

## Day 11 Monday August 9, 2010

### Excerpt from M. Feldenkrais' article "Self Fulfillment Through Organic Learning"

"If we have a concrete way of talking about self-fulfillment, then we have concrete ways of helping. You cannot have concrete ways unless you know how we grow from a baby who can't speak, can't walk, can't sing, doesn't know anything, but learns all these things. And no one teaches it! You can't teach him what *you* want. *He* learns and his way of learning is actually a sensory-motor way. The first year-and-a-half it is done without thinking. Only if we understand how that growth, that initial motor-sensory learning, becomes what we are when we are grown, can we understand what fulfillment means. Then we can provide some people with the means, within themselves, to realize their unavowed dreams."

### ATM Lesson #29 - Diana Razumny

#### Pulsating jelly fish immersion scan

CD#03/T01 [58 min] DVD#S02-1 Scene 1 [53 min (0-5 min missing)] Source: Diana

### Discussion #22 - Diana Razumny

#### Introduction to the segment

CD#03/T02 [22 min] DVD#S02-1 Scene 2 [23 min]

Diana: This segment: Sketch of developmental processes. Milestones of what baby does in the first year. You don't have a baby's body anymore. Can't really go back, but can do some approximations. Baby doesn't have muscles yet as well as other things not yet. What babies have the most of and what we can explore, is the insatiable curiosity. Review of Moshe's quote from "Self Fulfillment Through Organic Learning." 1<sup>st</sup> yr not using language. It's all about the senses. Babies make sense of the world through their senses and movement. Outside input can be an interruption of the learning process. Praise while child deep in the involvement of their learning can be an interruption of that learning. You're the authority for yourself. Fundamental to take care of yourself. Developmental movement theme of segment.

Bear: Introductions, changes & info about upcoming workshops.

### ATM Lesson #30 - Diana Razumny

#### Sucking, eyes and rolling

CD#03/T03 [69 min] DVD#S02-1 Scene 3 [65 min] & Scene 4 [2 min] Source: based on Amherst & developmental studies

At end of ATM Diana opened possible discussion of this mornings atm's. No one had anything to say.

### Discussion #23 - Diana Razumny

#### About ATM Lessons and early baby movements

CD#03/T04 [33 min] DVD#S02-1 Scene 5 [33 min]

Sue: Occipital joint. Andre: Baby's use their tongues to suck. Just did Cranial-Sacral training and realized certain connections in what we did in the morning. Michelle: Felt gusto for life: sucking as if your life depended on it. Ali: Made be think about people who didn't get breastfed and how this would be good for them now. Michelle: Looking at Ali I saw a baby. Craig: I missed out on the boob. Doing the exercise is what it must have been what is was really like. Carolyn: the exercise like kissing. Sue: Breast feeding is you and mom. Got a chance to feel what that relationship was. Andre: Felt that at the end of the exercise got comfort "rush." Especially as contrasted to 1<sup>st</sup> segment. Patty: This lesson was from my perspective as a nursing mother. Rita: Nursed 3 children. 3<sup>rd</sup> child held Rita's thumb while he was nursing and moved it back and forth. Craig: Felt support when I stood up. I can be supported by the earth. Diana: Incredible masterpiece of what human beings are. Sucking is the first movement you do that prepares you for walking. Rooting reflex helps baby to find nipple. The later it is part of the basis for turning. The stages build on each other. We also start our social relationships - our need to connect. All of these start as survival needs. Michelle: The sucking was pretty easy to do without thinking. Diana: Some of the lessons will look like baby movements. And some lessons will address problems we now have as adults, so they won't look so much as development movements, but will help us get back to those functions. Another thread in this segment: Primal spinal moves. Flexion, Extension, Side-bending, twisting. All utilized in the action of walking. The more you have all them available the more graceful you can be.

### FI Exploration #10 - Diana Razumny

#### Walking observation, part 1

CD#03/T05 [12 min] DVD#S02-1 Scene 6 [21 min]

ATM clubs: watch each other walking, 2 at a time. Just observe and look for primal spinal moves. Class discussion.

Michelle: When watching I could feel the walk rather than analyzing. I could appreciate the person. When I was walking

beside someone I could feel them, feel repertoire. When people walked by themselves they had more of a distinct walk. Andre: Talked about observer's effect. Diana: With babies there is a stage where they become self-conscious. Did anybody feel they were alone when they were walking alone? We were being watched.

