

## Day 131 Monday May 11, 2009

### ATM Lesson #284 - Dennis Leri

#### Breathing #1 into upper chest, various positions

CD#27/T01 [50 min] DVD#S14-1 Scene 1 [51 min] Source: AY# 179

On back, stand feet, lift/lower pelvis. Leave lifted, inhale, expand chest. Rpt, expand only upper L chest. Legs long, rpt w/R upper lung. Stand L foot, lift L side of pelvis, fill upper R lung. Rpt OS Legs long, sense clavicle/sternum/ribs w/breath. Stand feet, lift pelvis, inhale, expand into C7. Stand L foot, interlace hands behind head, lift head, expand lower R ribs. Rpt OS. Feet standing, expand area of inside shoulder blades, down to waist. Cont w/head lifted, moving expansion around, up/down, L/R. Stand L foot, R arm long overhead, roll R, hold/lift head w/L arm, expand into armpit. Rpt OS. On front, arms overhead, forehead on floor, expand area of diaphragm, note asymmetry and exaggerate, move around, note lower back backwards. On front, R knee up to side, roll L, L arm extended overhead, R arm over top of head, lift head w/arm, expand into upper L chest. Rpt OS. On front, R arm extended overhead, head turned L, L arm bent in front of face, push from L standing toes up to R, expand R upper chest. Rpt OS. On front, both arms overhead, expand into upper, toes of both feet stand/push. Rtrn to back w/L foot standing, R arm long overhead, L arm/hand holding head, expand into lower ribs on R side. Rpt OS. On back, feet standing, hand lift head, expand chest on exhale.

### Discussion #176 - Dennis Leri

#### Doing Functional Integration

CD#27/T02 [68 min] DVD#S14-1 Scene 2 [68 min]

Brian: real world is very different than here. Block of wood covered in fat. Just want to get fixed. Cheryl: opposite - working with variety of clients. Dennis: you need to have attitude of play. Different people have different expectations. Golf teacher - "I want to learn, stop teaching me." - if you want to be perfect, you can't be. If you want to play, perfect moments come. As you couple your nervous system with theirs, change will happen. How do you situate that to align with their requests. You have to start demanding more of clients: get involved - come 2-3 times/week, come to classes, do tapes. David Bersin says 2-3 sessions week and lessons. "Do you want change? I do too. This is what you have to do, or go see someone else." He can also do 2-3 15-minute lessons in a day with someone. Command and demand respect. When people came to see Moshe in Israel, they did 3-5 sessions in a week. It's marketing, and giving yourself a shot at being successful. Pam: working with people who are like a log, no movement. Dennis: you might have to do guided ATM with them. Marge: Challenge between play and confidence of knowing what you're doing and the purpose. Dennis: "purpose driven life" book. Moshe - vowed/unavowed dreams. That's the idea you have to fight against. Need more play - they're too driven. Cheryl, working with a comatose client. Just touching - he changed, and she became curious about him. Alvin Noe, (Book: " ") philosopher. People can remember when coming out of a coma. Brain studies don't necessarily show causal relationship between activity in brain and thought. Working with comatose or vegetative client, providing support, buoyancy. Reason that brains are plastic is because life demands it of us. Re-colonize our brains. Plasticity justifies our ability to learn. If client didn't have pain, what would they be doing? We're motivated towards positive benefits and away from pain. Most people are motivated away from something. The reason you are in pain is the consequence of not moving, not knowing how to move. Some people are hyper-mobile - mobility isn't the issue. Erickson set up his lessons so people would realize it out in the world. Marge: working with a bicyclist, coaching on how to pedal. Working with a constantly moving 10-year-old girl. Dennis: working with animals, no psyche. If you support the old pattern, they'll give it up and try something new. Feldenkrais: "are you or aren't you your knee?" It's you, not the knee. It's what's what they can't stop doing that is the problem. It's the first step to change. You'll end up not liking the people that you're the least effective with. Dennis: reviewing literature on Fechner-Weber. At what point do you feel a difference that is psychological. How confident are you of your choice. Psychophysics. How do you measure differences of opinion. Three principles: Sensation itself (coldness, weight), discriminability (more or less), sameness or difference. The state of the person will affect their ability to discriminate, sense. Set up lessons where they can't deny a difference (one sided, face changes). Abi: playing vs. pedagogical direction. Dennis: look at structure of ATM lesson. Start on Right side, Left brain. Felt sense of the composite image. Always have your craft. There will always be an arc: beginning, middle, end. See where it is going and follow it. Induction, abduction, deduction: different ways of thinking. All necessary at different times. Within a lesson you don't want to change direction too much. Dynamic stability. What is the felt sense of the physics. There is an unknown unwillingness to move in a new way. There are fundamental patterns of movement - movement presupposes patterns. If disordered system, introduce order. If too ordered, introduce some noise. Brain is plastic because life is plastic.

## FI Exploration #144 - Dennis Leri

### Feel for standing, move from pelvis and head

CD#27/T03 [53 min] DVD#S14-1 Scene 3 [130 min]

Demo with Kristin: In standing: hands on iliac crest from behind. Path of least resistance - where do they want to go? Direction? Hold it, feel breathing. Move over standing leg. Take a step or 2 and come back. Then turn a little bit and come back. Changed her asymmetries. Feeling through pelvis to the foot. Stand in front, hold head at neck. Feel what is being left behind. Can you move yourself so that you can convey/suggest the movement? In sitting, hands same. How organize myself so she can find the movement? A lot of times the restriction is in YOU, not them.

After: Some people were unsatisfied to move small or slowly. If you go slower, the little aberrations show up. When you do this and then give a lesson, you can come back to this and see what it is like after. There is no schism between what they can do and what they want to do. They move to a place that they want to. NLP founder (Nancy.....) in prison - big inmate describes what he will do to her. She says, "you can make me do that, but can you make me want to do it?" If you find connection in lesson while lying and it then doesn't connect in standing, you can then verbalize: "Do you feel ankle, knee," etc, and you may find the key that they weren't including. Standing is a functional activity. Soldiers standing - dynamic. Shoes with buzzers, sub-threshold - like artificial floor. Laura: neurotic people have regimented oscillations. Dennis - natural gyroscopes. From Mark's biography of Moshe, when you are concerned with craft and teaching craft you can lose experience of the person. Sometimes it's just a little difference that persists, the difference that makes a difference. To the nervous system, you (the practitioner) are the environment. Pam: What am I doing that is the limitation? Dennis: Find SOMETHING. Notice, connect everything to that. There will be asymmetries of tone along the spine that reflect this no matter what the orientation. Part of it is being patient enough. The Israelis he just showed technique, no theory, little ATM. In SF, he had to figure out how to work with a group. ATM and FI together. Amherst, only ATM for first 2 years, little FI. Israeli's mistake: because we can get movement, it is integrated. Amherst: more psychological. Looked at psychodynamics of learning. Integrate you into these patterns of working in the world. SF: lots of technique and other, and they went to Amherst. Your skill level improves if you just work. You connect from the values to the technique.

