

## Day 21 Monday November 8, 2010

### Discussion #46 - Yvan Joly

#### Introduction

CD#05/T01 [16 min] DVD#S03-1 Scene 1 [16 min]

Diana introduced Yvan. Yvan talks about proximal/distal. Do you notice becomes frustrated during the training? Monitor internal smile and carry a certain mood in the learning.

### ATM Lesson #56 - Yvan Joly

#### Pelvic Clock #1, sitting

CD#05/T02 [47 min] DVD#S03-1 Scene 2 [47 min] Source: inspired by AY#19 & AY376

1. Sit, lean on hands, legs crossed, lift/switch leg in front. Look up/down. Pause
2. Repeat, include noting eyes, include pelvis rolling up/down (top of pelvis forward/back)
3. Repeat, include exploring hand position, fingers pointing forward or back. Feel for middle of range for comfort.
4. Repeat, leaving head facing forward, just rolling pelvis.
5. Repeat rolling pelvis w/soles facing each other. Pause, explore knees lifting/lower.
6. Repeat, soles together, roll pelvis forward/back, note belly. Push belly forward, contracting back while rolling (top of pelvis) forward
7. On back, soles together, roll pelvis up/down.
8. Sit, soles together, imagine sitting on a large clock, roll pelvis. between 12/6.
9. Stand, sense, walk.

### ATM Lesson #57 - Yvan Joly

#### Pelvic Clock #2, on back and sitting

CD#05/T03 [25 min] DVD#S03-1 Scene 3 [25 min] Source: inspired by AY#19 & AY376

1. On back, stand feet, lift/drop 1 foot/leg, then other, sense where legs stand easily. Roll head up/down, chin towards/away from throat. Then roll head side/side. Imagine clock behind head, roll between 12/6. Cont w/index finger in belly button to note resonance.
2. Sit, lean on hands, soles together, imagine clock under pelvis, roll between 12/6. Attend to leaning on arms so torso is free to move rather than hold you up. Pause.
3. Return, direct pelvis towards Right thigh. 2 o'clock. Note head, face, shoulder. Note pushing on Left hand and Right knee comes closer to the floor.
4. Sit, soles together, roll pelvis, directing towards 11 o'clock (Left knee). Note Right hand pushing, Left knee lowering. Return to 6. Note head/shoulder. Roll between 12/6.
5. Stand, walk.

### Discussion #47 - Yvan Joly

#### Mirror neurons

CD#05/T04 [30 min] DVD#S03-1 Scene 4 [30 min]

Mirror neuron story about the monkey's neurons mimicking reaching for grape when watches lab tech do it. Explains how we relate and understand each other, system of resonance. Allows for morality and ethical behavior. Training provides opportunity to expand on the repertoire. Aikido masters watching ballet compared to watching the familiar Aikido activities. We don't resonate with something we don't understand. Training gives variety of movement repertoire. Train to be more sensitive and resonate better. Christopher Alexander, architect, people resonate with the "quality with no name". Rather than an "under-standing" you have an "in-standing" of people's experience and know the difference between the "other's" experience from your own. Sympathy, sharing experience, both people having the same experience. Empathy is experience of feeling what the other is having and knowing it's theirs. When working with someone, you notice feelings that are theirs and you are just a witness. However you are doing lessons in class, for sure you will be able to do more after. More sophisticated have more preferences. Learn the work through your own experience. Changing your inner kaleidoscope. Hanging out with yourself. Moshe started having doubts then got social confirmation from scientists. Yvan studied human information processing, study of cognition. Creating humanized models of computers. Applying a strategy is the course of intelligence. Cognitive science is moving towards embodiment. Manipulating experience of sensing, feeling, moving. Cognition is distributed inside one person and in groups. Learning happens in a context. Feldenkrais is a method to concretize these ideas. It's all inclusive of many domains.

## **ATM Lesson #58 – Yvan Joly**

### **Pelvic Clock #3, on back & sitting, soles together & feet standing**

CD#05/T05 [56 min] DVD#S03-1 Scene 5 [56 min] Source: inspired by AY#19 & AY376

Begins with continuation of mirror neuron talk.

1. Imagine clock on floor behind pelvis, at the tail is 6 and 12 at iliac crest. Have 3 on Left, 9 on Right. Fill in rest of numbers in imagination. Roll pelvis between 6/12. Stand feet, continue.
2. Soles of feet together, go between 3/9.
3. Sit, lean on elbows/forearms, lower chin towards chest then lift to look up. Note low back. Look up/down then keep head/eyes horizontal, roll pelvis 12/6. Belly out, lower back lifted. Rest.
4. Return to leaning on elbows. Head/eyes horizontal, legs straight, roll pelvis 12/6, push/pull belly. Pause, repeat with soles together. Keep head/eyes on horizon.
5. Same position, roll pelvis 9/3. (talk of orientation – top of head/towards the ceiling)
6. Repeat same, think more of pressing side rolling pelvis towards rather than think of lifting. Repeat with soles together.
7. On back, soles together, knees all the way open, roll pelvis 3/9. Circle around clock, clearly going through each number/hour. If not comfortable, do in imagination.
8. On back, straight legs, roll pelvis 3/9. Stand feet, repeat, then 12/6. Note head clock, belly, lumbar, chin to throat. Circle clock. Pause, 12/6, push/pull from feet.

## **FI Exploration #17 – Yvan Joly**

### **Pelvic clock skeleton demo**

CD#05/T06 [16 min] DVD#S03-1 Scene 6 [18 min]

Skeleton, standing foot in balanced place. Both feet standing, rolling pelvis, hands on iliac crest, showing relation to head/chin movement. Optimal movement is mechanical connection from pelvic movement to head, if you don't do anything. Showing knees open to sides and what happens when pelvis rolls. Knees open when rolling down and together when rolling up. Connection to head. Breath and ribs affected, space for diaphragm to come down when belly goes out when pelvis rolls down and visa versa. Legs long, on elbows. Leaning on hands, orientation.

## **ATM Lesson #58 continued – Yvan Joly**

### **Pelvic Clock #3 continued**

CD#05/T07 [3 min] DVD#S03-1 Scene 7 [3 min] Source: inspired by AY#19 & AY376

Sit, lean on hands, soles together, rotate hands, note sternum/chest. Fingers back, chest opens, fingers forward, chest folds. Add rolling pelvis, note top of head getting taller/shorter. Note knees tog/apart.

