

Day 71 Monday February 6, 2012

ATM Lesson #180 – Katrin Smithback

Foot/hip discrimination

CD#15/T01 [61 min] DVD#S08-1 Scene 1 [61 min] Source: Esalen #15

STAND ON HANDS & FEET – Flex/ext both feet. R ft only. L ft only. Alternate. Take R foot to outside, knee stationary. Leave ft outside, look at it w/ head, bending neck. Move leg/head simultaneously. Flex foot & do. Rotate head (& shorten R side) to look at foot. Take R foot to R & head to L, no rotation, spine like stick. Do w/ flexed foot. Take R foot to R, head moves as it wants. Do fast. Flex/ext both feet. R ft only. L ft only. Compare. Sit back onto your heels, ft extended. Compare R/L. Stand R foot in front of you. Take it back. Do w/ L. Compare. Do all mvmts w/ L foot.

STAND ON ELBOWS/FOREARMS & KNEES – Flex/ext both feet. R ft only. L ft only. Alternate.

STAND ON HANDS & KNEES – Take both feet to outside. Take both to R. To L. (Head moves how?) Flex feet & do. Then do moving body as stick, head in opp direction.

STAND ON ELBOWS/FOREARMS & KNEES – Flex feet & try to touch buttocks w/ them. Keep feet close to butt, flex/ext both feet. Alt. Flex/ext both fast. W/feet flexed, move feet to/from butt. (if move forward, easier to flex jts) Do w/feet stretched- compare. Alt. mving ft to butt, both flexed/ext.

STAND ON HANDS & FEET – Flex/ext both feet. R ft only. L ft only. Alternate. Join legs tog, move flexed feet to R. Do moving head/eyes to R w/ feet. Then moving head, spine like stick, to L as feet move R. Do w/ feet moving to L. Alt. moving feet L/R- try moving head both ways. Join legs, feet stretched. Take feet to R, leave there, sit back on floor, facing forward. Move feet to other side & sit back. Alt. Hands always return to same spot, head stays in same direction all the time. Knees open comfortably. Flex/ext both feet. Take both feet to outside & back in- flex one way, stretch the other. Do opp. way.

WALK

FI Exploration #57 – Katrin Smithback

Kneeling over the table #1

CD#15/T02 [49 min] DVD#S08-1 Scene 2 [83 min]

Demo with skeleton. First how to support the person on the table. Pads on floor under knees. Something under feet or ankles. Position of pelvis against table. Legs under pelvis. How close legs. Thighs have space. Supported and yet mobile. Check with person for comfort. Head to side so neck comfort so position one arm up and other arm down away from direction head is turned to. Start with person to make them comfortable in groups of 3. Discussion about problems you ran into with positioning. Different people's requirements in terms of length and proportions. Maybe you should not work with this person in this position. Potential for many people to be more symmetrical than lying on the stomach. Benefits of prone but more comfortable. How do you get the person up at end of lesson? Then groups of 3 take turns of being into kneeling position and work on how you can get them out of the position.

ATM Lesson #181 – Katrin Smithback

Bending the spine, sitting on a chair

CD#15/T03 [55 min] DVD#S08-1 Scene 3 [55 min] Source: AY#146

SIT on front edge of chair, feet planted. R hand on top of head. Tilt head to R. Put L hand on head, *R arm hangs & bend to R. Compare. Do w/ R hand on head again- compare. Do to L side. Entire side bends, one shldr drops, wt. shift on pelvis, etc.* Bend the head backward, hands on knees. Put the fingers on the forehead- as head hangs back, lift elbows, as if pushing w/ fingers. Do w/ L hand only. R hand. Both. *Belly goes forward, back bends- make uniform. Don't tilt body for or back.* Rest chin in hands, hands like V. Lift elbows to front as head goes back. Interlace hands, put behind head. Direct elbows in arc forward & up toward ceiling & back down. *Back rounds as elbows move down.* Lower head, turn head to R, put L hand on R ear. Move L elbow in large arc toward ceiling and down. Do on other side- R hand on L ear, do mvmt. Interlace hands behind head & do mvmt- compare. Turn both shldrs to L, L hand on chair behind you, bring R arm up to shldr height, bent at elbow (like dead bird). Look at hand, move hand to L- *turn shldrs, head, whole self.* Put the R hand on backrest of the chair, shldr hight, slide it to the L, follow it with eyes, & return-*don't lift butt off chair, don't tilt push lower belly forward as do. Keep eyes at horizon level.* Do w/ head & hand going together- then opp. *Spine lengthens as twist- head high.* Round spine & do same mvmt- *notice how spine moves differently.* Do on L side. Interlace hands, put on top of head. Tilt to R. Tilt to L. Change interlacing, alt L/R- do faster. Repeat all mvmts we did in lesson 2 or 3 times.

Discussion #119- Katrin Smithback

Auxiliary movements

CD#15/T04 [25 min] DVD#S08-1 Scene 4 [38 min]

Groups of 3. 3 different auxiliary movements from ATMs. Group discussion about auxiliary movements. Auxiliary movement is something you add to the movement and then taking it away. Shows the importance of organization instead of reps. Can be dramatic change.

ATM Lesson #182 - Katrin Smithback

Candelabra Arms

CD#15/T05 [20 min] DVD#S08-1 Scene 5 [20 min] Source:

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ATM Lesson #183 – Diana Razumny

Folding, rolling back, taught to the public

CD#15/T06 [49 min] DVD#S08-2 Scene 1 [49 min] Source: San Francisco Evenings Vol 1 #2 Rolling

Stand feet, hands behind head: Fold, bring together: L elbow/L knee; R elbow/L knee; Chin/L knee. Forehead/L knee; Alt above 4. Stand feet, face R, L hand holds R ear, R hand holds L knee. Bring tog: L knee/ear. Switch hands/face rpt. Rtrn to original mvt. elbows/L knee tog – compare to beg. Hand on belly/chest, note mvt. Rtrn to orig. mvs with non-habitual interlacing of fingers. Each elbow to L knee. R hand behind head, L behind L knee. Bring L knee tog w/chin, mouth, nose, forehead. Switch hands, rpt. Interlace fingers behind L knee. Bring head/L knee tog – forehead, chin, nose, mouth, ears. Straight R LEG, SWING, forehead/knee tog, swing to sit. Lift bent knees, reach between legs w/cross arms. Rock up/down, swing legs overhead, then up to sit. Switch which arm is on top. ROB. Repeat a few of above mvs w/R knee. Hands interlace behind head, touch knees/elbows. Same side, opposite side. Sit, soles tog, hold both feet w/1 hand, other hand to side. Roll back, rtn to sit. Switch hands, rpt. Hands behind head, knees/elbows tog/apart. Reach behind both knees w/L forearm, turn face L, hold head w/R arm, head/knees tog, rock/roll. Rpt OS. Both arms behind both legs, roll then sit. Hands interlaced behind head, knees/elbows tog, hold knees w/elbows, hold elbows/knees.