### **ATM Lesson #31 - Diana Razumny**

Undulating locomotion, on front

CD#03/T06 [34 min] DVD#S02-1 Scene 7 [34 min] Source: Amherst inspired

### **FI Exploration #10 cont - Diana Razumny**

Walking observation, part 2

CD#03/T07 [11 min] DVD#S02-1 Scene 8 [14 min]

At end back in groups observing walking and notice differences without talking. Michelle: Felt like a completely different person. Rita: So much more energy in my walk. Joan: Felt so empowered. Andre: Felt more aware of my breath. Diana: Figuring out ground forces is a huge piece for babies.

## Day 12 Tuesday August 10, 2010

### Discussion #24 - Diana Razumny

#### Experience of yesterday

CD#03/T08 [28 min] DVD#S02-2 Scene 1 [48 min]

Groups discuss what was interesting and important from yesterday's class. Full group discussion: Michelle for her group: Things looked fresh & new. Hard to be an inch-warm. Didn't put together that pressing different parts of the body was a way to move. One said nothing profound happened: but it can still be happening. Ali for her group: Sucking nourishing. Some didn't like it: had a lactose intolerance - lesson uncomfortable. After class was in unusual space - more the observer. Some found suckling actually hurt. One had an earache today. Joan for her group: How her organic learning got disrupted as a child. Explored mirroring for herself. Experience more rather than mentalize. Be in the moment. One got sick to their stomach. David: Came in with Nausea: Suckling exercise helped for a fluid experience. Carolyn A. for her group: Proprioceptive experiences. Centering changed. Experience more fluidity, grace, bounciness... Connected breath to undulation in the worm exercise. Diana: Good to know about experience of sucking. Also, undulation is flexion and extension in little pieces. Why are we born so helpless? In the process of developing the ability to be fully functional, we have a lot of time for other influences that get woven together, physically, emotionally. So our development gets directed and presents challenges in becoming mature. We use the method to explore the sensory experiences to find the pieces that were missed or not experienced fully and bring them forward again in a full way. Read from, Moshe's "Self-Fulfillment....." article, pp 2-3.

### ATM Lesson #32 - Diana Razumny

#### Fold and roll #1, one eye closed

CD#03/T09 [51 min] DVD#S02-2 Scene 2 [51 min] Source: Diana - based on Amherst & developmental studies

### Discussion #25 - Diana Razumny

#### About ATM lesson

CD#03/T10 [14 min] DVD#S02-2 Scene 3 [14 min]

Patty: Enabled to stand straighter and taller. I really felt it, the looking up and down. Diana: The power of the eyes. Then we gradually work down our spine. Large differentiations vs. very small movements. Carolyn: Do you think it's easier to learn when you don't know what you're learning. Julie: Interesting about not knowing where I'm going is the discovery, meaning it's mine, rather than doing someone else's goal. Can do it my way and what feels good to me. It feels really exciting. Nancy: from book ??, the reason we're foggy and out of it is that we're learning a new habit. Michelle: The exploration subtracts rather than adding things. Can do a lot of things to get down the river OR be the river. Has to be an exploration. Diana: From Moshe article this morning: The one innate thing in the n.s. is curiosity.

### ATM Lesson #33 - Diana Razumny

#### Fold and roll #2, hands holding knees

CD#03/T11 [44 min] DVD#S02-2 Scene 4 [45 min] Source: Diana - based on Amherst & developmental studies

### FI Exploration #11 - Diana Razumny

#### Reviewing Segment 1 explorations

CD#03/T12 [43 min] DVD#S02-2 Scene 5 [88 min]

ATM clubs again and review what you remember from Segment 1 about FI Explorations. Then large discussion clarification of Segment 1 explorations. Demo with Ali. Feedback is important to practice now. Have the practitioner stop and ask, "How is that pressure, speed, range, direction ....". Person receiving do not wait to say something if it hurts. Why roll someone's head. Why put pads under head. We move slowly to help person feel themselves more clearly. Sliding leg to standing.