## **ATM Lesson #59 – Yvan Joly**

### **Sensing face with qualities of touch**

CD#05/T08 [49 min] DVD#S03-1 Scene 8 [49 min] Source:

1. On back, sense from inside of face. Note expression of chin. Tips of fingers on chin, sense what you are doing when you bring lower lip forward like pouting. (Quality of touch: reflexive-listening)
2. Now repeat with fingers on the chin to indicate the movement with the fingers. Return to fingers as reflectors and then replicate the movement with the fingers.
3. Fingers on chin again, thumbs under chin, feel thumbs touching skin under the jaw. Go through layers of skin, tissue, muscle, bone, reflecting to area w/the fingers. Press tongue on pallet, sensing w/thumbs what happens at base of tongue.
4. Fingers on chin, pouting movement, listening w/fingers, then use fingers to replicate the movement (your turn/my turn).
5. Open/close teeth/lips a little. Place fingers on lips, repeat movement, not how/where movement is happening. Keep lips closed and open/close teeth. Hold lips between thumbs/fingers and move teeth behind. Rest. Open/close mouth simply.
6. Open/close lips keeping teeth closed. Open more to one side then other. Place fingers on lips and continue.
7. Bring attention to your nose. Touch nostrils to find which is larger. Place index on 1 nostril, thumb on other, open nose. Resist movement of nostrils. (measurement of ego strength by ability to open nostrils) Touch lightly & close nose. Attention to eyes, squeeze. Reduce parasitic movements. Keep eyelids shut and open eyes. Fingertips on eyebrows, repeat mvt. Open 3<sup>rd</sup> eye, close it, repeat with fingers sensing then indicating same movement w/fingers. Then use resistance, keeping shut w/fingers, then keeping open w/fingers, creating movement against fingers.
8. Place 1 hand on 1 side of face. Note if you sense side of face you touch or other. Change hands & side of face, compare.
9. Stand feet, roll pelvis down, hold, note breath. Roll up, hold, breath. Roll pelvis up/down, note which direction opens your mouth. Move upper jaw away from lower jaw as pelvis rolls up just by allow lower jaw to be heavy, chin quiet. When head rolls down, upper teeth come to touch lower jaw.
10. Legs long, oscillate from the heels anchored on floor, note head/jaw/chin.

## Day 22 Tuesday November 9, 2010

### ATM Lesson #60 – Yvan Joly

#### Sidelying, hip & shoulder differentiation

CD#05/T09 [37 min] DVD#S03-2 Scene 1 [38 min] Source: Yvan

Started off with check-in for 4 minutes. Talked about Tango class.

Lie on side, hips/knees bent at 90 degrees. Noting low back: explore bending knees more/less so heels come near/far from pelvis, bend in hips more/less so knees come near/far from belly. Pause in comfortable configuration of hip/knee relation. Take “top” shoulder forward/back. Explore a place for the “top” hand/arm to stand on floor in front of chest. Pause, roll pelvis forward/back. Shoulder/pelvis forward/back. Stay within range of the part that moves least. Pause. Repeat taking shoulder/pelvis forward/back. Then take shoulder forward, pelvis back. Switch, pelvis forward, shoulder back. Alternate forward/back with shoulder/pelvis, note head.

### FI Exploration #18 – Yvan Joly

#### Sidelying #1, touching hip & shoulder

CD#05/T10 [65 min] DVD#S03-2 Scene 2 [79 min]

Hip/shoulder forward/back

Break into pairs – 1 in sidelying, other sitting behind.

Note breathing – how/where

Begin to bring 1 hand to the top side of the ribs.

Start w/contact to clothing, go to skin, tissue under, muscle, bone.

Talk: Article about twins touching each other.

<<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0013199>>

Quality of touch: transparent

Bring other hand to person, one on ribs, the other wherever

Quality- Reflective. Explore eyes open/closed

Both hands, 1 on shoulder, 1 on pelvis, listen for breath.

Sit at head, person roll to lie on back, observe head, breath

Stay present while removing hands, change roles in silence.

Discussion – groups of 4 then large group about the process of touching. Michelle: witnessing, inner being. Yvan: meeting person where they are. Mari: about hot hands. Barbara: felt pulse in own hands – feeling both hearts. Yvan: attending to how much is you/them. We are developing our skill in sensing – metaphor of car mechanic/electronic computers reading. Feldenkrais develops our system to sense. Tendency to be reductionists. Kim: mirroring, loosing sense of self with client when acupuncture. Flipping between self/other. Yvan: 60% attention on self during FI to feel good at the end of the day. Ali: shared example in Cranial Sacral experiencing resonance. Sue: statement of working “on” each other in hear. Yvan: rap about working on versus with. Sue: how to be with someone who is vastly different, difficult to identify with. Yvan: this level of touch is usually with loved ones. Way of being with person not asking something of them. Sue: quality of faith that what you are doing will register. Matt: Noticed need to bring up acceptance. Allowing quality without anticipation. Michelle: asked for feedback. Experience most exquisite touching. Awe, just being present. Yvan: can only present who you are, no place to hide. Eric: during ATM said “allow”. How can you access allowance? Yvan: Example – Create an intentional movement from pelvis and you allow movement of head that is as a result. Had Carolyn press from of the knee to see how transmission of force goes through and Yvan allows it to go through – unless he’s contracting or holding.

### FI Exploration #19 – Yvan Joly

#### Anatomy

CD#05/T11 [34 min] DVD#S03-2 Scene 3 [34 min]

Demo with skeleton in position of sidelying. Looking for neutral of legs. Boney identification of pelvis, lumbar, ribs, sternum, clavicles, shoulder blade. Hand on trochanter, (bones take shape via use) move thigh/knee forward, pelvis rolling against the bottom hip joint. Hand on iliac crest to take forward/back. Analogue- hand on shoulder blade or head of humerus. 1 hand on pelvis/shoulder, roll forward/back at same time or opposite directions. Talk: astronauts loosing bone mass. Anything you don’t use in living system begins to disappear. Gravity dictates our nature. Joan: showing translation of the ATM into FI? Yvan: Yes, 2 modalities of the same thing. Diagram on board of 4 quadrants with ATM n one corner, FI in other (opp), Touch and vocal can be mixed and matched. History of development from FI to ATM.

## **ATM Lesson #61 – Yvan Joly**

### **Pelvic clock #4, lying with legs in variety of positions**

CD#05/T12 [50 min] DVD#S03-2 Scene 4 [51 min] Source: inspired by AY#77

1. On back, scan along spine. Stand feet, note change of low back. Roll pelvis 12/6, note head. Circle around Right side of clock from 12 to 11, 10, 9 . . . to 6. Continue, noticing head ½ circle. Repeat ½ circle on other side.
2. Circle head around occiput, note movement of nose. Pause, circle nose. Tip of index finger on tip of nose while circling, just following. Then both index on tip of nose and direct the nose around circle.
3. Circle pelvis all the way around clock one way several times, then other way. Note corresponding circle on back of head against the floor.
4. Stand one foot, other leg long, circle pelvis noting what part of clock more available. Pause. Switch legs, continue
5. Cross one leg over the other and repeat clock in each direction.
6. Stand Left foot, bend Right knee open to Right, continue circling clock. Note head clock circles. Switch legs, continue.
7. Soles together, continue circling around clock.
8. Stand feet, circle around clock, note head circle. Circle pelvis around Right side of pelvic clock while circling around Left side on head clock. Then continue pass middle so circle all the way around with each clock going opposite directions. Change direction of both circles.
9. Soles together, circle each direction, go quickly.

## **ATM Lesson #62 – Yvan Joly**

### **Holding the chin #1**

CD#05/T13 [24 min] DVD#S03-2 Scene 5 [24 min] Source: Amherst inspired 6/27-30/80

1. Sit, Right hand on R side of face, slide hand over top of head to other side. Continue, go around the back of the head exploring ways of Right hand coming to other side of face.
2. Right hand on Left side of face, slide hand around head to back of head, have hand slide across neck/spine in back, touch chin on other side when sliding around back of head. Turn chin towards hand coming towards chin from behind.
3. Repeat and use Left hand on Right elbow to help. Note ribs.
4. On back, stand feet, roll head small amount, so feel no muscles. Slide Left arm along floor in direction of overhead, lift head, continue sliding arm to come behind head, bend elbow, bring Left hand to Right side of chin. Hold chin like this so head is lying on Left arm, lift/lower pelvis.
5. Bring Right arm behind head, reach for Right wrist with Left hand, softly pull arm from holding wrist, bring Right hand to chin from the Left side. Repeat same in sitting. Stand, reach each hand/arm to ceiling to compare.

