14 [54 min] DVD#S12-4 Scene 1 [55 min] Source: 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. Rpt 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.

FI Exploration #113 - Diana Razumny

Bones of the foot, explore lifting inner/outer edges of feet w/head rolling

CD#23/T15 [29 min] DVD#S12-4 Scene 2 [80 min]

Demo with skeleton. Study of bones of foot. Practice: roll head, push through foot, stand leg, eversion and inversion while student rolls head to one side or the other, roll head at end.

FI Exploration #113 continued - Diana Razumny

Bring foot to stand, lifting edges of feet

CD#23/T16 [24 min] DVD#S12-4 Scene 3 [64 min]

Demo with Kristen.

ATM Lesson #258 - Yvan Joly

Coming up to sit with a twist #1, from back

CD#23/T17 [69 min] DVD#S12-4 Scene 4 [69 min] Source: San Francisco (kata series)

On back, feet standing, one hand on belly, one on chest, feel movement of breath. Moving hands so locate 4 different areas of torso from lower belly to upper chest, feeling for the volumes in those areas. Feel breathing volumes in each area. Change position, Lower body/legs lying on R side, shoulders/head lying on back, arms along side, slide L foot back along the floor, noting belly/spine as L leg moves back, think of belly forward to the R, note head. Same position, take L leg back then forward beyond the lower/R leg. As L leg comes more forward, upper back on back, as L leg goes back behind to L, roll more towards R side. Come up onto R elbow and repeat same movement. Add coming up to sidesit, pushing from R elbow/arm, belly forward, back arched. Notice use of back, L arm. Imagine someone pulling on your L arm to help bring you up to sitting. On back, head rolled to L, imagine come to L, leaning on L elbow and coming up to sidesit like you did on other side. Actually come up on L side. Rpt few times then continue by coming down on R side, flipping knees in sitting then change direction of circling, add staying in extension coming up and going down. Sit, legs crossed, go back kata style, going onto elbows, then go one elbow at a time, keeping eyes/head on horizon rather than arching. From back, come forward, onto elbows, continue up to squatting, standing, or imagine it. On belly, push up onto knees then feet. Stand, oscillate for/back from the ankles.

Day 115 Friday November 14, 2008

ATM Lesson #259 - Yvan Joly

Seesaw breathing with 4 volumes in 3D, lying/sitting

CD#23/T18 [55 min] DVD#S12-5 Scene 1 [57 min] Source: Yvan

Breathing in lower belly. Expand lower belly then upper belly alt. Disconnect the movement of expanding upper/lower belly from the breath. Breathe in expanding upper belly, out expanding lower belly. Inhale, move volumes up/down w/o exhaling. Breathe moving upper chest. Expand upper chest and lower belly alt. Then upper belly and upper chest. Inhale, shift expansion to the 4 volumes. Sit on table, rpt breathing volumes. Oscillate forward/back on sit bones w/o changing volume. Oscillate side/side. Circle. Forward, up to stand. Oscillate in standing.

Short talk at end about: Functional criteria for FI - Standing/moving without preparation. Breath available in all 4 volumes in 3D. Length

FI Exploration #114- Yvan Joly

Attention to use of self w/head moves, on back

CD#23/T19 [46 min] DVD#S12-5 Scene 2 [75 min]

Demo with Cheryl. Sitting at head, holding head, moving in direction of yes, no, maybe. Talk of planes of movement and what axis is fixed with each movement. Then there is translation, for/back, side/side, up/down. Practice 3 planes with attention to self use. Practice, rotating partners. Demo of Pam with Tres - use of self; translation. Demo with Tres - type of chair or stool' use of self and placement of hands on head; placement of standing legs of practitioner. Practice.

FI Exploration #114 continued - Yvan Joly

Attention to use of self w/head moves, on back

CD#23/T20 [22 min] DVD#S12-5 Scene 3 [65 min]

Demo with James. Do we know what we are doing? Why questions are really impossible to answer. Care in lifting head to not choke. Translating head forward and back to find neutral. If I take care of myself, then usually something happens beneficial I the relationship. Translate head side to side. Review with new partner "yes, no, maybe" as movement of reference, and then practice translation movements. We always know what we are doing as a concrete question of what we are really doing.