ATM Lesson #184 & FI Exploration #58 – Katrin Smithback

On hands and knees, tilting the pelvis

CD#15/T07 [58 min] DVD#S08-2 Scene 2 [87 min] Source: San Francisco 6/22/77

Started with questions for 5 minutes. Then ATM interspersed with groups of 4 doing observation of movements. ON HANDS & KNEES – Join knees (is one shldr higher?). Move pelvis L/R- which way easier/more? Which hand has more wt? (Don't move shldr- keep fixed- this limits pelvis to flexibility of spine). Where do you bend in spine? Compare sides. ON FOREARMS & KNEES, knees spread comfortably. Move pelvis to R. What happens in L hip joint? Note how pelvis tilts. (L hip joint opens, moves forward toward floor.) (Knees/thighs/pelvis form trapezoid – all angles change as move pelvis) Turn head to side & put one ear on floor (to fix head& shldr)- which side did you put on floor? Put one arm back along body-put inside legs. Which arm did you choose? (Mvmt of pelvis depends on organization of head, 7th cerv, shldr, clav) Turn your eyes/head to look toward the ceiling. Notice if shldr interferes- if too close to head, will hamper head mvmt.- move shldr down. Lift head off floor and move pelvis L/R again- compare to before. Rest on back. Put other ear on floor, head turned other way, other arm down- turn head to look toward ceiling. W/ ear on floor, lift ischium toward ceiling. (have to let abs relax.) Take head off floor. Put arms right distance apart, so they are supporting the shldr. Move elbows tog/apart, hands tog/apart until you find right distance. Move shldr L/R. (shldr/forearms now form trapezoid)- note changing of angles. (Depending on how far apart arms are, trapezoid may be inverted- note: w/ arms wider than shldr, L shldr jt drops forward toward floor as move shldr R. W/ arms narrower than shldr, R shldr jt drops forward as move shldr R.) Move shldr & pelvis R & L together. Then move them opposite. Pay attn. to changing angles. Notice wt shifts on arms, knees. When could you lift your R knee, L knee, R elbow, L elbow? Move so the R ear moves toward the R shldr. If move shldr & pelvis to L, will happen. Do L ear to L shldr as move body R. Do opposite. Move hip jts/shldr to R then L, moving head- one side gets longer, the other shorter. Keep knees and elbows apart, put hands & feet close tog. Move hip jts/shldr to R, bending head- can you lift L knee & elbow from floor. Do to other side. Alternate- is it easier to lift one side than other? Put head on floor looking to R, resting on L ear. Put L arm long between legs, then R arm (both arms now betw. Legs). Lift both ischium, then lower. Do w/ head turned to L.

Discussion #120– Rob Black

Guild student membership

CD#15/T08 [23 min] No Video

Rob Black, president of the Feldenkrais Guild, presented an overview of the guild and the benefits of joining as a student. Students received guild packets with the journal.

Discussion #121– Katrin Smithback

About the Journal & ATM lesson

CD#15/T09 [25 min] DVD#S08-2 Scene 3 [25 min]

Read the Journal. For instance, Linda Flanders' work with teenagers in the criminal justice system. Adam Cole with kids with autism. Article on balance. Using the method using psychology. Excerpt of book review about spatial awareness. Carl Ginsburg book is reviewed by Dennis Leri. Carl reviewed 4 books on phenomenology. Next journal the topic is humour and play. You can submit something, article, story, artwork, poetry, etc.

Then discussion about ATM Lesson observations.

FI Exploration #59 – Katrin Smithback

Kneeling over the table #2

CD#15/T10 [36 min] DVD#S08-2 Scene 4 [72 min]

Demo with skeleton. Pairs find landmarks on each other's pelvis and spine while taking turns kneeling over the table. Now move person. Demo with skeleton. Demo with Craig. Kneeling over the table. Pushing through sitbone with fist. Sitting, pushing through knee using whole self.

ATM Lesson #185 – Katrin Smithback

Cardinal head movements

CD#15/T11 [35 min] DVD#S08-2 Scene 5 [35 min] Source: AY#100

LIE ON BACK, legs long. Interlace hands behind head. Lift head from floor.

LIE ON STOMACH - Hands on top of ea. other, forehead on hands. W/ top hand, lift head- *arm & elbow lifts also, use back to lift*. Change hands and do. Lift head w/ both hands/arms.

LIE ON BACK - Interlace hands non-habitually, put behind head. Keep elbows open, parallel to floor. Lift head slightly, move head & shldr to R, lift head & take to L, put head down & take to R- making large circle. *Nose always to ceiling, elbows open*. Do circle in other direction.

LIE ON STOMACH - Put R hand on top of head (*not behind*)- Rest forehead on L hand. Lift head with R hand - *L hand stays on floor*- take head to R, then close to floor and to L, then lift and take to R- make large circle. Change direction on circle. Do with other hand, both directions.

LIE ON R SIDE - Put R hand behind head. Put L hand on top of head, fingers near R temple. Lift head- so that elbow moves L, toward ceiling- *not forward or back. Feel bottom ribs press floor, ribs on top move together*. Lift head, take it backward & make circles with it. *Elbow always points to ceiling*. Change directions. LIE ON L SIDE. Lift head & do circles on this side.

LIE ON BACK - Turn face to R, R ear close to floor. Put L hand behind head so R ear on L palm & lift head- each lifting of head turns head more to R. *L shldr will lift more than R*. Do circles with head & hand- face to side the whole time.

Change directions and do. Turn face to L, R hand under L ear. Lift. Do circles, both directions.

LIE ON STOMACH - Put forehead in palm of R hand. Put L hand on back of head. Lift L elbow & roll head on R palm. *The L elbow moves L & R, the head rolls on the palm*. Change hands and roll head.

LIE ON BACK, rest & scan.