## **ATM Teaching #7 – Yvan Joly**

### **Transpose ATM to other side, trios**

CD#05/T14 [18 min] DVD#S03-2 Scene 6 [36 min]

Kim: That movement hurt me. Yvan: language – “In that movement I hurt myself”. Kim: I couldn’t do what I saw others doing. Barbara: Elbow up when moving, can move from shoulder, chest or lower spine. Carolyn: Fun part was sensing the pathway of hand on head, noticed an attitude about getting to the chin versus attending to the process. Yvan: touching yourself is significant, sensing the dimensions of the head. Story about man who was taught by mom to not be on the floor and don’t touch the floor much. Mari: eye sensitivity from morning eye operation, shifted something in face, neck and jaw. Yvan: connection of parts. Joan: pain in hips with clock then went away when focused on head. Yvan: dealing with trauma. Time and recreating a global sense of self. FM helps integrate the whole self.

## Day 23 Wednesday November 10, 2010

### ATM Lesson #63 – Yvan Joly

#### Holding the chin #2

CD#05/T15 [41 min] DVD#S03-3 Scene 1 [41 min] Source: Amherst inspired 6/27-30/80

1. Sit, Right hand to Right side of face, slide hand all around head on Right side. Cross the midline to the Left side, explore all around. Take Right hand to back of head and direct fingers around to chin, coming from the back of the head.
2. Lean back on L hand/arm little behind pelvis, reach R hand/arm to ceiling. Bend Right elbow to bring R hand behind head and around to chin on the Left side. Bring Left hand to Right elbow. Keeping frame of the arms connected to head, make a circle with the Right elbow one way and the other.
3. Lean on Left hand behind, Right fingers to chin on Left side from behind the head, start taking Left elbow towards the floor, return.
4. On back, Right arm behind head, reach for chin on L side, hold chin, stand feel, tilt knee Left, roll towards coming up to sit via roll onto propped Left elbow. Rest on back.
5. Return to same, thinking of coming to sit oriented to the front (where soles of feet are facing while lying of back). Return to lying in same orientation.

### Discussion #48 – Yvan Joly

#### Proportional distribution of work

CD#05/T16 [38 min] DVD#S03-3 Scene 2 [39 min]

Inspired by Vivienne's question about using belly muscles to sit up in the ATM. Proportional distribution of work, uniform distribution of muscle tone. Systems theory. Postural muscles, movement muscles. Example of leaning on elbows, difficult because using muscles for posture that are designed to create movement, like the neck.

Movement analysis ala Moshe. 4 important components in activity

- Intention
- Orientation
- Manipulation – organization of skeleton in space
- Timing – Synchronization

Example of tennis using all 4 components

Mari: about using imagination. Yvan: visualization vs imagination. Example: sit, eyes closed, tilt head to side, ear closer to shoulder. Then pretend/imagine you are doing the movement. Imagine you leave head to side then move head from the middle to match imagined tilted head then bring both back to middle.

Athletes and musicians (all performing arts) use imagination for practicing art.

Imagination without action can cause stress – example of accelerating car engine without putting in gear, creates heat and breaks down. Coming to peace with self, resolving issues so the repetitive imagining can burn you out like the engine. Kim: "Doing by heart" – Chinese medicine – heart rules memory. Shared personal woke up in panic attack and experience with sisters hiding her for fun. Tried to say "no, it's not fun anymore." Related to crossing midline with arms. Yvan: Saying no for yourself in doing lessons. You are the authority. This work reestablishes "internal authority." If you feel you are going too far, stop and allow for integration. Sleep is important to integrate. Teachers watch to help keep you in a process where you take care of yourself Lesson is container and process.

### ATM Lesson #63 continued – Yvan Joly

#### Holding the chin #2 continued

CD#05/T17 [14 min] DVD#S03-3 Scene 3 [14 min] Source: Amherst inspired

6. Sit, cross Right leg in front of Left, lean on L hand, Right hand to chin on Left side via back of head. Imagine lowering head, bringing Left elbow to floor. Then do 1/10<sup>th</sup> of the movement. Continue and come to elbow, stay there, imagine coming up.
7. Lie on back, bring hand to chin from behind, imagine coming up to sit facing front. Actually begin and go as long as comfortable.

### ATM Teaching #8 – Yvan Joly

#### Teach holding chin lesson in trios

CD#05/T18 [2 min] DVD#S03-3 Scene 4 [38 min]

Trios – 1 person teaches 2 others the "holding chin" lesson on the other side. Each person will teach 1/3 of the lesson.

## **FI Exploration #20 - Yvan Joly**

### **Sidelying #2, with feedback, guided**

CD#05/T19 [78 min] DVD#S03-3 Scene 5 [78 min]

Dyads contact with too much force and get feedback. Then guided FI.

On side, one hand on the shoulder joint and one hand on the pelvis with practitioner sitting behind. Student rolls forward and backward and practitioner follows. Practitioner can say it is too fast or slow. Practitioner proposes the movement but does ½ of what student did. Then you turn, my turn, to do movements. Then ask partner, how was this for you? Then practitioner put one hand on the trochanter and the other on the iliac crest. Back up to shoulder joint and other hand on shoulder joint.

## **ATM Lesson #64 - Yvan Joly**

### **Pelvic clock #5, on back, hip circles**

CD#05/T20 [53 min] DVD#S03-3 Scene 6 [53 min] Source: AY#82 & Amherst series 7/7-9/80

1. On back, sole of feet touching, roll pelvis between 12/6 and note knees. Pause, slide feet towards/away from pelvis. Pause.
2. Soles together, slide feet to one and back to middle. Pause, repeat sliding to other side. Rest with legs long.
3. Soles together, roll pelvis 12/6, note knees. Pause, continue, adding hands interlaced behind head, head lifted, noting how rolling pelvis affects your lifted head.
4. Arms long overhead, feet standing, roll pelvis 12/6. Pause, interlace fingers, rotate arm to take palms away from top of the head, soles of feet touching, roll pelvis 12/6, lengthening arms/hands away from head. Pause.
5. Same position with hands interlaced the non-habitual way, roll pelvis to 6 and extend arms, stop, roll pelvis to 12, extend arms.
6. Soles together, circle pelvis around clock. Pause, lift Right foot from floor and place the outside of the Right ankle to rest on the inside of the Left ankle, roll pelvis 12/6. Soles together again, roll pelvis, compared to before.
7. Stand, jump. Stand. Thumbs in belly button, fingers on lower belly, push out lower belly, add making sound from belly.
8. On back, stand feet, fingers on lower belly, push belly out with exhale. Pause, sound out with exhale, belly pushing out. Sound while pulling belly in. Pause, soles tog, roll pelvis. Repeat w/top of head on floor.