FI Exploration #115 - Yvan Joly

Attention to use of self w/head moves, on back continued

CD#23/T21 [24 min] DVD#S12-5 Scene 4 [23 min]

Demo with Barb B. Finding neutral in relation to folds in neck and swallowing. Lifting neck with jaw movements. Rolling of the head is a basic reference movement. The head fixes the muscle tone. Demo with skeleton looking into nose cavities, location of diaphragm and organs. Diaphragm massages organs, involved in digestion, breathing. Involved in posture with psoas muscles.

ATM Lesson #260 - Yvan Joly

Coming up to sit with a twist #2, from back

CD#23/T22 [40 min] DVD#S12-5 Scene 5 [41 min] Source: San Francisco (kata series)

Sit w/feet to L, lean on R elbow, take L bent leg back and come off elbow, bring leg forward, go down on elbow, eventually go all the way down to shoulder rather than elbow. Lie on back, with lower body twisted to R, interlace hands behind head, lift head. On back, lift legs in front, rock side/side, rock to R, come up to sit, taking L leg back behind. Cont, when sitting, flip knees to L, go down on L, rvrs. Hands/knees, sink spine btwn shldr blades towards floor, rvrs. On knees/elbows, forehead on floor, hands cupping, rpt spine move. On front, stand toes, hands at shoulders, elbows up, forehead on floor, rock from toes, arms flop. On back, elbow propped, legs long, lift/lower head, spine sinking between shldr blades and then rise out. Rtrn to coming to sit w/legs to side, coming up on elbow. Cont and come to squat.

Day 116 Monday November 17, 2008

ATM Lesson #261 - Yvan Joly

Scissor legs, on back

CD#24/T01 [57 min] DVD#S12-6 Scene 1 [58 min] Source: Amherst

On back, roll R leg in, L out, slide legs apart.

On back, move left leg to left, right heel to the right, bend the right knee so inside of right foot is on the floor. Legs are split like for hurdling, symmetrical to body. Turn to your left only as much as you need to have legs split. On back, legs straight, roll pelvis left, split legs as if leaping to left. Bring legs a little together/apart. Note direction face. Legs split, take left hand to left ankle without bending left leg, head/arm/shoulders slide towards left foot, hands stay on floor. Same position, bring right ankle and right hand towards each other. Note direction head looks. Palms stay on the floor. Alternate left/right, left hand to left ankle, right to right. Same position, head to the right, straighten right leg down then take straight right leg towards right hand. Move heel/hand towards/away from each other, straight leg turned so heel is to right/back. Arms out at shoulder height, toes/feet pointed left, legs together/apart. Keep legs open, slide head/shoulders/arms and left hand to left ankle, back to middle. Repeat to right, hand to right ankle. Alternate right/left. Stop with head/arms in middle and return to open/close legs. Rest on back. Stand and walk. Same position, legs together/apart. Think of touching the ankles with the respective hand. Arms out to sides, palms to floor, open legs, slide left to touch left hand to left ankle. Then right hand to right ankle. Open legs when sliding to side, close when return to middle. Put right leg over the left and open/close legs, sliding feet along the floor. Arms out to sides, alternate taking hands towards feet. Legs close when arms/torso/head returns to middle. Feel hip joints, the spine, the chest. Stop, feel change in chest, the inaccessible parts of ourselves. Return to previous position, right leg back to right, left leg to left, open/close legs and feel if it's easier. Repeat the arm/torso move so hands come towards the foot on same side. Don't touch. Take right leg over the left again like before, arms out, do the same thing, opening/closing the leg as you take the hand to each foot alternately. Left arm/hand towards right leg, lift head/chest, stick out the belly. Open legs, lift head on side as it is and feel what you do with the chest, breathing, abdomen. Push belly out when you lift the head. Then draw it in when you lift the head to feel difference. Same position, lift left hand to ceiling, reach to lift shoulder blade from floor. Add lifting head. Alternate lifting head/shoulder, add pressing into floor when not lifting. Repeat with looking to left, pressing left temple to floor when shoulder blade lifts. Switch to do with the right arm. Lift both arms to ceiling, reaching with arms alternately, lifting head with each arm, head is turned to look to the left. Try different breathing, breathe in, breathe out, hold breath all on same movement. Join hands, arms in hoop, take hoop right and left. When arm/elbow touch floor lift head. When you touch with the right elbow take the right leg back. Touch left elbow, take left leg back. Touch right elbow to floor on right and take right leg forward with foot on floor. (don't do it if you can't. Rest on back, feel differences in sides, pelvis, shoulder blades, head.