With Kristin again: feel on back - how does it present itself? No judgment. What are differences and shapes. Feel on thigh, calves, notice how shoes wear. Bowing without folding.

## Day 132 Tuesday May 12, 2009

### ATM Lesson #285 - Dennis Leri

#### Breathing #2, 4 part with tapping, various positions

CD#27/T04 [43 min] DVD#S14-2 Scene 1 [43 min] Source: AY#180

On back, roll L arm so hand rolls palm down/up. One cycle of rolling hand counts as one and synchronize 1 roll of hand with 4 parts of breath, inhale, hold, exhale, hold. 4 hand rolls with one complete breath. Compare breathing through nose/mouth. Stand, lift one arm/other, walk. On front, head to R, R arm/head up by head, L hand under head, tap R index finger. Count number of taps for inhalation. Add all 4 parts of breath w/equal number of taps. On back, roll hand once for each part of breath. On front, same position, tap each finger from index to little finger. Tape all 4 fingers for each part of breath. Tap each finger twice, cycle from index to little for each part of breath. Tap just index twice for each part, then 3 times. Tap all 4 fingers at same time w/each part of breath. Increase to 3 taps then 4 taps. On back, tap thumb to ring, return to index of L hand, cycle with 4 parts of breath. Add R hand same time then L hand on inhale/exhale and R hand with the hold between each. Stand feet, both hands tapping from index to little finger. Rpt except start w/little finger. Stand feet, roll L hand once for each part then 4 times w/ea part then both hands 4 times. Mouth open, breathe through mouth, count how long each part is.

### Discussion #177 - Dennis Leri

#### Counting and akrasia

CD#27/T05 [22 min] DVD#S14-2 Scene 2 [22 min]

About ATM. Ashley: noticing length of exhalation. Tres: Star Trek story. Organizing all these variables more than he can attend to. Michael: idea of rhythm. Using ideas with clients. Using yesterday's breathing ATM with client. Cheryl: Nervous system having something else to attend to. Brian: breaking various movements to 4 (Kim: sometimes 3). Were we all at same tempo. Dennis: counting lessons. Subaudibilizing. Intertemporal bargaining. Article on akrasia (sp?). Rationalization. Tics and movements there are sub-conscious negotiations that are happening. In pain: how much am I going to feel this? Examples of intertemporal bargaining. Break the bargains because you inflate the value of some and inflate the value of other ideas. The will is the placement of that kind of negotiation. If you have a strong will (adherence to rules) it dampens spontaneity. Efficacy of AA - other people have other behavioral modification strategy. Counting takes that part of yourself something to do. Laura: layering ways her nervous system could do. Don't make a big deal about it. Dennis: Good to start with some area where you have no problems. The consequences of that will be indirectly beneficial overall. Marge: Depth of breath was related to height of finger movement. Dennis: these are the kinds of thing that will slow everything down.

### FI Exploration #145 - Dennis Leri

#### Think standing, pushing from foot and head, on back

CD#27/T06 [9 min] DVD#S14-2 Scene 3 [59 min]

With Barb B. On Back. Lift/ push through L. Foot. Breathing changed. Ribs changed shape. Pull/push with turning. Roll head, notice ease of rotation. Pushing through head to same area in ribs. Barb: Feel line from head to foot. Dennis: You don't need much more than that for a lesson. A few variations. It's that clear delineations that we want to have. Michael: why start with Left side? It's that side that was less turned out. In sitting: Lift from knee, heel off floor, take top of pelvis towards Dennis. Put feet for standing. Assist standing holding head. Standing, Hold head, feel connection to foot. There's an obsession with symmetry to make everything even out. Leaving asymmetry allows to feel difference. Don't do too much. Can lose clarity of what you feel. Take a partner and clarify this, or something else.

### Discussion #178 - Dennis Leri

#### About FI Exploration

CD#27/T07 [23 min] DVD#S14-2 Scene 4 [24 min]

Barb D. wondering if I had been doing too much all this time. Ashley: liked the shortness. Michael: oriented around 1-hour sessions. Dennis: make it clear that you allow up to an hour, but actual time on the table may not fill the whole hour. Talking, etc, will take some of the some. If you do more, it may diminish the quality of the lesson. Pam: work for 1.5 hours. Dennis: way too long. Do way too much. In Israel scheduled on the ½ hour. Sessions were 22-25 min. long. Be more parsimonious about what he attempted to do. Too much for them to notice. Think about what could I do if I only had 5 minutes. If I could only touch one place. Will begin to hone your perceptions and the way you work. Pam: I feel better when I give an FI. When you start to work a lot you find that you get more organized yourself, and you have to to work that much. Brian: when I receive an FI I tend to feel like I am moving like the practitioner does. Tres: is doing ATM a way to be more confident in doing FI? Dennis: ATM as a form is very complex. It's so subtle and there are so

many pedagogical strategies that they employ. Russell Delman. How to work with what is emerging. – Eugene Gendlen, “Focusing.” “Phenomenology of perception” or of experience. How to get felt self of that shift, how put language to that? You don’t know what form it is going to take, so you don’t want to be too hurried as you go through it. Paper: “Language of the boundary.” Let the words, gestures come out of the situation. Felt sense.

### **FI Exploration #146 – Dennis Leri**

Think standing, pushing from foot and head, on back continued

CD#27/T08 [1 min] DVD#S14-2 Scene 5 [32 min]

Get with a different person, different position.

### **ATM Lesson #286 – Diana Razumny**

Book on foot #1, bending/straightening leg in air, on back

CD#27/T09 [51 min] DVD#S14-2 Scene 6 [51 min] Source: Elizabeth B.