## Day 24 Thursday November 11, 2010

### Discussion #49 - Yvan Joly

#### Psychological content

CD#05/T21 [9 min] DVD#S03-4 Scene 1 [9 min]

Psychological content. Rules of the method. FM without lying on back.

### ATM Lesson #65 - Yvan Joly

#### 4 points #1, prep, standing with hands on table then floor

CD#05/T22 [70 min] DVD#S03-4 Scene 2 [70 min] Source: Amherst inspired series 6/18, 6/23-24/80

Sense partner's spine while they stand and have their hands on table with head hanging. Each person brings hands to floor without stretching backs of legs, allowing knees to bend. Continue, round back backwards, let head hang, let spine sink forward towards floor and look up with head/eyes. Witness experience and thoughts with interest in the process.

Demo: With Nancy, hands on table, standing. Looking at shape of spine depending on how far feet are from table, where the hands are, if the knees are bent or straight. Showing freedom of pelvis/hip joints with knees bent. Shows Nancy coming up from pulling in solar plexus which shortens hamstrings. Having her look up, movement was mostly in the neck. Instructed to involve the rest of the spine and directing the sit bones up, down with head looking up/down, keeping soft knees. Brought her up while extended with head/back. Demo: Carolyn A, same idea as with Nancy.

Stand in front of table or chair. Hands on chair, weight on all 4 points, lift one hand at a time, then each foot. Lift each diagonal hand/foot.

Story about projecting feelings on the environment and people around.

At table again, lift each hand/foot. Then lift both hands, lift both feet, then all fours. Rest on back.

Stand, bring hands to floor (unless better to be at table again). Go up/down few times. Stay with hands on floor, lift/lower pelvis, look up/down with head/eyes, exploring combinations. Note where knees are when pelvis is down. Rest on back.

Stand, hands on floor, lift each point. Lift Left hand/foot, Right hand/foot, both hands, both feet. Rest on back.

### ATM Lesson #66 - Yvan Joly

#### Holding the chin #3

CD#05/T23 [48 min] DVD#S03-4 Scene 3 [48 min] Source: Amherst inspired series 6/27-30/80

1. On back, stand feet, Right hand on face, Left hand on Right, guide Right hand with Left hand around face, then behind head via various avenues.
2. Arms overhead on floor hold Right wrist with Left hand, direct Right hand/arm to come under/behind head (lift head), direct Right hand towards Left temple or ear, chin.
3. Sit, repeat same movement of arms overhead then holding Right wrist. (talk of arms overhead out of modern kinesphere). Arms overhead, hold Right wrist, bring it to Left side of face towards holding chin. Switch Left hand to Right elbow, draw circle with elbow. Increase circle to be larger in front towards floor. Switch directions. Rest on back.
4. Reach for jaw/chin with Right hand from behind, bend knees to the Left side, roll to come to sit keeping head near ground, rolling over Left elbow. Come to sitting cross-legged facing front of room. Reverse, going down the same pathway. Rest on back.
5. Sit, Right hand on Left side of chin from behind head, sit cross legged, take head to floor and circle around to lying on back, keeping head/elbow near floor and end up in the same orientation. Come from lying on back, Left arm down by side, slide arm along floor overhead and continue up to sitting via the Right side.
6. On back, imagine coming up to each side with red dot on tip of Right elbow, imagine pathway of elbow. Orientation? Circle Left hand. Pause, repeat, note pelvis. Rest on back, arms overhead.

### Discussion #50 - Yvan Joly

#### Moshe Video "Speaking is not thinking"

CD#05/T24 [72 min] DVD#S03-4 Scene 4 [92 min] Source: 6/11/81

Yvan discusses history of trainings and about Israel and Moshe. Video of Moshe. Groups of 4 to look for examples of thinking and speaking being divorced. Then discussion in whole group.

## **ATM Lesson #67 - Yvan Joly**

### **Pelvic clock #6**

CD#05/T25 [27 min] DVD#S03-4 Scene 5 [27 min] Source: AY#82 & Amherst 7/7-9/80

1. On back, soles together, roll pelvis between 12/6. Start going around clock, noticing head clock/circles. Note directions of the 2 clocks.
2. Same position, seesaw breathing, expanding belly/chest alternately. Note knees.
3. Place hands behind lower back and move pelvis 12/6. Remove hands, repeat.
4. Soles still together, circle around clock, imprinting each number on the floor.
5. Continue, leaning on elbows and circle around the clock each direction.
6. Lean on extended arms, soles together, circle clock that's on the floor under the pelvis, each direction. Go 3/9 noting pressure in one hand/arm. Around clock each direction, note head/belly.
7. On back, soles together, circle head/pelvis clocks in opposite directions.

## **Discussion #51 - Yvan Joly**

### **Structure of the pelvic clock series**

CD#05/T26 [12 min] DVD#S03-4 Scene 6 [13 min]

Positions - back, on elbows, on hands, soles together, 12/6, 3/9, circling - Diagram of the combinations to create variations.



## Day 25 Friday November 12, 2010

### ATM Lesson #68 – Yvan Joly

#### Holding the chin #4

CD#05/T27 [69 min] DVD#S03-5 Scene 1 [70 min] Source: Amherst inspired series 6/27-30/80

1. Scan on back, explore breathing through nose.
2. Sit cross-legged, lean on hands behind, slide feet away to recross so other leg is in front. Pause, repeat with legs in the air, not touching.
3. Sit, leaning on hands, stand feet wide enough to tilt one knee to the sole of other foot, note pelvis walks forward. Can you also walk pelvis backwards, stepping with each tilt of the knees.
4. On back, feet standing hip width apart, tilt knees as when sitting, allow knee that tilts inward across midline come towards sole of other foot of knee hanging to outside. Note any walking of pelvis.
5. On back, slide long Left arm along the floor, hand passing midline to Right side so Left hand can come to Right side of chin. Repeat several times, pause holding chin and start sliding long Right arm along floor overhead, pass across head, roll Left to come to sitting, keeping head close to floor the whole time and reverse. Continue and come up facing wall to Left. Repeat to face wall to Right.
6. Stay to Right, holding chin, Right hand on floor to Right, slide Right hand forward out in front, eventually bring Right shoulder to ground in order to roll onto back.
7. From back, holding chin, come to sit facing front, via Right side, stand knees over feet when sitting, reverse. Then continue circling. Rest.
8. Repeat on other side. Add legs coming to crossed position when sitting.
9. Repeat, come all the way to standing. Repeat, come to squatting.

### FI Exploration #21 – Yvan Joly

#### Sidelying #3, exploring 4 modes of touching, guided

CD#05/T28 [57 min] DVD#S03-5 Scene 2 [57 min]

Demo with Marge. Sidelying, propping head so in line with spine. Review. One hand on shoulder blade, other on iliac crest. Use of self. Examples: While using this hold, roll person back by shortening low back- neurosis – opposing intention. Or, shorten front, rounding backwards while bring person back from pelvis and shoulder limits. So, keeping spine easy, lean back a little and they come along at the end of your arms. •Reflective touch (mirroring) – One hand on iliac crest, Marge takes hip forward, Yvan follows. •Indicative touch – Yvan indicates the movement of pelvis forward and back. Oppositive – Ask person to go against the movement. Hand at back of iliac crest, pushing a bit, Marge comes back (resists). Language – go against the movement rather than “against me”. •Anticipative – “Follow this movement” is a request in conjunction with the indicative. After all 4 explorations, do movement again, both hands on pelvis, and see how quality changed from beginning. Then go to one hand on pelvis, one on shoulder. Roll pelvis/shoulder forward/back. Then create twisting by taking pelvis forward, shoulder back and then reverse.