FI Exploration #116 - Yvan Joly

Lifting head with hands behind head, from back

CD#24/T02 [39 min] DVD#S12-6 Scene 2 [77 min] & Scene 3 [32 min]

Demo with Michael. Lifting head w/o hands and then with hands interlaced behind head, hooking onto elbows.

Discussion #151 - Yvan Joly & Diana Razumny

Creating ATM series for classes and workshops

CD#24/T03 [50 min] DVD#S12-6 Scene 4 [77 min]

Groups of 4 discuss how you would approach developing a series for ATM classes or a workshop.

ATM Lesson #262 - Yvan Joly

Five Winds Kata take 2 #3

CD#24/T04 [22 min] DVD#S12-6 Scene 5 [22 min] Source: Yvan

On back, feet standing, fingers on sternum, move fingers from bottom to top of sternum, feel movement of breath. Feel area above sternum/clavicles. Lift one shoulder, other, both, feel movement at clavicles, note throat. Sit, hands next to pelvis, face forward, go back as if to start to lie back, note area of clavicles/sternum, throat. Remove hands from floor, cont. On back, move top part of sternum forward/up. Rpt w/held breath. Breathe in and lift sternum as exhale.

Day 117 Tuesday November 18, 2008

ATM Lesson #263 - Diana Razumny

Heel and feet circles

CD#24/T05 [58 min] DVD#S12-7 Scene 1 [59 min] Source: AY#425

On front, bend knees, soles to ceiling, bend/straighten ankles, heels towards buttocks, then front of foot (toes) towards floor. On back, feet stand, lift pelvis, fists under pelvis, feet in air, soles to ceiling, bend/straighten ankles. Quickly. On front, knees bent, bend/straighten one ankle, other ankle opp direction. Turn to look while moving, note/compare feet. On back, fist under pelvis, rpt mvt of ankles in opp direction. Attn to not bend in knee, just ankles. Same position, leg tog, bend both ankles, both heels up/down, think only of the heel mvt, not front of foot. Then attn to both heels/feet. Then alt directions of two feet/heels, thinking of heels. On front, bend legs, heels up/down. Switch attn to feet. Then attn to feet/heels same time. Same position, take only R heel out to R. Feel muscles of lower leg. Stand, take R heel out, attn to not taking foot in or inverting. The front of foot, little/big, toe slide in relation to heel. On front, bend knees, take both heels out, think of keeping big toes where they are in space. Switch/compare to taking front of foot inward. Then think turning heels out. Do only R leg/heel out. Moshe says ability to move lower leg and foot allows neck to be free and pains of neck/arms disappear. Cont., add R hand to R heel to feel what doing, feel if front of foot is making the move or can the heel move on it's own. Rpt OS. ROB On front, bend legs, take heels out same time. Compare to moving feet inward. Attn to heels/feet same time as heels go out, feet go in. Then switch direction, heels in/feet out. Alt touching heels/bit toes, soles to ceiling, ankle bent. Hold heels tog, open/close big toes. Rvrs, hold big toes tog, open/close heels. On back, fists under pelvis, feet in the air, circle R heel, small. Switch to front of R foot circling, listen to heel circle while foot circles. Eyes close, think clearly of 4 pts in circle. Track heel while foot moves. Open eyes, close eyes. Stand, compare legs. On front, bend knees, take R heel R/L, front of foot opp. Pause, take L heel up/down. R heel R/L, alt then same time. Start one, add other. On back, fists under pelvis rpt L/R, up/down mvts of heels. Pause, legs tog, circle both heels tog, same direction. Whole leg involved, heels to L, knees R. Rvs direction. On front, legs tog, knees bent, circle both heels, attn btwn heels/front of foot. Quickly, slowly, tracking heel and front of foot. Alt attn btwn feet/heels. Stand, walk, note shldrs, face, head, breath, pelvis.