## Day 13 Wednesday August 11, 2010

### ATM Lesson #34 - Diana Razumny

Fold and roll #3, throwing bent legs & pelvis to roll side/side, lengthening weight-bearing side, from back

CD#03/T13 [52 min] DVD#S02-3 Scene 1 [54 min] Source: Diana - based on Amherst & developmental studies

### Discussion #26 - Diana Razumny

#### About ATM lesson

CD#03/T14 [11 min] DVD#S02-3 Scene 2 [12 min]

Diana: How was the lesson for you. Anything to report. Joan: One sided. Michelle: I had my kidney thing this morning. Seems like this was just made for that. Like something that was left out of yesterday that I needed. Laurie: I used my eyes this morning to initiate movements. Marge: Right hip was easy. Shoulder and hip on opposite sides. Craig: Realized that Hip flip is what flexion is. Diana: We use the term flexion in different ways. You can flex your muscles. For the whole body: folding forwards is flexion. Fold backwards is extension. We have to define our terms. Orientation is important. Michelle: Last segment all about my shoulders. This segment more around my kidneys. Karin: What I noticed is that when you directed us to fold from one side to the other, finding your own rhythm I started doing movements outside the instructions. Diana: We need to stay within the structure of the lesson. Going slow at first helps.

### FI Exploration #12 - Diana Razumny

#### Blind exploration, part 1

CD#03/T15 [16 min] DVD#S02-3 Scene 3 [43 min]

Nancy: Why are we doing this? Diana: Babies do not see well and this sensory experience, taking away the eyes, will enhance the other senses. Video of baby's brain development. Can be scary to be blindfolded but also can be a lot of fun. With buddies and ATM Club, one buddy wearing blindfold and exploring environment while buddy creates safety and helps. Sighted buddy picks up some props for sensing. Planned activities: sensing objects, writing signature on large paper, walking, rolling head of sighted person, eating lunch. Start in ATM Clubs so 3 blindfolded and 3 sighted people sharing in sensory exploration.

### Discussion #27 - Diana Razumny

#### About blind exploration

CD#03/T16 [25 min] DVD#S02-3 Scene 4 [23 min] & Scene 5 [6 min]

Patty: Challenge for me to let my partner have her own experience. Astounding experience for me. Rita (Patty's partner): Had trust issues the 1<sup>st</sup> 2 days this segment. The exercise also raised that issue. Thinks she needs to work on her curiosity more. Noticed that she had tension in neck and shoulders when walking and had to remind herself to relax. Karin (blindfolded): Ate a lot slower than she usually does. Walking around outside there was a trust issue. Initially her partner David kept contact which was safe. But when David guided her by voice she had to trust more and she found it interesting to notice things differently. Carolyn (blindfolded): During lunch, how does she be involved in a conversation off to the side. Diana: Subtle cues for when to talk and not are visual a lot of the time. Nancy: Controlling issues as soon as blindfold came off. Diana: Didn't give instructions about taking blindfold off - to take some time for transition. Michelle: Control issues less dominant. When I see something I want it. When I don't see something I have other experiences and I'm really interested in them. Laurie (blindfolded)(partnered with Julie): If this was a permanent condition, I realized how important hearing would be to me. Karin: Previous experience had constant contact with guide. Guide gave a lot more specific information. Dave gave not as specific info. Change in terrain rather than it's like asphalt. I'd like the fact that he didn't give me real, real specific, but had good warnings for safety. Marge: Like a spiritual retreat. I was listening to traffic, which is normally annoying, but this time had a different energy to it. This felt like it had a purpose to it. It wasn't invasive. I was surprised at my lack of sense of direction. When I took my blindfold off, it was sad since I didn't want to leave it. It was like a sacred thing. Diana: How many of you felt like you went into mama mode? Discussion continued about the experience of rolling the head.