### ATM Teaching #9 – Diana Razumny

#### Teach lesson from ATM book

CD#05/T29 [35 min] DVD#S03-5 Scene 3 [97 min]

ATM groups play with lesson from ATM book. Speaking is not necessarily knowing. Play with distinction as you teach a movement instruction from your ATM lesson to others in your group. Each student teaches one step. First read the step and then teach it from your experience.

### ATM Lesson #69 – Yvan Joly

#### 4 points #2, standing with hands on floor

CD#05/T30 [42 min] DVD#S03-5 Scene 4 [44 min] Source: AY#432 w/Yvan variation; Amherst inspired series 6/18/80 & 6/23-24/80

1. On back, arms and legs in the air, hands and feet towards the ceiling. Lengthen arms/legs towards ceiling. Vary the combinations of arms/legs bending/straightening.
2. Stand on hands/feet, lift one hand, the other, both hands from floor.
3. Lift one foot a few times, the other foot. Lift Left foot and Left hand few times then Right side. Rest on back.
4. On hands & feet. Lift both hands few times. Leave hands down, lift both feet few times. Alternate lifting hands/feet. Then hop with all 4's off the floor. Pause in standing.
5. On hands & feet again, lift one diagonal hand/foot then the other, alternate.
6. Direct Right knee into the space between left hand/foot, lower Right thigh to floor to sit, reverse to all 4's. Go side to side with a little hop in the middle.

## Day 26 Monday November 15, 2010

### Discussion #52 – Yvan Joly

#### Checking in

CD#06/T01 [17 min] DVD#S03-6 Scene 1 [17 min]

Tiredness, sleep, consolidation of new experiences. Dreams, ATMs in sleep. Tired, unhooking from habitual, relief from any solicitation. Taking care of self, blanking out like going to movies. Have to commit to being here – show up. Weekends, sleeping, essential. Over stimulation is of our own making. “Dare to be. . . .” Mari: Question about understanding the source of pain. Yvan: Don’t look for why you have pain. Why questions lead into cause and effect endlessly. If you don’t know why pain came, do you think knowing why will cause it to go away?

### ATM Lesson #70 – Moshe

#### Head circles #1, sitting (Talk about symmetry)

CD#06/T02 [85 min] DVD#S03-6 Scene 2 [41 min] & Scene 3 [45 min] Source: Amherst 7/17/80

Moshe teaching from video: Lean on hands behind, alternate taking one shoulder forward other back. Let head roll, nose pointing L/R. Allow head to come to shoulder that is moving forward. (talk about symmetry) Camera on how a few people are moving. (talk about eyes and movement of head, dominant eye) Continue with lesson, making a complete circle of the head, pendular movement as well as turning. Stand, feel. (video break then speaking in French) Sit, stand R foot, fold L leg back, leaning back on hands, full circle of head. (more talk on symmetry) Stand, feel for asymmetry, note movement of head, eyes, spine. Lie on front, lean on forearms and elbows, hang head, swing L/R like pendulum. Continue with head to make complete circle. Feel sides for which is fast and easy and switch. Go each direction. Rest, return to elbows, continue head circles. Pause and straighten R arm to lift R shoulder and continue circling head. (talking about symmetry, connection between external world and anatomy, animals) Circle head with L arm extended, L shoulder lifted. (head of baby comes up with eyes horizontal in the room, about animals surviving, head turns to source of stimulation of teleceptors. Animals looking around before attacking another because vulnerable at time of attack. Animals mating look around. Humans are comfortable when can keep eyes/head related to space. Come from sit to stand with head free. Without that, feel like you are no good. Demo of student keeping head up, relating to environment while going from sitting to lying on belly – survival value. Self preservation.)

### Discussion #53 – Yvan Joly

#### About Moshe ATM Lesson

CD#06/T03 [12 min] DVD#S03-6 Scene 4 [10 min] & Scene 5 [3 min]

Importance of symmetry. Then later from the prospectus of survival, it is important to keep the head upright, the idea of teleceptors. So if you stop holding your neck you do not feel anxiety. You need to have that safety. So the mobility of the head and of the pelvis are the 2 very important ideas of Moshe. Survival and ability to relate to the world. Short video at end of chicken.

### Discussion #54 – Yvan Joly

#### Community meeting

CD#06/T04 [50 min] DVD#S03-6 Scene 6 [52 min]

### FI Exploration #21 continued – Yvan Joly

#### Sidelying #3, exploring 4 modes of touching, guided continued

CD#06/T05 [56 min] DVD#S03-6 Scene 7 [56 min]

Started with student on their back and rolling their head. Then sidelying guided as on Friday. Demo with Nancy.

### ATM Lesson #71 – Yvan Joly

#### Head circles #2

CD#06/T06 [48 min] DVD#S03-6 Scene 8 [48 min] Source: Amherst 7/17/80 and 7/20/80

1. On back, roll head. Sit, soles together, lean on hands, bring R shoulder forward, roll your head so R ear is on R shoulder. Head/ear rolls across shoulder, move shoulder forward/back while rolling head, head support when forward or back. ROB  
2. On front, elbow/forearm propped, alternate taking shoulders, one at a time, forward/back. Allow head to swing like a pendulum. Arms out at shoulder height, palms to floor, head turned to side, take the arm you are looking towards away from and then towards you, shoulder blade sliding to/away from spine. Repeat other side.

3. Forehead to the floor, slide one shoulder/arm in, other out alternately, note head response. Take both shoulders to/away from spine at same time.
  4. On back, arms out at shoulder height, palms forward, slide one arm away, note head/chin. Repeat with other arm. Slide both arms/shoulder blades at same time away/towards spine. Note chin.
  5. On front, elbow propped, hang head towards floor, bring shoulder blades together/apart. Alternate taking shoulders forward/back, head swinging side to side, begin circling head all the way around, looking up and out when head/eyes come to horizontal in the room.
  6. Sit, lean on hands, bring one shoulder forward, roll head up onto shoulder, switch to other side. Go side to side, eventually, if comfortable, allow head to go back behind, over to other side/shoulder, continue around in a circle. Attend to movement of sternum as a result of the head, shoulder and spine movement.
- Question: how do you know if movement is mechanical. Moving without variation.