FI Exploration #117 - Diana Razumny

Heel movement in relation to knee

CD#24/T06 [29 min] DVD#S12-7 Scene 2 [65 min]

Demo with skeleton. Partners practice moving heel in/out, connecting to head of fibula. Repeat same idea in 4 orientations/positions: sitting w/feet flat on floor under knees; on back with foot standing; on side with hip/knee at 90; on front, knee bent 90, foot in air, holding foot as if standing. Push through long leg while on back to suggest standing.

FI Exploration #117 continued - Diana Razumny

Heel movement in relation to knee

CD#24/T07 [25 min] DVD#S12-7 Scene 3 [69 min]

Demo with skeleton. Yvan demo with Shira

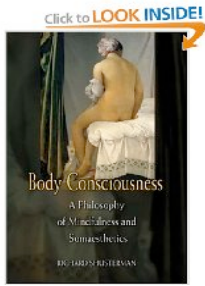
ATM Lesson #264 - Yvan Joly

Rolling interlaced hands overhead #3 w/cross-leg tilt, on back

CD#24/T08 [66 min] DVD#S12-7 Scene 4 [66 min] Source: Yvan

Stand, interlace hands, roll arms, extend hands overhead, palms away from head, towards ceiling, look up at back of hands. Keep hands overhead, take head forward/down, note effect on arms. On back, repeat mvt w/arms, keep arms overhead, lift head to see feet. Stand feet, cross R over L, extend interlaced hands overhead again, tilt legs R while extending arms, note which arm gets longer. Cont and lift head to see L hipjoint. Rpt OS. Stand R foot, slide L foot through gap of R heel/hip, add interlaced hands extended overhead, coordinate sliding foot, extending arms, note which arm lengthens more, belly extended. Rpt OS. Sit, legs crossed in front, interlace hands, turn palms to floor in space btwn legs/pelvis, bend/straighten elbows. Note wrists, chest, head lowers w/bent elbows, look forward when arms straighten. Alt bending elbows, leaning bent arm on inside of leg. Extend both arms, look forward. ROB Rtrn to tilt crossed leg, arms extend away overhead, this time tilting legs each direction. L leg long, bend R knee to R, rest outside of R ankle on top of L thigh above knee, roll long L leg L/R, note R knee goes more R/open to R then lifts a little and moves to L. Add interlaced hands overhead, extending arms when rolling L leg R/L, note when arms get longer. Again, R ankle crossed on L thigh, cont rolling L long leg, add bending L knee as leg rolls L/R. Rpt OS. Stand feet, cross L leg over R, hold L wrist w/R hand, tilt knees L, pull L arm long w/help of R hand. Pause, hand on upper chest, feel top of sternum move forward/up. Sit, hands on floor next to pelvis, face to horizon, go back towards lying. Cross R leg in front, go back on L elbow, R arm/leg extended

forward, use belly forward to return to sitting. Switch arms/legs, rpt. Think of chest/upper spine to move under/behind head. Come up pushing belly forward. Stand, interlace hands, extend arms overhead, palm to ceiling, Buddha belly.