Scan: On back, bend knees, stand feet, sense/listen to floor contact of soles/toes, imagine tracing feet. Size/shape, fluffy/dense, hard/soft, light/dark. Lift/lower slowly, note part that returns to floor. Note ankle angle changing. Lift L foot in air, bend/straighten leg, foot to ceiling, note orientation of sole, imagine book on bottom. Rpt w/book on bottom of foot. Note contact of sole/toes/tracing, bend/straighten knee. Rpt, add R hand behind head, L behind L knee, lift head/straighten knee. Pause, switch hands, rpt. Rpt w/head turned to side. Then interlace hands behind head to lift w/straightening. Note direction of face/chin, back pressing, timing, when/if lengthening is easier. Leave head on floor, do few bend/straighten, note diff. Pause w/feet standing, note contact of L foot with floor, note toes, heel, arch, outer edge. Book on L foot, feel for contact of toes to board. Bring toes towards board, pressing/curling so that ball of foot lifts, then reverse so ball presses, toes lift. Feet standing, repeat movement of ball/toes lifting/pressing on floor. Pause compare feet. Press/lift ea toe of L foot individually. Compare feet. Book on L foot, take toes away from book then touch book w/toes. Leave toes quiet, bend/straighten ankle while bend/straighten leg. Note if toes stay in contact or lift from book. Intentionally keep toes lifted while bend/straighten ankle/leg. Then repeat keeping toes on book. Leave toes quiet, bend/straighten ankle/leg. Rest w/legs long, compare. Book on L foot, bend/straighten leg, note how. Add lifting/curling toes w/leg bending. Which combo is easy? Do opposite. Which way is easier to straighten leg? Bend/straighten leg at different angles. Think of pushing through heel, like Karate Kick, as leg straightens, different angles. Rest, legs long, compare. Stand feet, compare. Stand, walk, note diff through sides. Imagine OS. Roll R/L little.

## Day 133 Wednesday May 13, 2009

### ATM Lesson #287 - Dennis Leri

#### Spiral sit to stand, back to sitting reversibly

CD#27/T10 [14 min] DVD#S14-3 Scene 1 [14 min] Source: Dennis

Stand, hands to floor, spiral down to sit, up/down, switch hands in middle. On back, interlace hands behind L knee, direct foot down/away, pull through arms to roll towards sitting. Explore diff angles of leg/chin/face. Switch legs, rpt. Hands behind each leg, roll to sit, rtrn. Legs in air, lengthen down, arms along side, come forward to sit. Gradually swing legs overhead. Cont, come to sit cross-legged. Rpt, cont from cross legs to spiral to stand, rvrs.

### FI Exploration #147 - Dennis Leri

#### Coming to sit from lying

CD#27/T11 [3 min] DVD#S14-3 Scene 2 [54 min]

Partners, have one person lie on table and come to sit. Observe how, play with making it reversible.

### Discussion #179 - Dennis Leri

#### About FI Exploration

CD#27/T12 [33 min] DVD#S14-3 Scene 3 [33 min]

Styles of getting up. Tres: Esther Thielen: Idiosyncratic reaching styles. Changing felt sense changed behavior. Kids don't go through a fixed or linear pattern in their development. Dennis: there's a lot of ways of coming to sitting from side lying. There is a way to find a way to walk and different ways to walk, rather than finding the way to walk. Thelen's work was based on Kelso's work. Dynamical systems theory. You don't need to impute cognitive functions above physical functions. There's no mind-body split. She also worked with Edelman, Nobel prizewinner in consciousness. Debate in the autism community - cherish them the way they are, or perturb? Helen Keller had signs but not symbols. When she got language, she became hungry to be part of the world. Strange attractors. In ATM, you have a felt sense that this is a logical place to go, but it's not a fixed place. You will find people who have trouble getting in/out of bed, or a car. Tres: Thelen's work encouraging for him in doing FI. There is no cognition in the absence of action. Also foundation of Noe's work. Varela's, Maturano's work - perturbations. Wave theory. There is no error, just constant variations.

### FI Exploration #148 - Dennis Leri

#### Roller under pelvis/low back, on back

CD#27/T13 [15 min] DVD#S14-3 Scene 4 [76 min]

Dennis demo with Ashley. On back, feel under low back, feet standing. Roller under pelvis, perpendicular. At head, feel tonus of neck muscles, lengthen from softer side. Pull through spine to head from top of knee, directing into foot. Knee at different angles. Oscillation. At head, push through C7. Lengthen from head. Take roller out, legs long to feel changes. Stand feet, place under higher (low back), repeat, add arms lengthened overhead, push through. Add on ankle crossed on other thigh/knee, focus on hip joints. Partners, give lesson based on demo.

### ATM Lesson #288 - Diana Razumny

#### Book on foot #2, twisting arm/leg in air, on side

CD#27/T14 [62 min] DVD#S14-3 Scene 5 [62 min] Source: Elizabeth B

On back, stand feet, both legs in the air, book on one of them, straighten/bend. Rpt, roll away from leg that has book. Switch to other foot. R side, head on R arm, L arm straight out to L. Twist arm around itself, note palm starts facing forward. Chg direction. Clock on ceiling ref. Rpt, twist only clockwise, rtrn to starting point. Cont, add head movement. Pause. Twist counter, rtrn to start point, include head. Both directions, expand, note shoulder blade towards spine/floor behind. Rtrn to twisting clockwise, take head opp. Rtrn to head going with. Pause, Twist counter, head opp. Rtrn to going with. Arm out to side, twist clockwise/neutral. Pause, counter/neutral. Full range of twist alloW head to follow, shoulder blade towards floor in back, nose to floor in front. Full range using whole self. Rpt OS. On back, book on L foot, take book to/away, gradually start to roll R. On R side, stand L hand, think of arm mvt/homologous leg mvt. L leg out to side, twist leg, feel rolling for/back. Note ribs if shoulder doesn't go forward. On R side, L arm/leg out to side, twist both clockwise, roll towards front, twist other way, roll towards back. Rpt but twist arm/leg in opp directions to each other. Just twist arm, w/o pelvis moving, note ribs. Switch to only leg twisting, shldr quiet, ribs twist. Rolling forward/back. ROB, compare sides. On R side, book on L foot, bend/straighten knee, roll towards back, sense foot on book, foot in space. Roll for/back. Rpt, roll towards front, return to side, pause, roll to back, return to side. On side, roll comfortable range. On back, feet up, book on L, take book to/away from you, start to roll R, onto side, rtrn to back. Rpt on L side - R arm out to side, imagine twisting/rolling. Pause, leg up, imagine twist/roll. Book on foot, twist/roll.