## **ATM Lesson #35 - Diana Razumny**

### **Baby explores head lifting, circling around arms, minimal lifting**

CD#03/T17 [63 min] DVD#S02-3 Scene 6 [63 min] Source: Diana - based on Amherst & developmental studies

## **Discussion #28 - Diana Razumny**

### **Baby videos**

CD#03/T18 [24 min] DVD#S02-3 Scene 7 [25 min]

Showed video of newborn baby finding nipple. Julie: Eye-opener for me. My neck is an issue. Neck was able to relax. Was really helpful for me. Michelle: True for me also in my neck. My drive is to take everything from my neck instead of the whole of me. Rita: It happens all the time that I start a lesson and I'm gone (spaced out). Diana: I don't know what's really happening with you, but I'm guessing. Resting into sleep. Actually it's a quite a lot of wk to pay attention to yourself. Part of yourself that you're not always used to using, so it can be tiring. Certain areas you're unconscious of where you don't know what to do so you go to an area that you're familiar with. Could be that you're tired. Sue: In this ATM my hearing continued to be hyper. Started in blind experience. I didn't space out but I was playing with different parts of my own developmental experience that I missed. Patty: Julie said: In our experience the breast was given to the baby. How powerful, allowing the baby to find the nipple itself. This is such a wonderful gift. I'm learning to have compassion for myself. It's the only way you can have it for others. My teacher has let me find my way with her help. What an opportunity, becoming a Feldenkrais teacher, learning to be with other people that way.

## **ATM Lesson #36 - Diana Razumny**

### **Spinal Chain**

CD#03/T19 [32 min] DVD#S02-3 Scene 8 [32 min]

## Day 14 Thursday August 12, 2010

### ATM Lesson #37 - Diana Razumny

#### Fold and roll #4, holding feet, on back

CD#03/T20 [46 min] DVD#S02-4 Scene 1 [47 min] Source: Diana - based on Amherst & developmental studies

### FI Exploration #13 - Diana Razumny

#### Blind exploration, part 2

CD#03/T21 [4 min] DVD#S02-4 Scene 2 [41 min]

Switch roles.

### Discussion #29 - Diana Razumny

#### About blind exploration

CD#03/T22 [29 min] DVD#S02-4 Scene 3 [63 min]

Discuss experience of blindfold exploration in ATM clubs. Groups read article out loud about sense of touch (Primal, Acute and Easily Duped: Our Sense of Touch by Natalie Angier; refers to Rubber Hand experiment). Then large group discussion. Michelle: Things were simpler in blind-folder person and sighted person.

Diana: Looking at a plate of food, you think yeah, I can eat what's left rather than sensing how much you want to eat.

Judy: When eating she was feeling the shape of things more keenly, although she normally is pretty kinesthetic sensitive.

Julie: Diana's comment: Some people weren't hungry because they couldn't see the food. She slowed down eating. Paid attention to the way things felt. Auditory wasn't acute, almost distracting. More in tune with the head rolling. Also my comfort with Lauri is big since I already have a good relationship with her. Ali: Noticed how eager I was into doing things on my own & blind. Morphed my sense of time. Diana: How many felt afterwards was a coming down or you would have like to stay there longer. Andre: when light deprived your parasympathetic became more important. People who experience more darkness are less anxiety ridden and less depressed. Ali: Article: Interested to know that the touch sense is more easily tricked. Showed short video on baby crawling and undulation. Difference between medicated babies finding the nipple compared to non-medicated babies. Breast crawl (YouTube)

### ATM Lesson #38 - Diana Razumny

#### Extension #1, on belly, pressing pubic, lifting head, extend arms

CD#03/T23 [44 min] DVD#S02-4 Scene 4 [44 min] Source: Diana - based on Amherst & developmental studies

Read ATM Book p. 13 about babies.

### Discussion #30 - Diana Razumny

#### Alva Noe audio book

CD#03/T24 [34 min] DVD#S02-4 Scene 5 [38 min]

Listen to Alva Noe book "Out of Our Heads" chapter on the Rubber Hand experiment.

### ATM Lesson #39 - Diana Razumny

#### Fold and Roll #5, unfolding onto belly, from back

CD#03/T25 [23 min] DVD#S02-4 Scene 6 [23 min] Source: Diana - based on Amherst & developmental studies

## Day 15 Friday August 13, 2010

### Discussion #31 – Diana Razumny

#### Amazing Babies video #1, 1–4 months

CD#03/T26 [30 min] DVD#S02-5 Scene 1 [31 min]

Sue: Past 4 days has given me a more kinesthetic reference point for myself. Diana: This is an active segment with a lot of ATM. Doing a lot on the front, which is difficult for a lot of us. If we can't feel it we can't move it. Carolyn: The movements of the baby in the movie was really jerky. Why is that? Diana: The coordination hasn't come yet. Michelle: I got idea that the wiggling was just trying and finding their body. Judy: When Goodall observed chimps, the babies were always on/all over their mothers. Karin: Study of African tribe, mother keeping her baby so much on her that the baby had not got enough ground work and therefore never learned how to jump.