Day 118 Wednesday November 19, 2008

ATM Lesson #265 - Yvan Joly

Circling arms, on side and back

CD#24/T09 [70 min] DVD#S12-8 Scene 1 [71 min] Source: Yvan

Lie on side, arms straight in front, palms tog, slide top arm/hand along floor over top of head and behind, top shoulder rolls towards lying on back. Leave arm behind in line w/other arm, both palms forward to ceiling, start bringing "other" arm around overhead towards arm that has been circled behind, once hands are together, bring both arms around to "front" so lying on original side again. Start, hands together, take both hands together around over top of head towards behind, hands begin to separate as back arm goes back to shoulder height. Start at side again, hands together, circle top arm down, around and behind at shoulder height, stay with top arm behind, circle other arm down, around in front towards arm/hand behind. Stay w/arms straight out at shoulder height to sides, look at hand in "front" where knees are, start circling that hand down, around across front towards other arm, rvrs. Take both arms in that pathway, starting on side and continue around overhead, rtnring to starting point. Sit, go back kata style. On back, arms/legs spread in "X" position, arms overhead, start taking L hand/arm along floor overhead across to R hand, allow torso and legs to lazily follow, legs turn. Rpt w/L ankle crossed over R. Allow belly to come forward. Rpt OS. From back, think of coming up to sit kata style, coming onto top of head, belly forward, legs open. In "X" position, take long leg across other to roll to belly, rvrs.

FI Exploration #118 - Yvan Joly

Taking head side to side w/hands behind head

CD#24/T10 [11 min] DVD#S12-8 Scene 2 [44 min]

Demo with Marge. Lift head forward/down, then bend side to side. Add hands interlaced behind head to lift with elbows forward and then elbows to sides to bend side to side.

Discussion #152 - Yvan Joly

Fractals & DVD of Mandelbrot

CD#24/T11 [70 min] DVD#S12-8 Scene 3 [71 min]

FI Exploration #119 - Yvan Joly

Sit to stand from table at end of lesson

CD#24/T12 [15 min] DVD#S12-8 Scene 4 (FI#118c) [49 min]

First students switch from FI#118 and practice. Then new material: Demo with Marge. From sitting on table to standing. Placement of hands on occiput and/or skull to guide head forward to lead person up to standing.

Day 119 Thursday November 20, 2008

FI Exploration #119 continued - Yvan Joly

Sit to stand from table with variations in sitting

CD#24/T13 [31 min] DVD#S12-9 Scene 1 [77 min]

Demo with Kim. Sitting on table to bring to standing. Where to stand between sitting person's legs. Hand on head, side bending; variety of holds/moves to explore sitting. Going down on one elbow, lengthening other for side bending. Holding head while she walks sit bones back/forward all the way to stand. Repeat by holding under armpits from behind.

Demo with Linda. Start with head flex/extend and through to pelvis. Demo with Brian, showing how to go with a small characteristic. Kristen demo. Si demo.

ATM Lesson #266 - Diana Razumny

Sit to stand, "Good posture" ATM Book lesson #1

CD#24/T14 [62 min] DVD#S12-9 Scene 2 [62 min] Source: ATM Book inspired

Reading from first lesson in book.

FI Exploration #120 - Yvan Joly

Sit to stand taking knees back

CD#24/T15 [27 min] DVD#S12-9 Scene 3 [62 min]

Demo with skeleton. Demo with Michael sitting on roller.

ATM Lesson #267 - Yvan Joly

Extending arms overhead, on back

CD#24/T16 [62 min] DVD#S12-9 Scene 4 [63 min] Source: San Francisco (kata series)

On back, extend interlaced hands overhead, stand R foot, bent L knee out to side, lift R hip, extend arms. Rpt w/R foot standing on L foot then ankle, then lower leg then around L knee on floor. Last position, take arms/head to R while lifting R hip. Rpt OS. Arms extended overhead, legs long, lift head to look down at feet. Arms straightforward, hands separate, crawl headward w/shoulder then rtrn. Interlace hands extended overhead on floor, crawl again. Hold R wrist w/L hand, pull R arm to L, lift head to place head on arm. Rpt OS. Sit, lift bent legs, hands on floor to sides of pelvis, walk back/forward. Sit, extend interlaced hands overhead, belly out, look up keeping arms in place. Keep arms up w/o hands interlaced, look up. Stand, repeat moves of head/arms. On back, arms long overhead, legs spread, slide R hand along floor over to L hand, continue and roll to belly, rvrs. Rpt idea using R leg crossing to the L. Partners roll each other from arm or leg to replicate movement of lesson. Talk. Little bit of kata sitting from lying.