## Day 27 Tuesday November 16, 2010

### ATM Lesson #72 - Yvan Joly

#### Head circles #3

CD#06/T07 [84 min] DVD#S03-7 Scene 1 [84 min] Source: Amherst 7/17/80

1. Sit, lean on hands, rotate arms/hands to find direction of fingers. Alternate bringing shoulders forward, one at a time. Begin to roll head around on shoulders and chest and back. Stay with head on one shoulder, gradually explore rolling head a little back/forward.
2. Sit, cross-legged, switch legs a few times without using hands. Stay with Right leg in front, bring Right shoulder forward, roll head up onto Right shoulder, find a way to take Left knee towards floor. Combine the two moves, head and knee, add lifting the Right knee so you end up standing on the Right foot. Allow belly to come forward over the Left thigh. Rest on back, roll head in middle of range. Roll head with hand on forehead.
3. Sit, lean on hands, Left leg in front, move Left shoulder forward/back, as shoulder comes forward, roll head up onto Left shoulder. Continue Left shoulder moving forward/back, head riding along and rolling a little forward and back. Let Left foot come to standing while lowering the Right knee to the floor. Bring the belly forward over the Right thigh.
4. Sit, lean on your hands, circle head all the way around, noting nose, eyes. Change direction. Rest on back.
5. On back, feet standing, slide hands behind lower back, lift head, note low back to look between knees. If hands limit low back movement, where does the movement happen? Lengthen Left leg and continue. Rest.
6. On back, stand both legs, Right hand on lower belly, thumb in belly button, Left hand on chest, seesaw breathing, expand chest while belly sinks in and visa versa. Make a slight sound on the exhale, slow and long, out your mouth. Continue the seesaw movement while exhaling, change speed of seesaw.
7. On belly, elbow propped, head hanging, look up/down, note belly/chest. Look to horizon, eyes open, look out at horizon. Raise head higher (top of head). Switch to elbow propped on back, look up/down, note chest. Seesaw breath, note head up/down. Rest then repeat with soles together. Think of lifting feet. Same position, hang head forward, circle around to back, to side and front. Circle each direction.
8. Sit, lean on hands, soles together, circle head around each direction, allow knees to tilt towards floor, belly forward over that thigh, note pressure shift on pelvis. Support head all the way around with shoulders, chest.

### FI Exploration #22 - Yvan Joly

#### Head circle ATM into FI and pushing through foot demos

CD#06/T08 [57 min] DVD#S03-7 Scene 2 [58 min]

Demo with skeleton of ATM. Position of head circle ATM. Sitting, leaning back on hands. Polygon of support - hands and pelvis (sitting bones). Emphasis on position of the hands so there is support. Soles together. Explores head being support by the chest and shoulders as it circles. Sternum goes way from the head as it rolls away from sternum. Yvan demos with self. Back to skeleton of the spine and legs response to the head circle. Demos with Matt & Brandon. Worked with Brandon in sitting and then lying on back to apply force from the bottom of the foot, support behind knee, as his knee stayed on table when Yvan lifted the heel. Yvan showed hand hold of thumb, index and middle finger creating a stirrup.

### FI Exploration #22 continued - Yvan Joly

#### Compression from the foot #1 continued

CD#06/T09 [48 min] DVD#S03-7 Scene 3 [67 min]

Demo with skeleton - showing need for knee support. Demo with Kim - support behind 1 or 2 knees, depending. Tripod finger hold (thumb, index & middle finger), thumb across the heel (below lower leg bones). Watch for head and eye response. Later demo with Maija to look at use of self. Neutral in back to be able to move forward easily rolling the pelvis on the hip joint. Demo with Carolyn R to find neutral. Demo with Joan. What does Yvan feel as he pushes through.

### ATM Lesson #73 - Yvan Joly

#### 4 points #3

CD#06/T10 [55 min] DVD#S03-7 Scene 4 [55 min] Source: AY#22

1. Stand, touch floor with one hand, other.
2. Imagine cutting grass around mat with a scythe. Hold the grass with one hand and cut with the other.
3. Hang arms/head towards floor, swing arms around, hands dragging on floor if possible. Loosen jaw, note difference if you tighten the jaw.
4. Standing, bring hands to floor in front, lower pelvis without lifting heels. Move hands to side near one foot and bend knees to lower pelvis without lifting heels. Repeat on other side. Walk all around on the floor with palms flat on floor, heels down.

5. Stand, bend knees, lean hands on knees, look up, stick tail out/up, then look down and tuck tail. Hands to floor, look between legs. Rest on back.

Milton Erickson Jay Haley "Uncommon Therapy". Story of man who came for therapy for washing hands.

6. Stand, hand on knees, leaning on extended arms, look up/down, hang belly forward towards floor when you look up, pull belly in when you look down. Knees stay bent, arms stay straight, movement is in the spine, head and pelvis. Same thing with head turned to one side. Pause and then repeat with head to other side. Go from side to middle to other side and reverse. Rest on back.

7. Stand, hands on floor in front, lift/lower pelvis, squatting with heels on floor. Repeat with both hands to the Right of the Right foot then the Left foot. As you go down with the pelvis, look up with head and eyes. Rest on back.

8. Stand, touch floor with hands, direct straight Right leg through the space of the Left hand and foot, lower the Right side of your pelvis to sit on the floor and reverse it so you return to standing. Repeat on other side. Lower head to lift pelvis. Rest on back.

9. Return to the same, alternate side to side, hopping in the middle, head comes up each time in sitting and down when pelvis is up in the middle. Rest on back.

Quote from Moshe in this lesson about effort and force.

10. Stand, hands to floor, head hanging, hop both feet from the floor, imagine coming down from hop to slide straight legs through to sit. Actually come to sitting with legs straight out in front, hands on floor next to pelvis, imagine pressing to bring straight legs through to come to standing. Just imagine.

## Day 28 Wednesday November 17, 2010

### ATM Lesson #74 - Yvan Joly

#### Head circles #4, supplemental lesson: lifting shoulders/hips, on back

CD#06/T11 [77 min] DVD#S03-8 Scene 1 [78 min] Source: Amherst 7/21/80

1. Sit, lean on hands, legs crossed, bring one shoulder forward, other back, bring head to forward shoulder, alternate Left and Right, resting head on each shoulder and chest while going through the middle. Do as if the head is just following the shoulders and spine moving. Rest on back.
2. Sit, same position. Return to circling head, continue from the half circle in front to continue on past the shoulder to the back and across to the other shoulder. Track your belly button, hips, knees, ribs. Rest on back.
3. On back, stand feet, lift shoulders, note weight shift. Bring hip joints forward a little, tailbone comes away from floor a bit. Pause, lift shoulders and hip joints at the same time. Note weight/pressure in middle of back, allowing head to hang back. Note ribs.
4. Again, lifting shoulders and hips again, attending to head hanging back and chest/ribs folding. Note if your jaw opens or closes in the process. Pause.
5. Continue with just lifting Right shoulder, directing it down towards Left hip joint. Pause, lift Left hip joint forward and up towards Right shoulder. Lift both shoulder/hip. Imagine the arc in space if the two were to come together. (Yvan demo with roller bending) Bring finger in space where you imagine they will meet while lifting ends of this diagonal and other diagonal presses. Rest. Repeat with other diagonal lifting.
6. Lift each shoulder forward, alternately. Note chin, C7, clavicles, ribs, spine, head turning towards shoulder. Stay with Left shoulder and add lifting Right hip. (Yvan stopped to demo with Barbara about having the foot standing and position of arm/shoulder)
7. Return to alternately lifting shoulder, noting response of head, add hip joints to create diagonal lifting. Attention to head/jaw. Place tongue between your teeth and slightly chew. Alternate shoulder lifting to roll head. Return to sitting, explore head circles like beginning. On back, roll head.