## Day 134 Thursday May 14, 2009

### FI Exploration #149 – Dennis Leri

#### Lying on roller along spine, feet standing

CD#27/T15 [10 min] DVD#S14-4 Scene 1 [87 min]

Demo with Brian. Spine along roller. Feel feet. Have hands on either side of roller, where does he feel weight in foot? Go in mid range and just to the edge. Take it to a place to elicit a reaction – breath. When standing/walking there is often some holding in the lower abdomen that will keep hip joint from moving. Cross arms across chest – balance is more precarious. Can go on and off the roller a number of times or pad the roller if it is too much. Do movement from knees. Move from head: side to side, compress, feeling for abdomen. When person is standing, feel how they are, then in seated, then on roller, then see how it is in standing.

### Discussion #180 – Dennis Leri

#### About FI Exploration

CD#27/T16 [26 min] DVD#S14-4 Scene 2 [27 min]

Brian: subtle movements in a system with a lot of moving parts. You're eliciting self-preservation. Elicit it without eliciting all the fear. In FI each lesson should be life-threatening. They have to be able to monitor themselves. In Fehner-Weber, dealing with comparison – average between objects or comparison with ideal. You want to be able to make comparison and feel difference, not comparison to ideal. You want the system speaking for itself, subliminally. Pam: When would you use this, or not? You can use it anytime you think you can get away with it. Or when you're bored working in the same direction. Can be very interactive with people who come to your classes. What you're asking them to pay attention to may not be what you're working with. People really feel a difference from this. Shira: was harder for me to roll the roll than I expected. If roller doesn't move much, you can move the shoulder, legs. You are using the roller, not as an end in itself. This is the problem with demonstrating. Each person is unique. This is why I don't demo complete FI and give broad brushstrokes. You have a roller, what is it doing? Marge: Head wouldn't move, roller caused more movement. Moshe's rollers were solid wood. Didn't think of cardboard tubing. Michael: Life threatening: how do challenge the system without roller? If they can't put their weight on one leg, then it's threatening to put weight on that leg. That's why it's not "bodywork." Developing a different relationship to somato-sensory substrate. Pam: has used closet rods to lie on. You have to learn to release. Dennis cautions: can bruise spinous processes

### FI Exploration #150 – Dennis Leri

#### Shoulder girdle & ribs, on back

CD#27/T17 [23 min] DVD#S14-4 Scene 3 [95 min]

With Tres. On back. Clarify clavicle. 5 lines. Clavicles join sternum in front, C7 in back. Arc forward. Heel of hand on upper ribs and take them back as if bringing shoulder forward. Moving muscle – displacing it, lengthen it both ways, but not pressing directly on it. Lengthen arm, include shoulder blade, inhibit shoulder blade and then include it. Push from top of shoulder to lengthen through fingers (and individual fingers). Have to approach other shoulder differently. Press on R. Chest with R. hand. L hand underneath can move shoulder blade different directions. Hand underneath spine, T1-2. Pull on R. arm, then both arms, standing on table. Push through feet to head. Seated. Lift arm up from armpit.

### ATM Lesson #289 – Dennis Leri

#### Breathing #3, 4 part with tapping and seesaw move, various positions

CD#27/T18 [43 min] DVD#S14-4 Scene 4 [43 min] Source: AY#186

On back, tap L index finger for ea of 4 parts of breath: inhale, hold, exhale, hold. Rpt, swallow during holding. Stand R foot, L arm overhead on floor, breathe into upper L lobe of lungs, imagine the changing shape/size with inhale/exhale, feel diaphragm, do the 4 part breathing. Same position, inhale/expand chest, diaphragm descends, exhale, diaphragm ascends, cont w/4 part breathing. Rpt, during holding, do seesaw mvt. Rpt, do seesaw mvt during all 4 parts. Stand, walk, lift ea arm overhead. Same position, 4 part breathing, lengthen L arm w/inhale, then lengthen L leg on exhale. Stand, make fist w/one hand then other, note sense whole side. On L side, L arm long overhead, rest head on arm, stand R foot, 4 part breathing, push belly out, keep there and do 3 of the 4 part breaths; Rpt w/R arm wrapped overhead and head held up. Same position, keep chest expanded during 4-part breathing. Same position, except head resting, 4 part breath, keep very still during holding, then add arm/head lifted. On back, feet standing, interlace hands behind head, bring elbows/head forward, 4 part breathing

## Day 135 Friday May 15, 2009

### ATM Lesson #290 - Dennis Leri

#### Breathing #4, 4 part with tapping and seesaw move, various positions

CD#27/T19 [35 min] DVD#S14-5 Scene 1 [35 min] Source: AY#187

On back, feel air through nostrils, into lungs. Stand feet, rpt, feeling lungs, 3 lobes, liver, ribs, contact w/floor. Feet standing, arms overhead on floor, 4 part breathing. Cont 4 part breathing w/chest expanded. Rpt w/bell expanded. 4 part breath, seesaw mvt chest/belly. On front, arms up on floor, 4 part breath. Sit cross leg, wrap arms around, head hangs, back rounded, tap R index finger w/4 part breath. Cont 4 part breath on front, knees spread, soles touch, hold elbows behind, lift head. Cont on back, feet stand, hands lift head, pelvis lifted little.

### Discussion #181 - Dennis Leri

#### About ATM Lesson

CD#27/T20 [34 min] DVD#S14-5 Scene 2 [36 min]

Linda: taps but doesn't count. Dennis: counting is part of the lesson. There are non-numerical arithmetics. Giving a number implies a different way of organizing. Includes sub-audibilizing accounting for your experience. When Moshe said, "do something 10 times." Counting is important because it involves a different part. Even if you only do it 6, you note it. He said it is important in the ATM book. Cheryl: finds uncomfortable holding to same count. Not life threatening, but life annoying. In certain Taoist practices they identify other pauses in breathing. Michael: If I don't exhale fully, then not life-threatening. Dennis: there's always a pint left. Want to get a clear line of delineation. These are all uses of our intention. Discussion of focus in ATM and FI. There are so few variables in a lesson, when counting is part of a lesson, it changes something, it is important. When people come in and are focused on their pain, they are locked into a meditation on their pain. People who walk into your studio are not our peers. You have a skill set to work with other people. How you switch their attention. Marge: taking this breathing into doing FI. Finding other ways of doing things that aren't compulsive: expansion of chest doesn't have to equate to inhalation. Watch language: do people fragment themselves as parts of themselves or "at times I prefer".