Day 120 Friday November 21, 2008

Discussion #153 – Yvan Joly

Questions & Answers

CD#24/T17 [39 min] DVD#S12-10 Scene 1 [40 min]

Laura: Styles of receiving FI. Yvan: large variety in response to different people's styles of being. Observing signs of responses. Creating variety of attending/engaging person. Michael: Had difficulty with all FI practice. Tres: FI skeletal transmission of force, neutrality and other domains like coordination of flexors/extensors, eyes etc. Yvan: skeleton is always in background. All the other can seem abstract, yet always relates skeletally. Story about Moshe lesson of using pocketknife removing dead skin on foot. Not teaching techniques in training but about the process and how to engage to engage with others in a process. Can have a receipt or formula but you still need to personalize any technique or formula. Find something interesting, distribute it through the whole person, exaggerate or spread it through them, vary it a bit and then bring it to sitting and standing. Leanore: support to back. Yvan, can have person sit with back support if they stay a long time in sitting.

FI Exploration #121 – Yvan Joly

Give full lesson using this segment's explorations

CD#24/T18 [4 min] DVD#S12-10 Scene 2 [51 min]

Tres: Ask for simple sequence for FI practice. Yvan: Work with partner and create a 50-minute lesson, start in sitting, check out some of the things from this segment and create a lesson for the person.

Discussion #154 – Diana Razumny

Knee anatomy homework for next segment

CD#24/T19 [7 min] DVD#S12-10 Scene 3 [11 min]

Study pages of anatomy of knee from Gorman's The Body Movable with partner and make a report for next segment.

FI Exploration #121 continued – Yvan Joly

Give full lesson using this segment's explorations

[No audio] DVD#S12-10 Scene 4 [48 min]

Switch roles.

ATM Lesson #268 – Yvan Joly

Sit to stand with hand/heel circles, on table

CD#24/T20 [31 min] DVD#S12-10 Scene 5 [32 min]

Sit at edge of seat/table, supported by sit bones, look where feet are placed. Hands on table next to pelvis, pivot so fingers point out then forward, note effect on chest/head. Pause w/fingers pointing forward and pivot on heels similar to what you did pivoting around base of hand/wrist, note lower back/pelvis round/roll. Pause, do both at same time. Rvrs hand direction and note if back follows movement of arms or legs. Come to stand w/o knees going forward. Walk. Attn to R foot, imagine peg btwn big/2nd toe, move heel in/out, not weight shift, turning of torso/head. As heel turns out, turn forefoot in. Lift/drop R foot, L foot. Note foot placement. Slide heel out, keep going, turning heel out, continue to make circle w/heel/foot. Rpt w/hands interlaced on top of head, track head/heel circles. Lift drop each foot. Sit, imagine sensation on R transferring to L. Walk. Sit, circle heels, tog/apart, then switch to both going same direction, cont w/feet/knees tog

FI Exploration #122 – Yvan Joly

Foot on board on roller or ball, on back

CD#24/T21 [19 min] DVD#S12-10 Scene 6 [19 min]

Demo w/Marge. On back, feet standing, foot on clipboard rocking over rolled towel. Towel along length of foot or perpendicular, exploring movement in ankle and relation to knee. Switch towel w/ball for rolling board around on ball so ankle has to adjust to many ankles/directions.

ATM Lesson #268 - Yvan Joly

Five winds kata take 2 #4, synthesis

CD#24/T22 [50 min] DVD#S12-10 Scene 7 [50 min] Source: San Francisco (kata series)

On R side, L leg bent behind R, L hand on forehead, roll head L. Add R hand on L hand, cont to roll head. Twisted position, have both palms on floor next to torso, lift chin forward; lift L shoulder; lift R shoulder, roll top/L side of pelvis up towards head; lower L shoulder towards floor, add lowering L knee to floor; lift chin while lowering L knee to floor. Rpt OS. On back, knees over chest, roll R, send L bent leg back, come up to sitting, sending belly forward, extension of head/shoulders. Rpt on OS. On back, shoulders back, slide back of head down, slide onto top of head, push belly forward, bend knees open to sides with idea of coming to sit. Sit, hands on floor, go back towards lying down by taking shoulders to floor first.