### ATM Teaching #10 - Diana Razumny

#### Putting 1 ATM step into your own words, then teach in group

CD#06/T12 [7 min] DVD#S03-8 Scene 2 [70 min]

Handout with highlighted section. Each person take one.

1. On your own, on your own mat, read through highlighted section. If you need to read the previous step to understand position, do that.
2. Get on the floor (or chair) and go through the movements. Get clear on the movements.
3. Talk yourself through in your own words so you get to the point of not needing notes.
4. Once clear, go through again and create noticing questions, guided awareness.
5. If time, read through the whole lesson on your own.
6. Come together as group & teach the lesson in sequence, each person presenting their part in order without using notes.
7. Write 2 ahas or learning: 1. What did you learn as a result of your own teaching and prepping? 2. What did you learn at the occasion of listening to your classmate.

### Discussion #55 - Yvan Joly

#### About ATM Teaching

CD#06/T13 [14 min] DVD#S03-8 Scene 3 [15 min]

Diana handed out ATMs for students to study and learn to teach one step. The taught step in ATM groups.

Eric: About figuring out how to reword instructions when students don't seem to be doing it. About helping during an ATM lesson or demonstrating: Balance in looking at this question, as you want them to explore on their own when possible.

Other options such as having a few people do the movement while others watch. Julie: demo on skeleton very helpful. Next project will be to form groups of 3 from your group of 6 and you will divide up your lesson in thirds and will teach it to another ATM group who haven't been studying your lesson.

### FI Exploration #23 - Yvan Joly

#### Compression from the foot #2 & moving head #1

CD#06/T14 [47 min] DVD#S03-8 Scene 4 [83 min]

Demo skeleton. Pushing through the foot. First find the middle of the range. Myth of slipped disc. The way we speak about ourselves tends to affect the way we can improve ourselves. Then move to head. Lifting head in several planes and directions: yes, no, maybe. Then return to foot. Demo with Ali. Practice in trios. Demo with foam rollers to show forces

through the spine based on the ankle you push. Demo with Carolyn A. Push through her foot showing how the forces need to be put through the leg in a way that it goes through to spine. With hyper flexion need to use roller under knee.

## **ATM Lesson #75 - Yvan Joly**

### **4 points #4, rolling on to back**

CD#06/T15 [31 min] DVD#S03-8 Scene 5 [31 min] Source: Amherst inspired series 6/18/80 & 6/23-24/80

1. Stand, 2 hands on the floor, pelvis up, head hanging, lift each hand/arm and foot/leg straight back towards the ceiling. Lift arm/leg on same side and take step. Repeat with other side. Walk then reverse direction. Rest on back.
2. Stand, hands down, lift Right hand and Left foot. Take step, alternately walk, reverse. Rest on back.
3. Stand, hands on floor, lift 2 hand, lift 2 feet, locomote like a frog, hopping forward with both feet, then hands reach out in front. Reverse it. Pelvis goes high.
4. Hands on floor, direct Right knee between your Left hand and foot, come to sit on side of thigh and pelvis. Once there, roll back, throw legs overhead, then roll up to sit and stand, return to original point.
5. Alternate side to side.

## Day 29 Thursday November 18, 2010

### ATM Lesson #76 - Yvan Joly

#### Head circles #5, jaw #1

CD#06/T16 [60 min] DVD#S03-9 Scene 1 [61 min] Source: Amherst 7/22/80

1. Sit, lean back on hands, legs crossed in front, hang head forward, begin moving shoulders in order to move head towards shoulder, Carry head on shoulder forward/back. Repeat on other side. Continue on to hang head back to circle side/side. Rest on back, roll head side/side.
2. On back, fingertips to jaw joint right in front of ear. Open/close mouth to feel articulation. Remove fingers, open/close mouth. Swallow, with head in position that needs no preparation to swallow.
3. Stand feet, thumbs and index fingers on chin to hold it and open your mouth, keeping the chin from moving up or down. Sit, open/close mouth. Fingers on jaw muscles and tighten jaw/teeth, stop, open/close again.
4. Sitting, hold chin with fingers, elbows braced so lower jaw stays fixed and upper jaw/head moves away from lower jaw. Feel eyes looking up, neck muscles in the back contract to bring top of head back. Pause, open/close mouth.
5. On back, stand feet, roll pelvis up/down little bit, note head rolls up/down, note jaw. Explore keeping teeth clenched while rolling pelvis, then with jaw/mouth open. Play with opening/closing jaw/mouth via rolling pelvis.
6. On back, stand feet, interlace hands behind head, elbows forward, lift head slightly, open/close mouth.
7. Same position, place small finger in mouth, pretend sucking on straw. Repeat without finger in mouth. Note expression of face when stop sucking movement. Repeat while holding head slight away from floor with interlaced hands. Pause, swallow, note teeth come together. (only time necessary) Suck, note lips/face as you stop sucking. (story of dog trainer & body posture effecting mood)
8. Sit, lean on hands, suck, explore sucking to each side. Look up and suck, look down, pause, feel expression on face and inside of satisfaction. Suck forward, pause to lie on back, continue sucking. Pause, feel self satisfaction.
9. Sit, lean on hands, return to circling head with help of shoulders coming forward and back.

### Discussion #56 - Yvan Joly

#### Non verbal experience and note taking

CD#06/T17 [16 min] DVD#S03-9 Scene 2 [17 min]

Michelle-mood. Yvan: hang out with yourself. Laurie: feedback during FI. Groups of 3 was really good. Yvan: developing an understanding and profession we have to come up with ways of describing and it helps to work with each other to develop a language. Mari: emotional few days - learning of not asking for help and having people available. Craig: far from teaching cuz was in his "stuff". At age 7 contemplated becoming mute because of painful experience through perception. Really appreciated Michelle's teaching from that place she was while teaching. Yvan: unpredictable and non-specific. Carolyn: Michelle, things that come up, surprises, swimming in deep change that's happening, discomfort and still here. Being kind to self during process. Grief, memories. Yvan: we create the context and it's your choice what you do with it. You can control the amount of what comes up with your pacing. Michelle: recognize not isolated in here. Yvan: learning you don't have to isolate when not in a good mood.

### ATM Lesson #77 - Yvan Joly

#### Head circles #6, jaw #2

CD#06/T18 [46 min] DVD#S03-9 Scene 3 [46 min] Source: Amherst 7/22/80

1. Sit, open/close mouth, sense which tooth/teeth start touching first. (skeleton demo of jaw - Dawson Dental work; sliding bottom jaw forward and to side; chewing action is a circular/spiraling movement; comment on skeleton's mood, smiling inauthentically)
2. Sit again, notice bite of teeth, how they come together. Feel if there is a solid bite and if not, which tooth would need to move? Safe? Move lower jaw forward of the upper. Emotion connected to this position? (aggression, need for survival. Cultural difference) Bring jaw forward and say "my name is . . ." Move jaw backward (lack of assertiveness, stubbornness?) Place point of index finger on chin, keeping jaw retracted, say something, then bring jaw forward and say something. Rest on back.
3. On back, open/close mouth, note neutrality of muscles and where teeth come together. Move lower jaw Right, middle, Left. Note which teeth touch. Gently bite end of index, slide jaw side/side, upper teeth moving against fingernail.
4. Sit, repeat biting fingernail and sliding jaw side/side. Pause, fingers on sides of jaw, increase bite, feel muscles, note any side/side movement. Rest on back, feet standing, open/close mouth.
5. Sit, soles together, lean on hands, roll head with help of shoulders moving forward and back. Roll/circle head around all the way one way and the other. Lean on Left hand, Right hand in front of face, move hand in arc side/side, up to side,



down in middle, follow with head/eyes, continuing until making full circle. Reverse direction. Switch hands/arms, repeat. Rest on back.