### FI Exploration #151 - Dennis Leri

#### Lying on back on 2 rollers

CD#27/T21 [5 min] DVD#S14-5 Scene 3 [69 min]

Demo with James. 2 rollers lengthwise under spine. Rolling holding roller, feel weight in feet. 2 is almost a table. Can lift under shoulders. From knees, from head, under rollers. Get them on 2 rollers, see what you feel.

### FI Exploration - Dennis Leri

#### Review of week

Not recorded

Pair up and practice anything from this week, ½ hour each.

### ATM Lesson #291 - Diana Razumny

#### Book on foot #3, twisting arm/leg in air, on side

CD#27/T22 [51 min] DVD#S14-5 Scene 4 [51 min] Source: Elizabeth B

On R side, L arm out to side, twist slowly ea way, gradually head rolls, increase, feel arm lengthen/shorten, from front, side, back. Pause, rpt w/leg. Track knee arc through space. Arm/leg twisting opp directions, slowly, staying on side, note between hip/shoulder. Arm twisting, head rolling on floor, feeling through, add leg. ROB sides? Rpt OS - L side, R arm out, twist, add leg. Twist leg a few times allowing shoulder to move then w/o shld mvt. Add arm. Add head/eyes looking up/down. R arm over top of head, hold L ear, cont mvt of leg. Look at leg in front and imagine could see leg behind you as roll for/back. On L side, book on foot, roll towards back/front. Pause, rpt w/book on hand. Add leg w/imaginary book. Have two books, on hand/foot, roll for/back. Look up/down? On back, book on R foot, roll to side/back. On back, explore rolling to R and how might cont to front. On back, book on L foot, bend/straighten, roll to side. If stuck, chg angle of leg, bend knee, chg torso. Stay w/area of comfort. Cont, go to the edge of the next transition point for you and hang out with it, figuring out what you can do to cont onto front. If you can do that already, smooth it out. Book on L foot, roll L. End w/book on easy foot, roll both directions. Bring it to an easy range, smooth, no question of book falling.

## Day 136 Monday May 18, 2009

### ATM Lesson #292 – Dennis Leri

#### Circling foot, leaning on elbow

CD#28/T01 [58 min] DVD#S14-06 Scene 1 [58 min] Source: AY#247

Sit, legs spread wide, lean on L elbow, R hand/arm over top of head, tilt head side/side. Rpt w/R foot standing. Rpt OS. Lean on L elbow, R knee standing, R hand on R knee, circle R knee, ea direction, smaller quicker. Rpt OS Lean on L elbow, stand R foot, hold ankle w/R hand, slide foot circling, knee stays up, foot circles under, switch hand, fingers inside, thumb outside. Swtich arms/legs, reach w/L hand to L ankle, this time from between the legs. Play w/fingers inside/outside. Lean on L elbow, stand R foot, R forearm behind back, twist/turn to look L, knee stays up, roll pelvis, belly forward, explore opposition move of head then rtrn to looking behind. Rpt OS. Lean on L elbow, stand R foot, hold L foot w/R hand, circle foot. Rpt OS. Lean on L hand, R foot standing, lift pelvis to come onto R foot, bring R hand to floor near L hand, lift pelvis higher than R knee, L leg slides, cont, slide the L leg behind R foot and sit then, reverse. Cont to swivel all the way to 4 points. From 4 points, rather than take leg through, direct bent knee through gap to come to sit. Alt taking straight/bent leg through gap btwn R arm/leg. Rpt OS. Cont quicker, add hop.

### FI Exploration #152 – Dennis Leri

#### Artificial Floor #1

CD#28/T02 [11 min] DVD#S14-06 Scene 2 [57 min]

Demo with Linda. On back, rollers behind knees, ankles. Idea is bringing world and the floor to the foot, rather than the foot to the floor. Gentle contact. Flat of board rubbing outside of foot. Moving foot from contact with board. Support forefoot and tap heel with board. In sitting, press through knee to floor. Demo with Ashley. Arbitrary decision which side you want to worth with. It seems like a given that the ground is the ground. What standing is, we're going to bring it to the foot. Right side of the brain controls left leg. When you slip on a banana peel, it's sub cortical. Look at shape of foot, bring slight sensation to the whole sole, from the outside (but some people come from inside, some from toe that is most prominent). Slide board along small toe. It's as if the foot is sliding, want to engage the gripping reflex, slightly. Sometimes sliding on heel, sometimes whole foot, sideways. Looking for reaction of toes reaching for the floor. Once toe reaches, take board away/into it/slide. Each board will have different friction. Books: cover with brown paper – perfect surface.

### Discussion #182 – Dennis Leri

#### About ATM Lesson 292

CD#28/T03 [17 min] DVD#S14-06 Scene 3 [53 min]

Barb B. Has trouble with Left/right and was laughing at her confusion. Lesson was taking a little piece of the Four Points lesson and expands on it. Now that you're practitioners you need to be thinking of the geometry and what's going on. Your feet will always be parallel or perpendicular to a side wall. The amphibious quality of the lesson. Both in the lesson and thinking analytically about the lesson, figuring it out, what's it relating to. Get in small groups and think about the lesson. What other ways are there to categorize it, what are the elements? Tres: similarity between 4 points and books on feet. Si: Eliciting subtle responses: toe grabbing or board. Dennis: Artificial Floor looks unique, but it's true in all FI: bringing the environment to the person. You have to unthink the names, "I'm working with the arms, legs, etc." And think what is the relationship that is being afforded. How can I use this position to bring some kind of pattern to this person that they have no conscious sense of. Phylogenetically we are set up to respond to this input (toe to board). Same thing with breathing. With ATM lesson, there's this geometry. Like pelvic clock – comparing the movement to a geometric shape. You are getting out of the physics of the situation. Circular, semi-circular, spiral movements available. How can I take this lesson to FI. With this lesson being a sub-set of 4-points, you can take this lesson and take out a few points to an FI. In standing they not only carry the weight but the force goes through the hip joint.

### FI Exploration #153 – Dennis Leri

#### Converting ATM 292 into FI

CD#28/T04 [2 min] DVD#S14-06 Scene 4 [24 min]

Get into groups of 3 and figure out how to improvise FI from the ATM. Go from their request and use this ATM as a template and that I what the lesson will be about.