### ATM Lesson #40 – Diana Razumny

#### Extension #2, extend & side bend, on back

CD#03/T27 [45 min] DVD#S02-5 Scene 2 [45 min] Source: Diana – based on Amherst & developmental studies

### Discussion #32 – Diana Razumny

#### Video of baby Sophie #1

CD#03/T28 [67 min] DVD#S02-5 Scene 3 [67 min]

Sophie was born 5 months premature and in this video she is 9 months old but looks more like 2–3 months old. Diana comments on video as playing describing what she is seeing, doing and thinking. Discussion about what Diana was doing. Going along with Sophie's movement, encouraging movement, shaping movement.

### Discussion #32 cont – Diana Razumny

#### About video of baby Sophie

CD#03/T29 [15 min] DVD#S02-5 Scene 4 [15 min]

Joan: With Sophie – was it more enhancing self-exploration or inspiring her? Diana: There's a different style doing FI's with babies and adults. Michelle: How different your process with the baby was than any therapy I've ever done or seen. Diana: The structure underlying ..... I do hope that there's a relation between what I do with the baby and what you're doing on the floor with ATM. How it's different in working with babies is that they are moving all the time. It's like improv. You have to go what is. You have to be ready to go all over the place. Carolyn: What are the different roles of practitioners and baby?

### ATM Lesson #41 – Diana Razumny

#### Lifting head & chest to elbow propping

CD#03/T30 [49 min] DVD#S02-5 Scene 5 [49 min] Source: Diana – based on Amherst & developmental studies

### ATM Lesson #42 – Diana Razumny

#### Fold & roll #6, elbow/knee together on belly, folding up to side

CD#03/T31 [39 min] DVD#S02-5 Scene 6 [40 min] Source: Diana – based on Amherst & developmental studies

## Day 16 Monday August 16, 2010

### ATM Lesson #43 - Diana Razumny

Fold and roll #7, X position, on back & front, lengthen arm/legs, side bend & crawl moves  
CD#04/T01 [66 min] DVD#S02-6 Scene 1 [66 min] Source: Diana - based on Amherst & developmental studies

### Discussion #33 - Diana Razumny

#### Face videos

CD#04/T02 [23 min] DVD#S02-6 Scene 2 [23 min]

Class discussion: Ali: You said you can feel through the tires. Got me talking about technology. Is the technology going to numb other parts of us. Sue: Boulder author: "The Shadow" Loosing the ability to sustain lengthy thoughts. Diana: Ego Tunnel looked at these kinds of things. Initial impulse for movie Avatar came out of who are we and where do really exist. The eye work we're doing this segment can lead to difficulties. Michelle: I'm feeling crazy - maybe it's the eye thing. Talked about Terry Gross program about eyes. Judy: When we trained as dispute mediators, we experimented with non-attention. It's very powerful. Diana: We can feel people's authenticity through their face. Andre: Movie "Babies" and cultural influences. Show videw: Attunement/Empathy - Still Face Experiment by Edward Tronick.

### FI Exploration #14 - Diana Razumny

#### Exploring the face

CD#04/T03 [37 min] DVD#S02-6 Scene 3 [48 min]

Rita: If baby doesn't get that communication is there some Feldenkrais we can do to help? Diana: What we're doing in taking care of ourselves can help. Marge: Our emotions get manifested in our bodies. If you're working with that part of the body where they are holding, it can effect it. Diana: Body language and how we express emotions. Face has smaller muscles and a lot more refinement. You'll start noticing subtle changes. Michelle: If a lot of cues are there but we're not picking them up. Diana: A lot of it is unconscious. Will put article in the green book: "The Naked Face." It's not just the emotions coming through our face, but it can go the other way. You can create a facial expression which creates the emotion. Paul Eckmann article will be in training GREEN book, emotions outside in, sensitivity to small nuances, shows up in legal settings a lot. Lie to me TV. Emotions on Mira, go through, everyone practice facial expressions while looking at screen. Face of CURIOSITY?