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ATM Lesson #186 – Diana Razumny

Bending backwards, on front, taught to the public

CD#15/T12 [61 min] DVD#S08-3 Scene 1 [61 min] Source: San Francisco Evenings Vol 1 #3 Bending More Easily

Back scan. On front, hands overlapped, forehead on back of top hand, lift head to look in front, mark point on wall. (Ref) On front, R hand on L, face R, lift head/hand/R arm. Pause, Rpt, add translating head/arm R/L. Switch hands/head, Rpt. Forehead on hands, take eyes up/down. Pause, take eyes up, lift head a little, take eyes down, take head down. Pause, take eyes up, as lift head, take eyes down, rvrs. Rtrn to Ref. R hand on L, face R, bend L knee, lower leg vertical, flex/ext ankle (extreme, decreasing to small), stay with ankle @ 90 angle, lift leg/knee from floor, directing foot to ceiling. Note pressing of your front? Soften ankle, lift leg again, note elbows. Lift leg/head/arm. Rpt OS. Ref. ROB, note back. On front, L hand on R, face R, lift/translate head/arm. Switch hands – Rpt – Rpt OS Pushing belly to floor. On back, interlace hands behind head, lift bent knees, feet/knees, roll L/R, up/down. On front, hands overlapped, forehead on hands, bend both knees, lift/lower knees, (knees spread/push belly) elbows lift. L hand on R, look L, lift L elbow, lift both elbows. Forehead on hands, legs straight, lift head/arms/legs. Pause/Ref. On back, lift bend knees, hold below knees from outside, spread knees, lift head, rock up/down. On front, hands push-up position, R cheek on floor, lift/turn so L cheek on floor, alt. Add: Knees bent/spread, push belly to floor, lift head, turn to look over R shoulder to see R foot/heel. Compare shoulders. Pause, rpt OS, then alternate R/L. Press backs of hands on lower back w/fingers. R hand on L, face R, lift head/arm, rpt OS. Hands on floor near shoulders, lift head/eyes, note point on wall. Compare to beg. Rtr to point at beg, think what stopped you? What changed? Ref, forehead on hands – add lifting bent legs. Stand, feel back, head, breathing. Rtrn to back, fold bringing knees to chest, rock R/L, up/down.

ATM Lesson #187 – Katrin Smithback

Chin in cup of hands, kneeling

CD#15/T13 [53 min] DVD#S08-3 Scene 2 [54 min] Source:

Brief discussion first.

ON HANDS & KNEES, toes in runners position. Take pelvis back toward heels. Take toward R/L heel. Put elbows on floor, cup your hands so you can rest your chin in your cupped hands. Walk the elbows forward & back. Put elbows & forearms on floor– take pelvis back toward heels. Take toward R/L heel. Put your chin in the cup of your hands & walk your elbows for/back again. Rest elbows & forearms on floor. Cup your hands & put the top of your head in your hands. Move the pelvis forward & back–*the spine moves between the shldr blds.*

LIE ON YOUR STOMACH. Rest on your elbows & forearms. Let your spine sink between your shldr blds, then push it out–*your head lifts & lowers, eyes on horizon.* Lift the R elbow away from the floor. Then the L. Lift the R arm in front of you, look at your hand, follow it upward. Do the L. Lift & lower the spine between the shldr blds again.

ON HANDS & KNEES, toes in runner position. Put elbows on floor, chin in cup. Walk elbows for/back. Lift R elbow from floor, turning head to look at it. Do w/ L elbow. Hold chin w/ L hand cup & lift the R arm/hand in front of you. Do L. Have chin in cup of both hands. Lift both elbows from floor– *have to take pelvis backwards & come to sitting w/ both elbows lifted.*

FI Exploration #60 – Katrin Smithback

Exploring ATM movements

CD#15/T14 [58 min] DVD#S08-3 Scene 3 [58 min]

Movement observation of ATM movements. At end on hands and knees coming to up sitting by arching instead of rounding back.

Discussion #122 – Katrin Smithback

Sitting

CD#15/T15 [35 min] DVD#S08-3 Scene 4 [43 min]

4 groups of 4. Feet and leg group. Pelvis group. Spine and ribs group. Head and neck group. Each group come up with reasons why your group theme is most important for the activities associated with sitting.

FI Exploration #61 – Katrin Smithback

Kneeling over the table #3

CD#15/T16 [5 min] DVD#S08-3 Scene 5 [34 min]

Partners. Side to side movement. How to move their pelvis. Where are the handles?

ATM Lesson #188 – Katrin Smithback

Hamstrings, extending the knee with flexed hip

CD#15/T17 [48 min] DVD#S08-3 Scene 6 [48 min] Source: San Francisco 7/8/76

- 1) Lie on back. Bend R leg and place foot on floor. Put L ankle on R thigh, L knee open to outside. Hold L ankle with R hand. Lift L leg into air, straightening as lift. Repeat.
- 2) Lift L leg in air and lower L knee to floor in the direction of the L elbow, straightening L leg out along the floor to the L, still holding with R hand. (R leg will also come to lie, bent, on floor). Notice if leg extends easier in this position?
- 3) On back, both knees bent, feet standing. Move L arm, straight, in circular sweep outwards along floor until arm is straight overhead (upper arm near L ear). Slide the straight L leg to the L, as bring R hand across body to the L to grab L ankle. (L arm moves behind body, to the L).
- 4) On back, knees bent. Grasp L ankle with R hand and place the L hand on the L knee joint. Roll to the L, L leg out to the side. Straighten the L leg, using the L hand to push gently.
- 5) Turn the pelvis and trunk as far to the L as necessary to straighten the L leg. Still holding L ankle, move the R shoulder blade alternately away from and toward the spine. Raise the R arm vertically over the shoulder. Lift the shoulder and arm toward the ceiling and then let the shoulder slide back down toward the spine.
- 6) Do #3
- 7) Lie on L side with L leg straight, holding L ankle or foot with R hand (L arm behind), then release the grasp on the ankle. Keep L leg straight and slide L heel alternately forward and backward, lengthening and shortening leg. Grasp the L ankle with the R hand and use the arm to help shorten and lengthen the L leg. Turn the head to look at the L hand, then the R hand.
- 8) Same position, use the L arm, elbow bent and forearm on the floor, to prop the trunk up. Let your head move in a pendular motion as if to sweep the floor with your hair (or nose.)
- 9) On back, R knee bent, foot standing. Put L ankle on R thigh, hold L ankle with R hand. Straighten L leg, rolling to L side, and roll up to sitting, keeping L leg straight and head near leg.
- 10) Do #3- any easier?