**ATM Lesson #293 - Diana Razumny****Book on foot #4, books on feet, on front**

CD#28/T05 [49 min] DVD#S14-06 Scene 5 [51 min] Source: Elizabeth B

On belly, arms by head, face to one side, bend lower legs, feet to ceiling, flex/extend ankle. Bend just R leg, book on R foot, flex/extend ankle w/o looking then look. Book on R foot again, take toes away from book several times, then to the book lifting ball of foot away. R foot again, think of big toe while extending, heel while flexing. While heel goes to ceiling, lift all toes, thinking of big toe (leading). Then second, third, fourth, fifth. On belly, w/o book, head to one side, knee bent, feel for foot in "standing" position. Sense then look. Outside/inside of foot towards ceiling. Sit, stand R foot, hold R knee, lift/press inside/outside of R foot. Note knee, hold knee in middle so mvt is in ankle. Then allow knee to mv in/out w/foot. On belly, R foot up, book on foot, lift/lower inside/outside of foot. Find way to look at foot. Bring foot to floor, keeping book on foot. ROB Compare sides. Sit, stand R foot, slide foot forward/back, hold knee in mid, add inside/outside lifted/pressed a little. On belly, both feet up, sense for "standing" position. Lower R leg, keep L up, flex/ext ankle, imagine book. Add attn to big toe/heel, cont to ea toe. Pause, rtn, imagine book, press/lift toes/ball of foot. Pause, press inside/outside of foot towards ceiling/imaginary book. ROB, stand feet, compare. Sit, L foot standing, hold L knee in mid, lift/lower inside/outside of foot. Slide foot away, noting pressure inside/outside of foot. On back, book on foot, roll towards side of book, roll to belly. From belly, w/o book, roll to back. Arms behind, legs long, lift shldr, roll head towards, lift opp hip. Rpt OS, switch which arm on top.

**Day 137 Tuesday May 19, 2009**

**ATM Lesson #294 - Dennis Leri**

**Arms behind back, lifting shoulder/hip, on back**

CD#28/T06 [50 min] DVD#S14-07 Scene 1 [50 min] Source: AY# 220

On back, hands interlaced overhead, palms towards top of head, 4 inches away, stand R foot, push through foot, feel through to elbows. Add head/eyes looking at L elbow, back of head back/down, look up at L hand. Rpt OS. Stand R foot, lift pelvis, slide R lower arm under lower back, straighten leg, bring R shldr forward, head rolls L. Rpt OS Stand L foot, R arm behind low back, lift L hip, R shldr forward, head rolls. Rpt OS. Both arms behind lower back, legs long, press from heel to roll pelvis R/L. Pause, switch arms, rpt, roll head w/pelvis roll. Same position, roll pelvis/head in opp. Alt side/side. Hands interlaced above head on floor, bend R knee, lift hip, look to L elbow, extend to see L hand. Rpt OS. Arms behind back, take chin forward to lift head, rpt w/arms switched. Cont, smaller/quickly. Arms/legs long, roll head side/side, then slide back of head on floor to tilt ear towards shldr on ea side, face stays forward.

**FI Exploration #154 - Dennis Leri**

**Lying on roller, along spine, head off to side**

CD#28/T07 [6 min] DVD#S14-07 Scene 2 [8 min]

Demo with Michael. On roller. Turn roller and have him turn head. Bring head off side and turn roller. Move slightly from knees, thinking of lower sternum where protecting. Head back on roller, and then to other side.

**FI Exploration #155 - Dennis Leri**

**Lying on front, roller under knees**

CD#28/T08 [10 min] DVD#S14-07 Scene 3 [75 min]

Demo with Cheryl. Lying on front, small roller under ankles Head turned to side. Feel along ribs at side, sensing along spine. Each person will be different as you work with them. Lift foot knee on table, rotate leg/hip. Working through feet/ankles into hip joints. Stand on table, lift legs from ankles and move roller above knees. Pull on ankles, move legs side/side. Can use larger roller, small roller with padding. Move legs side to side, thinking of movement through hips/back. From top, lifting shoulders, working with neck, top of head. On back. Sit, stand, walk.

**ATM Lesson #295 - Dennis Leri**

**Breathing #5, 4 part w/tapping, crawl position**

CD#28/T09 [41 min] DVD#S14-07 Scene 4 [42 min] Source: AY# 188

On front, draw up L knee, R arm under head, L hand standing, inhale, sense L lung, think of lung towards spine, expanding ribs. Pause, cont, adjust position for comfort, 4 part w/tapping-inhale, hold, exhale, hold- equal taps. Lift L arm, bring it back w/o touching floor, continue measured tapping of 4 part breath. Rpt OS. L knee drawn up, L arm long behind in air, R hand behind head, lifted to look towards belly, tap on head w/finger 4 parts. Rpt, thinking of both lungs. Rpt OS. On back, roll head, tilt head, feeling through spine, increase, sliding hands/arms down w/palms down.

## Day 138 Wednesday May 20, 2009

### ATM Lesson #296 - Dennis Leri

#### Bring elbows forward, wrists bend, on back & sitting

CD#28/T10 [46 min] DVD#S14-08 Scene 1 [46 min] Source: AY# 45

On back, feet stand, fingers under chest, elbows on floor, lift elbows. Lift elbows w/head. Just elbows. Note shoulders/chest. Lift R elbow, lift R shoulder w/elbow, rolling L. Repeat on L. Feet stand, R hand behind back, lift R elbow/shoulder. Hold R elbow /L hand, pull. R hand slides behind so elbow can come forward. Repeat w/L hand behind. Feet stand, both hands behind, palms on floor, lift head/shoulders/elbows. Bring elbows together in front. Feet stand, hands behind, lift elbows, backs of hands slide onto belly, fingers pointing down. Lift head to help. Use R hand to help back of L to lie on belly so fingers point down towards feet. Reverse hands. Have backs of both hands on belly, little fingers touching. Bring elbows tog/apart. Use head lifting to help. Repeat, stand R foot, L leg long, roll L so L elbow touches floor. Touch R elbow to L. Shoulders round forward. Repeat to other side. Bend head forward, elbows touch head/face, nose between arms. R foot standing, back of R hand on belly, hold R elbow w/L hand, slide it up along face, forehead/nose are between elbow/hand. Hand in contact w/forehead, nose enters crease of elbow. Change over hands/legs, repeat. Feet stand, hands behind, lift elbows. Lift head, hands slide as elbows come together then return hands behind. Feet stand, R palm on belly, L index finger on wrist, lift elbow, bend wrist. Lift head to help. Same angle in wrist as when leaning on hand on floor. R hand behind back, lift elbow so wrist bent at right angle. Sit, hold hand w/right angle at wrist in front of face, maintain the angle and put hand on belly. Note what needs to adjust. Repeat w/L hand. Sit, both hands on belly, one on top of other, bring elbows together in front, pull in belly, sink chest, lower head. On back, fingertips of each hand close together and standing on floor near to sides. Stand feet, lean on fingers, lift elbows/head. Lean on fingers until lift legs and sit without swinging up. Sit up using only fingertips of R hand. Elbow lifts. Repeat w/L hand. Return to both at same time, lift elbows, head, slowly sit up. Rest on back, note shoulders/chest, stand, note arms and use of.