Face FI - (trios) eyes closed, touch face, feel for emotional expression. Those being touched, express emotions. Those touching, lightly sense what you can through your hands. Observers, pay attention to your own internal states or emotions, thoughts. When notice judgment or going off thinking about anything else other than just being here and noticing, return to sensing yourself, bring yourself to notice your breath, sense pelvis, spine, head. Noticing simply. Rotate roles. Show Helen Keller photos/video of her face and her hands on faces.

### ATM Lesson #44 - Diana Razumny

#### Extension #3, on belly lifting head, arms and legs

CD#04/T04 [56 min] DVD#S02-6 Scene 4 [58 min] Source: AY#549

Watched baby Mesa getting stuck. Then start ATM lesson.

### Discussion #34 - Diana Razumny

#### About ATM lessons & FI explorations

CD#04/T05 [25 min] DVD#S02-6 Scene 5 [25 min]

James: question about diagonal and same side lengthening. Diana: Open for organic movement so could be same side or diagonal lengthening. It should not make sense at first and that is why we do these lessons. The lessons are designed to bring you into unconscious areas and moments of confusion. About Mesa. He is frustrated in trying to roll over. Sometimes you give up, stop and rest. No sense in driving yourself over and over to find the solution. Ali: About lying across belly ATM experience. Very confusing. Question of am I doing this right? type of thinking. Length is important for both flexion and extension. Experience of touching the face. Michelle: sacredness of the touch. I didn't know what observer's role was. Very hard to be observer until I heard it was just the thing to be there. Craig: Triads and comfortableness a theme in his life. He spent his first 9 months with a twin touching all the time.

### ATM Lesson #45 - Diana Razumny

#### Dropping feet, lifting pelvis

CD#04/T06 [29 min] DVD#S02-6 Scene 6 [29 min] Source: Diana - based on Amherst & developmental studies

## Day 17 Tuesday August 17, 2010

### Discussion #35 - Diana Razumny

Amazing babies video #2, 5-8 months

CD#04/T07 [14 min] DVD#S02-7 Scene 1 [14 min]

### ATM Lesson #46 - Diana Razumny

Baby Sphinx into crawling & sitting

CD#04/T08 [60 min] DVD#S02-7 Scene 2 [60 min] Source: Diana - based on Amherst & developmental studies

### Discussion #36 - Diana Razumny

Video of baby Sophie #2

CD#04/T09 [40 min] DVD#S02-7 Scene 3 [43 min]

Video of Sophie a few months later. Discussion. Diana: about bringing legs off the table so flexion is not in the way. All of the spinal movements blend together. Parents can help sometimes. Sometimes I give homework. It is more integrated into daily living. Try to educate parents and gave weekend workshops for parents and other care givers for them to feel the movements in themselves. Then the movement comes out of your experience. Julie: Beautiful the way you made movements suggestions. We can offer suggestions in our relationships. Diana: How do we know how much to help and let person/child explore? My touch is very light with Sophie and I just sneak in a tiny invitation for movement. Rita: Shared about day care at home. Diana: Brought books, Hare Brain, Tortoise Mind by Guy Claxton and Wise Up for you to look at today.

### FI Exploration #15 - Diana Razumny

Exploring spine by touch, guided

CD#04/T10 [65 min] DVD#S02-7 Scene 4 [84 min]

Brief discussion: Very tired and sleeping a lot. Some energized. Vivid dreams. Older injuries coming up.

Demo with Nancy. Dyads. Ref. mv: Person on belly, propped on elbow, looking forward. Ease? Palpating spine with person on belly in crawl position. Start with general touch, full contact. Return to lower/lumbar spine, fingers on each side of spinus processes, walk fingers up to base of neck. Walk fingers back down near bottom of shoulder blades. Have person look down (flex) a little, pushing back into fingers. Walk fingers to next vertebra, repeat with each in mid/upper thoracic spine. Return to Ref. move. Switch roles.

### ATM Lesson #47 - Diana Razumny

Push up to all fours

CD#04/T11 [48 min] DVD#S02-7 Scene 5 [49 min] Source: Diana - based on Amherst & developmental studies

Return to end of Sphinx for coming to sit, sliding leg to opp side. Side lying-wrap arm over head, turn to look around horizon.