Day 74 Thursday February 9, 2012

ATM Lesson #189 – Diana Razumny

Rolling fists (Errol Flynn), taught to the public

CD#15/T18 [56 min] DVD#S08-4 Scene 1 [56 min] Source: San Francisco Evenings Vol 1 #4 Arm & Shoulder Comfort

5-line scan. On back, arms straight out at shoulder height, soft fist, roll fists. Roll down, add lifting head. Roll down w/head lift, fists stay, lower head. Roll w/o lifting head, note range. Roll up, add lifting pelvis. Alt roll up/down, lifting head/pelvis. Sit, soles tog, arms/fists out at shoulder height. Roll fists, add head moving forward/down. On back 5-line scan. Stand feet, arms out to sides, soft fists. Roll fists down, lift head, roll up, lift pelvis. Roll down, lift pelvis, pause return to lifting head. Roll up, lift head, pause, return to lifting pelvis. Combine roll up/down, lifting head/pelvis opp pattern. Return to original pattern, pelvis up when fists are up. Sit, feet tog, arms out at shoulder height. Roll arms down, take head back, visa versa. Return to original pattern. On back, stand feet, arms out to sides. Roll fists up/down. Add lifting head/pelvis in original pattern. Note range/ease. Sit, arms/fists out at shoulder height. Roll L arm up, R down same time. Reverse, alt rolling opp dir, lean/lengthen to up side. Add looking towards arm that is rolled up, leaning towards. Note twisting/folding. Stop, keep arms same level, feel lengthening. On back, feet standing. Roll both arms up/down – orig. mv, lifting head/pelvis. Roll one up/one down, note head. Look towards arm rolling down. Add legs tilting towards arm rolling up. Rvrs head/legs. Kneel, R knee, L foot, arms out, roll both up/down. Twist one up/one down, look at one turning up, lengthening. Switch to have the L arm forward and repeat one up/one down. Return to rolling both up/down, head looking up/down. Note head comes down towards knee. Feel knee moves forward.

Discussion #123 – Diana Razumny

About teaching to the public

CD#15/T19 [6 min] DVD#S08-4 Scene 2 [6 min]

Discussion about your experience teaching this lesson compared to Diana teaching it to the public.

ATM Lesson #190 – Katrin Smithback

Lifting elbows with a loose hand

CD#15/T20 [55 min] DVD#S08-4 Scene 3 [55 min] Source: AY#99

PRONE, PULL UP R KNEE, 90o angle. Hands above head, fingers touching. Head turned to R. Lift R elbow, hand stays on floor, *as if to rest on hand*. Lift L elbow. Do 10 quick lifts with one arm, other. Then lift both tog. then both quickly, then slowly again. Turn head to L (R ear on floor), with R leg pulled up. Lift L elbow. Lift L elbow quickly- like a wing flapping. Then R- slow then fast. Both tog., lift high. Lift both elbows twice- then turn head slowly – cont. to turn head after 2 mvmts. *Do so no diff. in elbow height whether head to R or L*. Lift both elbows & lean on hands. Keep lifted and lift head 20 x. Turn head and lift. Lift head small, quick mvmt.

PULL L KNEE UP, HEAD TO L. Lift both elbows- *to same height*. Lift L elbow, *high, close to head*. Do quickly. Keep elbow high & do fast mvmts around high place, *don't take back to floor*. Do with R elbow. Lift both elbows. Do quick mvmts at high place. Turn head & do. Head to L. Lift both elbows. Lift head as is, on side. *Try to decrease use of hands & arms*. Head to R & lift. Then do quickly. Lift both elbows high. Lift the head & turn- every time you lift elbows, turn head. Do quickly- *just touching head on ea. side, keep close to floor*.

PULL UP R KNEE, HEAD TO R. Lift L (straightish) leg, knee also. *Which elbow presses more?* Extend R arm a little, elbow still bent. Lift R elbow & L leg simult. Slowly start to lift hand, wrist soft so hand hanging down. Lift head with arm & leg, *lift only as high as the place where you could stay for long time*. Extend L arm, lift L arm & L leg, then add lifting head. Alternate lifting one arm, then other- with L leg & head. *Free wrist, hand hangs down, have to lift shoulder & shldr bld*. Put head on other side & do. Pull up L knee, head to L. Do mvmts.

PULL UP R KNEE, HEAD TO R. Lift both elbows. Then add head. *Easier?* Turn head to L & lift. Change legs & do.

Discussion #124 – Katrin Smithback

Sitting continued

CD#15/T21 [74 min] DVD#S08-4 Scene 4 [75 min]

Correct sitting in different chairs. Hip joints at 90 degrees creates problems. Static sitting causing postural fixation. Prolonged sitting creating many health problems.

Discussion #125 – Katrin Smithback

Chairs and reading about ambition

CD#15/T22 [10 min] DVD#S08-4 Scene 5 [10 min]

Types of chairs available. Reading about ambition. Play with person as a collaborative investigation. Not curing or helping them or fixing them.

FI Exploration #62 – Katrin Smithback

Kneeling over the table #4

CD#15/T23 [19 min] DVD#S08-4 Scene 6 [54 min]

Demo with skeleton and Carol. Kneeling over the table. Sense spine. Find top of pelvis, trochanter, sitbones. Take pelvis side/side at trochanter. Stay to easy side a bit. Take pelvis into extension. Use backs of hands on back of pelvis. Find if easy, side and stay a moment. Hands in hollow on glutes. Note spine to head. Tilt pelvis down. First hold at iliac crest, lifting from front. Note diagonal. Lift sitbones.

ATM Lesson #191 – Katrin Smithback

Differentiating the left shoulder

CD#15/T24 [48 min] DVD#S08-4 Scene 7 [48 min] Source: Esalen #22

Lie on R side, knees bent, R arm under head. L hand in front on floor.