6. Sit, roll head around circle like beginning, each direction. On back, roll head, feel for quality. (Alfred Korgibzki "the map is not the territory". Made famous by Gregory Bateson. Use of language concretely.) Follow movement of head rolling to sit and stand. Look around room, take hands out and around to define visual field.

## **Discussion #57 - Yvan Joly**

### **Fractals of Mandelbrot**

CD#06/T19 [56 min] DVD#S03-9 Scene 4 [56 min]

Fractal geometry formulated by Mandelbrot. Broccoli example of fractals. Same for our lungs. They are fractal structures. Moshe said that if you want to know a person, look at how they move. We are always the same in all aspects. Look for what are the patterns of movement that compose this person and where are their variations. There are very simple rules of the behavior of a person. I am trying to find out, how do you generate your behavior and how can we vary them. No ambition in changing people in this method. So you change but it is also the same person, it is always use. Video of Mandelbrot lake. TED video of Mandelbrot speaking. Small variations in identity is all we can change.

## **FI Exploration #23 continued - Yvan Joly**

### **Compression from the foot #2 & moving head #1 continued**

CD#06/T20 [1 min] DVD#S03-9 Scene 5 [38 min]

New trios practice from foot, then head and then back to foot as in yesterday's practice.

## **ATM Lesson #78 - Yvan Joly**

### **Head circles #7, holding head, kneeling and on back**

CD#06/T21 [29 min] DVD#S03-9 Scene 6 [31 min] Source: Amherst 7/21/80

1. On back, take eyes Left/Right, rolling head to follow. Fix eyes forward, continue rolling head. Pause. Stand feet, roll pelvis up/down, look up/down with eyes, head moving along, rolling up/down. Keep eyes fixed forward, continue.
2. On knees, Right hand over top of head, holding Left side of face, circle elbow in space. Pause, bring Right foot forward and repeat. Switch to Left foot and Right knee and continue. Rest.
3. On knees, bring both forearms to top of head, holding elbows with opposite hands, circle head with both arms holding. Rest on back. (working with Andre and talk about going fast and not paying attention)
4. Sit, soles together, lean on hands, circle head using the shoulders. Stop, change direction, continue with interrupting to change direction. Rest on back.

## Day 30 Friday November 19, 2010

### ATM Lesson #79 - Yvan Joly

#### From lying to squatting, flopping knees, on back & sitting

CD#06/T22 [72 min] DVD#S03-10 Scene 1 [73 min] Source: San Francisco and Amherst inspired

1. On back, slide Left arm along floor towards overhead. Add feet standing and tilting knees to the Right as Left arm comes overhead. Pause.
2. Repeat, except starting with legs long, bending as needed when rolling to Right side. Keep head near floor all the way to come to sitting, head lifts last.
3. Stay sitting, lift knees and tilt to other side, leaning back on hands. Alternate tilting knees. Feet wide enough so knee tilts towards sole of other foot. Sense the forward moving of the knee that is tilting across midline. Flop knees side/side. Continue with keeping eyes on horizon.
4. Repeat, from back, sweeping around to Right and when sitting, flip knees to Left and go down to lying on the Left.
5. Both arms overhead, sweep both arms around to Left and up to sitting. Continue sweeping arms forward, flop knees to the Right and continue down to lying on your back.
6. Stand, bring hands to floor, lower pelvis towards floor, explore knees inside/outside of knees. Stand, bring hands to Right so Left hand is to the Left of Right foot and Right hand to the Right of Right foot. Repeat to other side, go side/side.
7. Stand, hands to floor around Right foot, squat. Repeat other side. Go down to squat on one side, let knees come to floor, reverse. Go to other side. Go side/side.
8. Sidesit, come into squatting and take knees to other side, go side/side. Circle around to lie on back and come up on other side into squat, reverse.
9. Stand think of rehearsing the movement on one side all the way down to lying and reverse, go up/down and all around all in your imagination. Actually explore the movement. Rest on back.

### FI Exploration #24 - Yvan Joly

#### Compression from the foot #3 & moving head #2

CD#06/T23 [22 min] DVD#S03-10 Scene 2 [52 min]

Demo with Craig. Review of yesterday. Start at foot with student on back. Find neutral by moving leg laterally and up and down. Put roller behind knee. Push through foot into skeleton. Give proposal and let him think about it and wait. Reproducing what it would be like if the person is standing and has weight through the leg. Then from head. Lifting head and wait for breathe. Bend head to side. Roll head. Find neutral through this process. Then use pads under head as needed. Then back to foot pushing through and feeling changes. New piece with standing legs. Roll self from pelvic to push up in direction of head and then other way. Keyhole position of fingers and push on crown of head through skeleton and to feel the connection between head and feet. Practice in trios.

### Discussion #58 - Yvan Joly

#### Review of segment

CD#06/T24 [2 min] DVD#S03-10 Scene 3 [29 min]

Groups of 4 or 5 review your experiences of the ATM series this segment.

### Discussion #59 - Yvan Joly

#### Questions about the method

CD#06/T25 [37 min] DVD#S03-10 Scene 4 [38 min]

Michelle: Discussed in our group how there are many things we learn that don't seem connected. So some confusion about how we are learning in the training. Yvan: Many meta themes as we learn better when many different things taught that are connected. Carolyn A: Deep movements in my life and not always conscious. So how do I become aware of these deep movements and do I need to become aware of them. Yvan: What is the unconscious? Different definitions. Awareness in itself is not the goal of this work. The goal is to turn intention into action. The method does not exclude anything. Kim: You say slow down because you may miss it. Should I be getting it? Yvan: No, that is endless. The "it" is the process.

## **Discussion #60 - Diana Razumny**

### **In-between segment studies & Group Blog**

CD#06/T26 [20 min] DVD#S03-10 Scene 5 [21 min]

ATM teaching experience went well, from the comments I received. Between segments if you want to use each other to practice, great. Or you can study alone. Either works. The next segment we will be experiencing more about voice and we will have a guest teacher for that purpose. Demonstrated on computer new blog that Diana created for our training group.

## **ATM Lesson #80 - Yvan Joly**

### **4 points #5, rolling in unison**

CD#06/T27 [39 min] DVD#S03-10 Scene 6 [41 min] Source:

Song by Carolyn Arnold before ATM lesson.

1. Stand, bring hands to floor, walk hands around in front and to sides. Plant Right hand on the floor and remove Left from floor, walk around the Right hand in each direction.
2. Standing, imagine holding a bowling ball and roll the ball along the floor, notice which foot you put forward and send it in a way that the ball doesn't fall. Try the other foot forward with the same arm. Try same side and opposite side leg coming forward. Rest on back.
3. Stand, place hands on floor in front, bring Right knee into space between Left hand/foot, sitting on side of pelvis/thigh. Reverse and switch to other side. Continue and roll onto back with feet in air, return and switch to other side.