### Discussion #183 - Dennis Leri

#### About ATM

CD#28/T11 [25 min] DVD#S14-08 Scene 2 [25 min]

Michael: struggle of one side vs. other. Challenge in thoracic area. Different parts of ribs had to move backward. Pitcher with Giants, surgery for thoracic outlet syndrome, took out a rib. A lot of modalities can treat TOS, to take out a rib is stupid. In SF training did the movement from bent wrist on floor to chest. In FI someone has a difficulty in one orientation, but easy in another orientation. Brian: being clever vs. being organized. Dennis: you'd want to have it so you can think it and do it, but meantime you can have strategies to approximate the organization until you get it. Marge: Breathing lessons helped her organize moving chest backwards. DL: what did it feel like? Shira: 3 dimensional. Tres: when stood up felt shoulders were rolled forward and comfortable. DL: common experience is to feel weak, not bound. More functional but feels weak, or "I'm slouching." The structure that follows from being functionally neutral will be stronger, but may feel weaker. Marge: would you have more feeling of weakness if you were a body builder? DL: it's between the ears.

### FI Exploration #156 - Dennis Leri

#### Twisting thigh muscles to contact bone, on back, foot standing

CD#28/T12 [7 min] DVD#S14-08 Scene 3 [63 min]

Demo with Barb B. On back rollers under knees and ankles. Movement of leg, hip joint, spine, through to the head. Knee up (can have it into practitioner's chest). Feel muscles, move muscles around bone. Feel gelatinous, colloidal muscle. Clarify skeleton by moving muscles around it. Rather than massaging muscles, you're clarifying skeleton, image. Leg is different because skeleton is ore defined, tonus is less. Then push through foot to clarify skeleton, reach where you want: hip, shoulder, neck, tongue. Do one leg, then other.

### FI Exploration #157 - Dennis Leri

#### Lying on front, roller under ankles, rolling roller on thighs, calves, feet and back

CD#28/T13 [12 min] DVD#S14-08 Scene 4 [66 min]

Short discussion. Demo with Cheryl. Lying on front, roller under ankles. Using roller on thigh, jiggling, rolling, moving across thigh, watching for level of oscillation. Then roller on calf, rolling, moving along and across calf. Then roller on bottom of foot. Can do one leg and/or both legs. Find right pressure. Can also add rolling on back.

## ATM Lesson #297 - Diana Razumny

### Book on foot #5, heel/toe in/out up/down, on front

CD#28/T14 [57 min] DVD#S14-08 Scene 5 [58 min] Source: Elizabeth B

On front, arms up around head, bend knees, feet to ceiling, imagine book on feet, look at feet. Legs tog, feet standing position, move heels apart/tog. Rpt, move only one heel away/outside. Rpt w/other heel. Then both heels apart/tog. Keep heels tog, move front of R foot away/outside. Rpt w/L foot. Alt taking heels apart/front of foot apart. Sit, stand R foot, hand around knee, take R heel to R/rtrn. Then R heel to inside/rtrn. Take heel in/out. ROB, sense feet/legs. On front, arms by head, head turned to R, bend R knee, foot to ceiling, take heel outside/inside. Look, is foot for standing? Rpt mvt w/book on R foot, heel in/out, note front of foot. Alt attn between heel/toes. Attn to whole foot. Book on R foot, move heel up/down, in/out, circle. Circling, attn to heel, then front of foot, then both. Change directions. Rpt w/head turned other side. ROB, stand feet, compare. On front, arms by head, no book, tuck R toes, lift/lower R knee. Note heel lengthens w/knee lifted. Keep lifted, take heel L/R, feel through leg to hip/pelvis. Lengthen foot, knee on floor, take heel L/R, note diff. Rtrn to tucked toes, heel R/L, compare. Tuck R toes, knee lifted, face to R, mv heel R/L. Cont, add taking inside/outside of knee to floor. ROB compare legs. Stand, compare legs. On front, arms up by head, head turned L, L foot to ceiling, imagine book on foot, rpt above on this side: heel up/down, in/out, circle, attn to heel/front of foot; book on foot, circle heel, attn heel/front of foot; rpt, chg dir; tuck toes, lift knee, heel R/L, knee in/out. Tuck 10 toes, lift knees, heels L/R, sense hips, pelvis, spine, turn head with weight shift. Heels tog/apart. ROB, stand feet. On front, book on L foot, arms up by head, lift L knee. Look at book over L shoulder. Look over R shoulder at book on L foot. Book on L foot, lift L knee, slowly roll towards back, hands in push-up. Rpt OS

## Day 139 Thursday May 21, 2009

### FI Exploration #158 - Dennis Leri

Review segment in groups of 4

CD#28/T15 [1 min] DVD#S14-09 Scene 1 [54 min]

### ATM Lesson #298 - Dennis Leri

Breathing #6, outlining right lung with light ball, various positions

CD#28/T16 [42 min] DVD#S14-09 Scene 2 [43 min] Source: AY# 189

Sit, head hanging a little forward, imagine pathway of air through nose to lungs. Imagine 2 balls of white light at nostrils, breathing them in to the center of chest and then branches off into R lung. Have the image of the R lung expanding in all directions. Cont and add tracking the light ball through R nostril, branching off on the R, drawing a line up along the spine to C7 and around to under the armpit, rvrs. It's a kind of outline. Switch direction, sending the light ball from the branching off in mid chest to go down along spine, across, going behind liver and up, rvrs. Rtrn to light ball going up to C7, over along clavicle, down to waist and rvrs. Rpt, continuing w/light ball going the full circumference of lung in one direction then other. On back, lengthen R arm overhead on floor, L hand holds R temple, slide head/arms to L, stay, send light ball around spongie R lung lobes. Stand, walk, sit, lift R shoulder to ear, send light ball around R lung lobes. Stand on knees, R arm out at shldr height to R, look at hand, rpt light ball around R lung. Stand, sense image of R lung, walk w/it.