- 1) Move L shoulder forward. *Are you moving the shldr forward or up?* Lean your elbow against yourself and see if really moving forward.
- 2) Stretch out hand. Slide forward as far as possible.
- 3) Stop the hand (still forward), slide L knee forward/back. Slide hand again forward. *Need to take anus back, let belly begin to touch floor, move chest closer to floor. Need to roll R side on floor: chest, ribs, etc.*
- 4) Bring knees close to chest and slide hand forward. *Mvmt will be shorter.* Find right position for knees/legs & slide hand forward.
- 5) Slide the hand forward and the hip back.
- 6) Slide the hand forward – is more of self participating?
- 7) Move L shldr forward as in beginning– different?
- 8) Move the L shoulder back, *hand/elbow does not participate.*
- 9) Put the L hand behind you on the floor, move hand backward. *Notice that movement will be in arc until you let shoulder, clavicle, etc. participate.* Move all fingers backward, not just little finger– bend wrist so all fingers pointing backwards.
- 10) Put L hand overhead, palm down, and move it backwards.
- 11) Keep hand stationary and move shoulder back.
- 12) Slide hand back again.
- 13) Put hand in front of you and move shoulder back as before– different?
- 14) Put hand in front on floor and move shoulder forward.
- 15) Slide hand forward on floor. *Chest may lie on floor.*
- 16) Move L shoulder up toward L ear
- 17) Put hand overhead, slide hand upward, then back toward head. *Let whole body participate.*
- 18) Stop at highest point and slide hand forward and back. Do fast, whole self. Then do w/out moving whole body.
- 19) Put hand in front & move shoulder up/down.
- 20) Lift head as you lift shoulder. Stop head and do movement up/down.
- 21) Put hand on hip. Slide hand down.
- 22) Put hand on floor in front and slide down.
- 23) Put hand on floor behind and slide hand down. *Two ways to do– head rolls forward w/ nose to R OR head/eyes move to L w/ shldr. Head does not lift. Alternate two ways.*
- 24) Slide hand down on hip. Different?
- 25) Put hand on hip with elbow bent. Move shoulder in circle, touching all cardinal points. Change direction. Do quickly. *Arm passive.*
- 26) Put hand on floor behind and do circle with shoulder. Change directions.
- 27) Put hand on floor in front and do circle. Change direction.
- 28) Put hand above head with palm upwards. Slide hand up/down. Slide forward/back. *Use whole self. Keep sliding hand forward til reaches knees, and back til reaches butt.*
- 29) Put hand in front. Move shoulder forward/back.
- 30) Slide hand forward.

Day 75 Friday February 10, 2012

ATM Lesson #192 – Diana Razumny

Rolling up & down, side-to-side, holding feet, taught to the public

CD#15/T25 [63 min] DVD#S08-5 Scene 1 [62 min] Source: San Francisco Evenings Vol 1 #5 New Hip Joints

Sit, soles of feet tog, hold ankles, lift/lower L foot/leg sideways, few times. Note: sit bones, weight shift. Head. L ear to L shoulder as lift foot. Weight on R/L sitbone? R ear to R shoulder, weight to R buttock so easier. Pause, note sit bone weight. Repeat OS, lifting R foot. Note difference. Same position, slide feet towards/away. Note rolling on sitbones forward/back. Top of pelvis tips forward/back. Round back backwards, lift/lower one leg then other, alt. Rpt, lifting both feet/legs same time, head bent forward. Use to roll/rock back onto back, feet into air overhead. Rvrs via lifting head, bring heels to pelvis. Play w/timing, speed, heels quick to pelvis to roll up. Alt lifting feet/head to rock along spine. Spread legs when feet go overhead. Sit, soles tog, hold feet, thumb/fingers tog. Lift both feet, alt lengthening legs to side. Lengthen both at the same time to roll back, rtn. Roll back w/open legs, bend knees, heels to pelvis to sit up. Rpt position, slide one foot, lengthen one leg, elbow to floor. Elbow is in front of leg, head hanging low near floor, rvrs. Rpt. OS Alt side/side, foot quickly returns to other to sit. Reversibility? Lift both feet, balance on butt, feet wide. Roll back w/feet wide, close to return to sitting. ROB. Sit, soles tog, hold feet, lower elbow in front of knee, roll to back. Cont on to other side and roll up on that side. Cont going around more on pelvis than onto back ROB. Rpt OS. On back, bend knees, hold feet from btwn wide knees. Lengthen R leg/foot to R, rolling, rtn to center. Rpt OS then Alt bending/straightening, rolling L/R. Bring heel to pelvis quickly to bring up to sit w/1 leg long. Alt R/L, 1 leg lengthens while other snaps quickly to pelvis. Sit, hold feet from inside knees, alt lift/lower foot/leg. Lift both at same time, feet near you then farther away. Lift and spread both, if roll back, snap/bend to roll to sit. On back, knees bent, hold inside of L foot w/R hand, R foot standing, L hand behind head, lift/lower L foot/head. Note hoop of arm/leg, direct L elbow/head into hole. Imagine L leg wrapping around head/shoulder. Rpt OS ROB. Sit, hold feet, lift/open, roll back, rtn to sitting.

ATM Lesson #193 – Katrin Smithback

Head on wall, sitting

CD#15/T26 [46 min] DVD#S08-5 Scene 2 [46 min] Source: KK Smithback

ATM Teaching #41 – Katrin Smithback

Noticing questions

CD#15/T27 [62 min] DVD#S08-5 Scene 3 [64 min]

2 rows of students sitting. Look across to any of the student in the opposite rows and see what you notice and turn it into a noticing question.

FI Exploration #63 – Katrin Smithback

Kneeling over the table #5

CD#15/T28 [19 min] DVD#S08-5 Scene 4 [106 min]

Give a full lesson in pairs. Can change positions from kneeling over the table, take a break. Then switch. Group discussion at end. Small movements can be powerful. Issue of friction interfering. Diana about next week's Free ATM schedule.

ATM Lesson #194 – Katrin Smithback

Hand on the top of the head, sitting

CD#15/T29 [28 min] DVD#S08-5 Scene 5 [29 min] Source: AY#226

Sit, left leg in front, right leg back. Lean on L hand. Put hand on top of head, take head L and R, bending head/neck Do on other side *Lift buttock, whole spine helps*. Lean on L forearm and take head L and R. Do on other side. Lean on L hand. Extend R arm to ceiling, look at it & take it backward. *Whole chest, back turns*. Take hand backward, turn eyes/head to L and back. Take hand back again-easier? Other side. Lean on L forearm. Look at ceiling. Put R hand behind head and bend head to look at right knee. *L knee will lift, whole body bends*. Other side. Lift R arm in air, move it backwards- simultaneously lift the two knees and take them to other side. *Don't fall*. Other side. Lean on R hand, put L hand on top of head. Tilt head L/R. Change hands and do- can you make the sides the same, no matter which hand on head? Other side.

Day 76 Monday February 13, 2012

Discussion #126 - Elizabeth Beringer

Introduction

CD#16/T01 [15 min] DVD#S08-6 Scene 1 [15 min]

Story about client who was very sensitive and took the method into his life and improved by even shovelling dirt.