## Day 18 Wednesday August 18, 2010

### Discussion #37 – Diana Razumny

#### About FI exploration

CD#04/T12 [12 min] DVD#S02-8 Scene 1 [12 min]

Sue: shared unique experience in exploration. Joan: How energized it was when giving. Diana: Little changes make a big difference. The engagement of a partnership instead of you doing them. The line between ATM and FI is pretty blurry. It is all the same thing. Sometimes you use your words, sometimes your hands. Moshe said, "I don't teach, you learn." Learning about relationship in the first months. Kim: Why support staff do not work with students. Diana: Want students to be with your peers when practicing. Bear: during the first year can request to have your FI lesson private or not.

### ATM Lesson #48 – Diana Razumny

#### Scissor leg crawl

CD#04/T13 [43 min] DVD#S02-8 Scene 2 [43 min] Source: Diana – developmental studies

### ATM Teaching #05 – Diana Razumny

#### ATM groups practice giving ATM directions of scissor legs

CD#04/T14 [16 min] DVD#S02-8 Scene 3 [73 min]

ATM groups – one person stands to watch and teach, all others on floor follow directions. Rotate so all have a chance to teach. Teachers watch Diana do movement projected on screen and give instructions to their group on the floor. Students on floor, follow instructions their group teacher gives, doing what they say, not what you know they mean. Pretend to be uneducated public. Lesson: Scissor leg crawl on other side from the morning lesson. Support staff listen in on one of the groups, takes notes on interesting language points. When complete, groups meet to speak of what they learned about how to language instructions. Stay away from saying who did what. Take it to the next step of something you learned to help you use language more clearly. Someone in group take a few notes on shared learning. Support staff meets with Diana and shares what they learned from listening.

### Discussion #38 – Diana Razumny

#### About ATM Teaching

CD#04/T15 [43 min] DVD#S02-8 Scene 4 [44 min]

Judy from group 1: It is not just about the words but the feeling behind them. Liked having rests and wanted more. Some gave position instead of process of getting there. Few liked phrases, "when you are ready...." So leading into the movement. Saying rest instead of relax. Orientation hard to see on video due to lighting, etc. Confusing how to convey movement that changes of orientation. Michelle from group 2: We felt impressed that we could do it but also nerve wracking to be watched. Even memory of being observed brought angst. Converting right and left was a problem. Clear language if teacher could feel the movement and worked much better. Splitting attention between watching model and watching students and losing track of movement. Correcting individuals versus repeating movement. Ali from group 3: Found that using words like enjoy this movement actually give the quality of movement different meaning. Michelle, Ali, Marge: Distinguishing between when someone needed to rest. Diana: Position, movement and the more clarity we have about the parts will help it come together and be more fluid. This is just the beginning and there will be many approximations of this process. Valuable exercise whether you teach or not. Between segment study groups are for the purpose of 3 people in group will teach the other 3 at the end of year 1. First do the lesson from the Segment 1 materials. Then the DVD and watch your classmates do the lesson. See problems and get ideas. Put recording on for friend to do and watch them do it. Then make suggestions for them. Make notes for yourself so you can teach it. Judy: can record yourself or other to study.

### Discussion #39 – Diana Razumny

#### Moshe video FI with Hazel

CD#04/T16 [40 min] DVD#S02-8 Scene 5 [41 min]

### ATM Lesson #49 – Diana Razumny

#### Swing up to side sitting then all 4's, from back

CD#04/T17 [45 min] DVD#S02-8 Scene 6 [45 min] Source: Diana – developmental studies

## Day 19 Thursday August 19, 2010

### Discussion #40 - Diana Razumny

#### Amazing babies video #3, 8-12 months

CD#04/T18 [29 min] DVD#S02-9 Scene 1 [29 min]

Last section from pull up to stand to walk/run. Check out transitions between several moves (James). Moshe's wife was a pediatrician and watched babies in her office.