### FI Exploration #159 - Dennis Leri

Exchange full FI lessons

CD#28/T17 [1 min] DVD#S14-09 Scene 3 [84 min]

### ATM Lesson #299 - Dennis Leri

Spinal chain w/sidedness.

CD#28/T18 [47 min] DVD#S14-09 Scene 4 [47 min] Source: Gaby and Dennis

On back, stand feet, lift/lower pelvis, spinal chain, note weight on feet, sense/compare knees. Rpt w/legs tog. Feet standing, lift head, face forward few times, then lift by taking chin to chest. Rpt both ways of head lifting w/legs long. Legs long/tog, heels planted w/o slipping, flex/ext ankles to transmit force through spine to head, note sides. Add toes flex/ext, two diff combinations of ankle/toe relation of flex/ext. Alt feet L/R flex/ext, feeling through torso, sidedness. Flex/ext both feet, lift head when feet support it. Do when feet are towards you. Bend knees, stand feet, lift pelvis, spinal chain. Compare sidedness to beginning. Feet standing, lift head. Keep pelvis lifted, lift head, chin to chest. Lift/lower head/pelvis, keeping spine bow position. On front, toes standing, push through from toes, head to R, hands by head, alt R/L. Rpt w/head to other side. Leave pelvis in air, rock headward. Add hands behind head, lift head, chin to chest, at the end of the push from the feet. Stand feet, lift pelvis, feel sidedness lifting/lowering.

## Day 140 Friday May 22, 2009

### Discussion #184 – Dennis Leri

#### Styles and Strategies of FI

CD#28/T19 [27 min] DVD#S14-10 Scene 1 [27 min]

Ashley: tracking breathing in AM/FI. DL: ATM is the skill set you derive your lessons from – same observations. Feldenkrais said, don't do any kind of intentional breathing to mess up the lesson. With last segment and this we have given you a lot of brush stroke ideas to work with in FI. Leaving more strategy of how to use it for next segment. Mia trained individually, trained first. Master/disciple training, and unique. The Israelis, most outstanding were Gaby and Yochanan. (the worst of the lot, you'd be happy to be that good). Moshe got lessons from Gaby. E. Beringer is direct protégé of Gaby. Mia – Dennis gave her lessons and learned from her. Don't believe whatever you see (in videos or ads), it is the whole Method.

Ashley: sit sideways, bend forward. Kim at tailbone, Brian at head. Coming forward in extension rather than folding, lengthening in front. Idea is to have a person have a clear intention. If you dilated this down, it would be what Gaby did. Then lift one knee and then other in flexion; eyes with and opposite head. Doing opposite to affect the other (flexion and Extension). You will find that certain things that you do will work with certain people, be aware of how you got there. Don't be a victim of your own success. Feldenkrais said that the lucky ones who stumbled and found things that worked through trial and error.

### ATM Lesson #300 – Dennis Leri

#### Breathing #7, lengthening lung w/4 parts, on back & front

CD#28/T20 [54 min] DVD#S14-10 Scene 2 [55 min] Source: AY#191

On back, note breathing, press back of head into floor, note any interference of breath, w/inhale or exhale. Think of lungs lengthening/shortening. Lengthening, think lung moving up towards shoulder and downward to lower ribs. Breathe in 4 parts, not equal, short stops between inhale/exhale. Cont 4 part throughout lesson. Feel the spine lengthens w/inhale & exhale. Cont, lift head little. Hold hair or sides of head, lengthening. Keeping 4 parts and lengthening of lung & lengthening of spine: press shoulder; lift/press twice; lift R shldr when pressing L; switch shldrs; both shldrs forward; press R leg into floor; lift R leg; press R leg while lifting L; switch legs; lift both legs; press floating ribs; on R side only; then take R floating ribs away while pressing L; switch; press both sides again; then take both sides away; press L shldr while lifting R hip; take shldr & hip forward; press R shldr/lift L hip; hold hair to lengthen; on front, arms overhead on floor, lift R arm; lift L; both arms away from floor; lift head; press R arm/lift L leg; lift R arm/L leg; Rpt seq w/L arm/R leg; forehead on floor, tuck toes, knees lifted, press through to head; add holding hair to lengthen w/tucked toes pushing; on back, stand feet, lift head w/hands, count 10 4-part breaths;

### FI Exploration #160 – Dennis Leri

#### Exchange 25 min lesson from this segments learning

CD#28/T21 [1 min] DVD#S14-10 Scene 3 [56 min]

Partners exchange short lesson.

### ATM Lesson #301 – Diana Razumny

#### Book on foot #6, 2 to 4 books, continuous rolling

CD#28/T22 [44 min] DVD#S14-10 Scene 4 [44 min] Source: Elizabeth B

On back, feet standing, lift L foot, imagine book, bend/straighten leg, roll R, onto front, rvrs. Cont, I say STOP, you note if compromised anywhere, strain, breath, foot/book then cont. Pause, rpt, rolling to L/front. Rpt OS. Rpt w/book on R foot, rolling ea way with STOPS. Rpt w/L foot. On back, both feet w/books, begin rolling one direction/other. Start bringing knees to floor, slide knee around little. Slowly onto front, pause. On front, books on both feet, lift one knee, other, slide knee L/R, other knee, slide both tog/apart. Pause, imagine rolling, lifting one knee, sliding other. Cont, note where stuck, hang out there and seesaw breathe a bit. Focused on what can/can't do? Improvements. Book on one foot, roll L/R comfortable amount. Rpt w/other leg. Rest, think about where you are with this and what's the next step for smoothing out. Sense whether/how much driven compulsive or curious engagement. Set up mats for continuous rolls. Choose easiest leg, book on foot, all roll to R continuous, return.

### FI Exploration #161 – Diana Razumny

#### Use book on foot ATM for exploration

CD#28/T23 [25 min] DVD#S14-10 Scene 5 [73 min]

Watch student doing book on foot as start for exploration inspiration.