ATM Lesson #195 - Elizabeth Beringer

Sitting on the heels #1

CD#16/T02 [69 min] DVD#S08-6 Scene 2 [69 min] Source: AY#190 (notes from RM1S10D92 ATM#211 taught by Diana)

Kneel, lean L hand on L heel, toes extended. Stand R foot, lean on L heel, hold/move heel side/side. Sit, legs forward, bend L leg back without using hands. L hand on L heel, roll heel in/out. Same position, pull each toe individually and then as group. Return to heel in/out. Kneel, L knee, R foot, lean on L heel, take L/R On back, stand R foot, rest outside of L ankle on R thigh, slide fingers between big/2nd toe, wrap fingers around top of 4 toes, thumb on bottom of foot, twist toes/foot so L knee goes away, sole of foot towards face. Cont with R leg straightened down on floor. Kneel, R foot standing, L hand on L heel, roll heel R/L. Think peg between space of big/2nd toes, turning around peg w/heel moving L/R. Kneeling, R foot standing, hands on floor, lower pelvis to heel, alternate R/L. Move heel w/buttock moving R/L. ROB, note diff in feeling of feet/legs. Stand, walk, pause, go up/down on toes of R foot then L. On back, remember what was done. Kneel w/L foot standing, R hand on R heel, take R/L. Sit w/R leg back, L leg extended, move R heel L/R. Fold toes. On back, R ankle on L thigh, L foot standing, wrap fingers around top of toes, between big/2nd, bend toes, twist foot, sole towards face, knee moves away/down, heel turns, lower leg bones move in knee. Kneel, L foot standing, R hand on R heel, take R/L. Hands on floor, lower pelvis to heel, then R/L of heel. ROB. On back, bring R foot near R of pelvis, bend toes, twist foot, turn foot so heel comes up, slide toes. Can roll L to help bring R leg bent back. Palm presses on bottom of heel, take heel R/L. Rpt OS. Stand feet, toes turned in, heels wider, R hand to R ankle from outside, pull foot under pelvis pulling toes so only little toe is touching floor, bend foot toward buttock, L hand on toes, R on ankle. Stay and extend l leg, roll pelvis L/R. Rest, rpt w/L leg. Stand feet, hold both feet w/both hands, pull feet under pelvis, big toes close to each other in middle, between buttocks. Stay, lift pelvis, feet roll on outer edge. Lift pelvis, alternate taking feet under pelvis. Stand, walk.

Discussion #127 - Elizabeth Beringer

Structure of ATM lesson

CD#16/T03 [34 min] DVD#S08-6 Scene 3 [34 min]

Discussion about experience of ATM lesson. What were some of the learning strategies employed in this lesson? How do you keep the demand of the lesson while taking care of yourself? Different ATM strategies: little by little build up movement through the lesson. Another start with something and keep returning to it. We want to create that demand or excitement of catching the student's attention. And to have that process continue after the ATM. Students tired of kneeling over the table FI exploration. Betty: different position with same things.

FI Exploration #64 - Elizabeth Beringer

Prone, heel to pelvis

CD#16/T04 [42 min] DVD#S08-6 Scene 4 [133 min]

Groups of 3 or 4. On stomach, bring heel to pelvis. How would someone do that? What would be an FI lesson that would help that. Discussion of what you found and ideas for FI practice. Now do FI in two parts. Demo with Maija. Lying prone first to see if comfortable. Position of head to side. First roll head to bring relief to head and neck. And lift shoulder at same time which gives person a break from having head turned to the side. We are going to bring the heels towards the pelvis by first bringing each heel a little towards the pelvis and when hit resistance, where is it? Help her sense the boundaries of her pelvis. Find the bone and move tissue around the bone. Arching low back in relation to pelvis movement. Then check heel movement to pelvis again. Possibly turn head and check again. Process of turning head. Partners to keep practicing.

ATM Lesson #196 - Elizabeth Beringer

Standing on one leg with chair, swinging the pelvis #1

CD#16/T05 [25 min] DVD#S08-6 Scene 5 [25 min] Source: Elizabeth

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ATM Lesson #197 – Diana Razumny

Jiggling from ankle, taught to the public

CD#16/T06 [58 min] DVD#S08-7 Scene 1 [58 min] Source: San Francisco #6

On back. Scan/compare sides. Anchor heels, sense ankle mvt through whole self. Flex ankles. Extend ankles. Flex/ext Note head, shoulders, chest, pelvis, jiggle. Add pushing palms on floor to sides. Jiggle R side only. From ankle flex/ext. From R hand pushing (hand position?). Rtrn to R heel only. R heel/hand – sense throughout. Pause, compare R/L sides. R hand overhead on floor. Push from R heel, note back of hand slides. Slowly slide arm down to side, note changes. Rtrn to jiggling from R heel/hand. Compare mvt now to before. R hand pulls, R heel pushes. Do at same time, note mvt through Alternate hand/heel pull/push. Rtrn to same time. R arm overhead. Push from R heel, note slide up/down diff? Look at R hand w/ea. push. Mvt bigger? Slowly return arm to side, compare R/L sides. Stand, walk, note R/L diff. Lift ea. arm to compare. ROB. On front, tuck toes, hands to sides of shoulders, elbow in air, face floor. Push from toes, lift/lower knees, face lifted for comfort. Sense getting taller, note pelvis/spine/head. Tuck R toes only, R hand near shoulder, L arm down by side, face R. Push from R toes. Explore heel position R/L. Note power from between big/2nd toes. Rest, rpt, explore push from just toes/just hand. R arm long overhead on floor, R toes tucked. Push from R toes, look up at R hand, note chest/ribs. ROB. On back, R arm overhead. Push from R heel, compare to beginning. Sense/compare L/R sides. Push from L heel to compare to R. Bend R stand foot/hand, form arm bridge. Lift R hip, help R hand to stand by R shoulder. Push from R foot, feel mvt through hip to shoulder. Allow back of head to slide under arm bridge. Lift/lower hip then shoulder, alternating. Lift/lower hip/shoulder at same time. Tap floor. Rest on back, note L/R side differences. Stand, note L/R sides.

Discussion #128 – Diana Razumny & Elizabeth Beringer

About public ATM lesson

CD#16/T07 [20 min] DVD#S08-7 Scene 2 [20 min]

ATM Lesson #198 – Elizabeth Beringer

Sitting on the heels #2

CD#16/T08 [62 min] DVD#S08-7 Scene 3 [62 min] Source: AY#192 (notes from RM1S10D93 ATM#213 taught by Diana)