### ATM Lesson #50 - Diana Razumny

#### Cross-leg crawl on all 4's

CD#04/T19 [72 min] DVD#S02-9 Scene 2 [73 min] Source: Based on Amherst & Diana -developmental studies

### Discussion #41 - Diana Razumny

#### Study In-between segments & ATM groups

CD#04/T20 [35 min] DVD#S02-9 Scene 3 [35 min]

Important of studying and connecting between segments. Practitioners share about their experiences in their training. ATM groups, Clarify activities and buddies. Will send an email or check the synopsis. Study lesson in gradual stages that we spoke of on Wed. in Discussion #Prepare as if going to teach by yourself. In 4<sup>th</sup> segment we will have the first week to split into 3rds and practice before second week of teaching. Some buddies worked out, others didn't click, maybe still could, some clear, for whatever reason, won't work. (read last seg BSA)

### ATM Lesson #51 - Diana Razumny

#### Side bending on back and side with scissor legs coming to sit

CD#04/T21 [27 min] DVD#S02-9 Scene 4 [28 min] Source: AY#177

### FI Exploration #16 - Diana Razumny

#### Hand on ribs during scissor legs on side

CD#04/T22 [13 min] DVD#S02-9 Scene 5 [18 min]

Dyads during ATM. Student side lying. Practitioner behind them putting hands on upper side of rib cage. Feel ribs while students do the scissor leg action and feel what moves. Students stop with legs stacked. Practitioners come away from rib contact very slowly. Switch roles with other dyads several times.

### ATM Lesson #51 continued - Diana Razumny

#### Side bending on back and side with scissor legs coming to sit continued

CD#04/T23 [13 min] DVD#S02-9 Scene 6 [13 min] Source: AY#177

Came back to ATM to finish.

### Discussion #42 - Diana Razumny

#### About ATM lesson & FI exploration

CD#04/T24 [9 min] DVD#S02-9 Scene 7 [9 min]

Group sharing experience. Ali. Craig: About walking in group. Andre: like globe turning. Nancy. Diana: about Nancy's FI demo. Michelle: About eye changes.

### ATM Lesson #52 - Diana Razumny

#### Flopping knees side/side coming up to kneeling

CD#04/T25 [41 min] DVD#S02-9 Scene 8 [43 min] Source: San Francisco inspired

## Day 20 Friday August 20, 2010

### ATM Lesson #53 - Diana Razumny

#### All 4s to squat, frog jump plus bear walk

CD#04/T26 [53 min] DVD#S02-10 Scene 1 [53 min] Source: Based on Diana - developmental studies & Ruthy Alon inspired

PARTNERS -hands on ribs while contra-lateral creeping.

Stand, shift weight, step forward w/one foot, scan horizon, stay look around to side of leg standing on, look down at heel of foot that is still behind, as back leg steps forward, scan horizon around to other side, alternate - walking

### Discussion #43 - Diana Razumny

#### High points of segment & intentions for studies

CD#04/T27 [3 min] DVD#S02-10 Scene 2 [19 min]

Discussion: High points of segment & intention for study between. Person who speaks most in the group go last, person who speak least go first. See if those people can identify themselves. It's about awareness of habits.

### Discussion #44 - Diana Razumny

#### About walking & Gracovetsky's Spinal Engine

CD#04/T28 [11 min] DVD#S02-10 Scene 3 [12 min]

Diana: Eric had question about what percentage of people walk homo-lateral? After ATM's you may walk differently. Everything we've done in here is to help your walking - led up to walking. Show video of Hull (Gracovetsky)

### ATM Lesson #54 - Diana Razumny

#### Butt walking

CD#04/T29 [36 min] DVD#S02-10 Scene 4 [40 min] Source: Based on Diana - developmental studies & Ruthy Alon inspired

At end of ATM partners - one sit behind other, hands on ribs while both butt walk forward. Groups watching each other walking.

### ATM Teaching #06 - Diana Razumny

#### Teaching transitions from lying to sitting

CD#04/T30 [28 min] DVD#S02-10 Scene 5 [63 min]

ATM Teaching: Groups review ways of transitioning from lying to sitting from front, back, side and all 4s. Each group has just one of the 4 starting positions. Prepare to teach 3-5 ways to whole group, decide who will teach each version. Book recommendations.

### Discussion #45 - Diana Razumny

#### Closure

CD#04/T31 [13 min] DVD#S02-10 Scene 6 [13 min]

Closure: Babies swimming (mira) Send email of how the segment went for you. Will email resources.

### ATM Lesson #55 - Diana Razumny

#### Review variations of rolling

CD#04/T32 [39 min] DVD#S02-10 Scene 7 [40 min] Source: Diana