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. Still kneeling, hands on floor to sides of R foot, lift L knee from floor, think of sending L heel back towards floor. Direction of heel? Pressure on toes? Btwn big/2nd toe. Stay with knee lifted a little, move it up/down so ankle bends/unbends. Rest on back, note diff in feet standing. Repeat above on OS. ROB Stand feet, lift pelvis high, R hand to R ankle, pull foot under pelvis, foot standing on the toes, pelvis against heel, push on toes to drive knee forward then return. Ankle straightens/bends, hands holding foot to help. Note pressure between big/2nd toes. Other leg helps relieve pressure of pelvis on foot. ROB Rpt OS. Return to R heel under pelvis, weight btwn big/2nd toe, hands help arrange toes then take heel R/L then circle heel. Note R knee circles. Rvrs. ROB, rpt OS. L heel moves L of L buttock then to R (mid of cheeks) Kneel, stand toes, lean on heels w/both hands (L on L, R on R), push pelvis/belly forward. Stay lifted, move heels away from each other/apart, note pressure between big/2nd toes. No need to lean whole weight on heels. Lighten weight by pushing belly forward. On back, stand feel, lift pelvis, pull R heel under pelvis, toes standing, lift/move pelvis to outside/inside of heel. Note knee goes towards floor as pelvis lifts. R heel btwn buttocks, both hands holding foot, take knee forward towards floor to touch. Elbows on floor for help, lift shoulders if need be, lean on head. Pause. Rpt OS. Kneel, stand toes, bring heels together/touch, spread knees, hands on floor in front, lift knees, take heels to floor, hands stay on floor whole time. When on toes, heels are touching. Head lowers when heels go to floor, arms/hands between legs. Cont, take knees together towards floor and separate knees when lifted. Start to circle knees, sitting on heels whole time as much as possible. Chng direction of circles. ROB. Stand feet near pelvis, catch ankles, bring closer to pelvis, heels touching, lift shoulders, lean on elbows, open knees, start circling. Pressure stays between big/2nd toes. Rvrs direction. Pause, slide onto head, pull on ankles to slide so knees go towards floor. Go up/down. Heels touching go down less, up more. Get up, walk.

FI Exploration #65 – Elizabeth Beringer

Prone, feet to ceiling, moving ankle

CD#16/T09 [44 min] DVD#S08-7 Scene 4 [44 min]

Mischul about Dropbox. Joan and Marge about ordering mats. Discussion about FI exploration from yesterday. Demo with Karin. Prone, legs towards ceiling, bending ankle. Take leg left and right as reference range of motion. Heels to pelvis. Looked at bending of ankle. First work along musculature of thigh. Good if hamstrings are tight. Also pressing up into pelvis can be informative. Then move toes with slight bending of ankle. Find which way the ankle bends more easily. Do both bending the toes with ankle flexing and extending. Then back to take leg left and right. Then leg left and right as

bend ankle in flexion and extension and bend toes. Nice to end by turning student on back and roll their head. Might push through legs. Discussion after demo. Good to track many things.

FI Exploration #65 continued - Elizabeth Beringer

Prone, feet to ceiling, moving ankle continued

CD#16/T10 [6 min] DVD#S08-7 Scene 5 [88 min]

Pairs practice. Demo with Krista. Anytime you find one plane of action there is a restriction, you can change the plane of movement. Prone, with heel towards ceiling, make circles with ankle and foot. Partners switch.

ATM Lesson #199 - Elizabeth Beringer

Rolling with aikido practice

CD#16/T11 [32 min] DVD#S08-7 Scene 6 [45 min] Source

ATM then aikido demos and practice

Day 78 Wednesday February 15, 2012

ATM Lesson #200 – Diana Razumny

Hip and shoulder integration, taught to the public

CD#16/T12 [52 min] DVD#S08-8 Scene 1 [52 min] Source: San Francisco #7

On R side, L hand on pelvis, take L shldr forward. Sm & quick. Rtrn to lg mv, allow rolling, roll head so face goes little towards floor. Rtrn to sm mv of shldr. Take L shld forward, roll head/eyes to look L, looking over shld coming forward. Rtrn to mv shldr forward, rolling. ROB. On R side, hand on pelvis, take L shldr back. Allow torso to roll, head rolls. Rtrn to sm mv of shldr mv back to compare. Roll back, head/face to ceiling, leave there, bring shldr to meet head. From there take head/shldr tog/apart. Head rolls R when shldr mv L. Rvrs so come tog. Pause on side, take L shldr back. On R side, hand on pelvis, take shldr up towards ear. Lift head to bring towards shldr, tog/apart. Arm stays straight. Keep head/shldr tog, lift/lower, L hand slides off end of pelvis. Pause, take shldr up to compare. Same position, take shld down/rtrn. Add lifting head, sliding hand down past pelvis. Lift L foot from R. ROB, note shldr blades. On R side, take shldr forward, circle up, back and down, keep circling, torso can follow. Hand stays on side of pelvis, arm like piston. Make it small, easy, fast. Change direction. Pause. L hand on floor in front of chest, elbow is directly in front of the shoulder. Direction of fingers? Circle the shoulder/elbow. Change direction. Do 1 turn ea way then 2 and so on. ROB. Note diff btwn L/R shoulder blades, sides of face, arms. (chg from MF) On R side again, hip/knees are bent 90, hand on floor in front. Move L hip forward, slide knee, rtrn, rpt. Alt hip forward, shldr forward. Pause, take hip back, rtrn, take shldr back, rtrn. Pause, take shldr forward, hip back, rvrs, opp dir. Take hip up few times, shldr dwn few times, bring hip/shldr tog/apart, add L arm holding head – head/foot lifting when come tog. Hip/shldr apart, note floor side. ROB. On R side, stand L hand, circle L hip, ea. dir. Pause, circle shldr ea. dir. Combine circling hip/shldr.

Discussion #129 – Diana Razumny & Elizabeth Beringer

About public ATM lesson & questions

CD#16/T13 [36 min] DVD#S08-8 Scene 2 [36 min]

Woman who wasn't following directions and Diana went over to and she left early. A few people in the room caught Diana's attention. A woman was not in the lesson but Diana felt she could play with her. Another in difficult position and Diana didn't feel she could help that situation as the person had strong feelings about how she was lying. So can't convince certain people. Can say general things to the group to address one person. About strategy of giving direction that is difficult so stop and come back to it. Students can be confused but teacher can also become confused. So good to start instruction again fresh. Can't contradict so try to blend and bring along. Look for ways to say things that are not inflammatory. Not fight about other modalities. Question about intensive series with students. Illnesses that Feldenkrais cannot address? Feldenkrais cannot stop degenerative diseases but we can help in movement, be more comfortable, live more easily. Take multiple sclerosis, which involves loss of function. So can help with new strategies say for walking. Our kind of learning can be a counteractive force but don't know beforehand. Careful about how to phrase what Feldenkrais can do. When the whole system works better, unexplained things happen. The overall health of the person comes together. Good to have people you can consult with.

ATM Lesson #201 – Elizabeth Beringer

Sitting on the heels #3

CD#16/T14 [32 min] DVD#S08-8 Scene 3 [33 min] Source: AY#193 (notes from RM1S10D94 ATM#214 taught by Diana)

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. R hand on R knee, L hand on L heel, push L heel back/down towards floor, lean R hand on R knee and take L knee from floor. More weight on R hand/knee, direct L heel w/L hand, weight on ball of foot. ROB Rpt OS. Kneel on both knees, hands on heels, lean and lift one knee at a time. Pelvis is far forward, hand pushes heels back towards floor alt. ROB. On back, stand fee, lift pelvis, hold R ankle w/hands, stand on toes, heel R/L. Whole back moves R/L of heel. ROB. Rpt OS. Kneel, toes flat, R hand lean on R heel, take heel L/R, peg btwn big/2nd toes. Rpt OS. ROB. On knees, toes flat, both hands to heels, lean, belly forward head up, heels tog/apart. Sit back, come up. Explore head up then hang back. ROB. On back, stand fee, lift pelvis, R hand pull R foot under pelvis, stand on toes then same w/L, heels touching, toes apart, lift shoulders, push knees forward, pull ankles, head slides on floor. Rtrn several times. ROB. Stand feet close to pelvis, lift high, reach hands fr inside to hold ankle, pull under pelvis, send weight to outer edge/sm toes, drive knees forward/down. Heels end up outside hips, pelvis between, move pelvis R/L, pelvis moves in relation to shoulders staying still. ROB. Kneel, stand toes, hands on heels, belly forward, lift/lower one knee then other. Pelvis high, head hanging back, lower pelvis to sit, lift lower knee. Kneel, lean on heels belly forward, head back, lift/lower ea knee, push heel back to lower heel to floor. ROB. On back, stand fee, lift pelvis, pull feet under, hold from outside of ankles, heels touch, pull heels to floor then drive knees forward, alt. Come onto head. Heels touch whole time. While knees are forward, shift all weight to R foot/leg, lift L foot in air, switch sides. ROB. Rtrn, only w/R leg, when knee is forward, lift L leg straight up towards ceiling. Rpt OS. Both feet under pelvis, heels tog, knees forward, on top of head, pelvis on heels. Stay on head, lower heels to floor. Kneel, toes flat, lean on heels, sit pelvis back

few times, gradually sit between heels. Pause, rtrn to sitting btwn heels, turn heels in when sitting btwn, turn our when lift pelvis. Rpt leaning on toes, lift knee, alt. (sit/squat?) Hands btwn knees on floor, knees wide, heels tog, lift knees, sit on heels. Rock forward/back.

FI Exploration #66 – Elizabeth Beringer

Prone, turning the head

CD#16/T15 [13 min] DVD#S08-8 Scene 4 [40 min]

Demo with Rita. Prone, turning the head from side to side. Practice getting one hand on top and other hand under head by scooping the head and then roll head. Have them turn head and go for ride. See where head lands on the other side. What does she do in her back? Then start the movement and have her continue. Self use: lean forward; use legs. Then do 20% and have Rita do the rest of turning the head. Can go to 50%-50%. Pairs practice.

ATM Lesson #201 continued – Elizabeth Beringer

Sitting on the heels #3 continued

CD#16/T16 [21 min] DVD#S08-8 Scene 5 [22 min] Source: AY#193 (notes from RMIS10D94 ATM#214 taught by Diana)

See notes above.

FI Exploration #67 – Elizabeth Beringer

Prone, ribs, sternum, shoulders, rolling head

CD#16/T17 [31 min] DVD#S08-8 Scene 6 [107 min]

Demo with skeleton and Krista. Prone, lift the feet and then check the lower back. Physics of tilting the pelvis. Then at head, hands slide under armpits and bring arms headword to allow head to lift and shoulder girdle to move. Take shoulder girdle back diagonally. Sitting near shoulder on side that head is facing. Hands on shoulder, feeling, lifting shoulder, one hand underneath and one on spine. At head hands under, supporting sternum, lifting. One hand lifting rib in front, other placed on rib on back. Blending with rib movement from breathe. Things to repeat are: tilt pelvis, work along spine. Then back to rolling head.

ATM Lesson #202 – Elizabeth Beringer

Diagonal rolling, holding one knee

CD#16/T18 [29 min] DVD#S08-8 Scene 7 [29 min] Source:

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ATM Lesson #203 – Diana Razumny

Sidebending, taught to the public

CD#16/T19 [58 min] DVD#S08-9 Scene 1 [58 min] Source: San Francisco #8

On back, Scan/ref of sides, line lengths, breath. Bend knees, stand feet shoulder width. R arm down along side, back of hand on floor, palm facing ceiling. Lengthen R arm down, towards R foot, gradually increase. head/shoulders move down/R also. Pause. R hand over top of head, hold L temple, move head/arm to R/return. Lighten floor friction to slide head/shoulders down/R. Think of R elbow making arc. Note ribs on L. Pause. Rtrn to orig. mv. – lengthen R arm towards R foot. Rtrn to scan of sides, lines breath, R/L diff. Rest, legs long. Stand R foot, lift R hip, roll pelvis. Note back of head, chin. Stand R foot little more to R and headword Slide R hand towards R heel. Slide hand under heel, thumb outside, fingers inside. Lift toes/front of foot, heel standing on palm. Bring all to middle, note L/R diff. Stand feet, lengthen back of R hand on floor to R heel, lifting R hip. Lift R heel, stand in R palm. Lift/lower R side of pelvis, knees stays forward. Note which shoulder/ribs/head, what lifts from floor. Pause. Lift R foot, slide hand under middle of arch, hold. Lift heel/toes alternately – up/down, heel/toe. Lengthen out, note which leg/arm feels longer. Stand R foot, hold foot w/R hand again, Lift R hip joint, pelvis rolls L. Add moving L straight arm on floor towards overhead. Note– palm up/down? At some point arm turns. Note if R hip lifts easier. Push the R thumb between the big/2nd toe, lift/lower heel. What stops heel from lifting more. Heel hand, lift/lower R hip, knee can move to middle. Move hand/foot little to R so knee goes more to middle. Return foot/hand under knee, few times back/forth. ROB. Stand feet, reach R heel w/R hand, compare to beg. Roll to one side, stand, walk. Lift R arm to ceiling. Walk, lift L to note difference. Walk in a circle. Which side easier? Larger? Smaller? On back, stand feet, arms along sides, back of L hand on floor, palm forward. Imagine sliding head/shoulder/hand down to L. Imagine L hand under L heel. Think it 3 times. Then think it to t he R, then L and compare. Think lifting L hip, R leg straight, tilt pelvis to R. Think the L hand moves to L heel, 3 times. Actually hold L heel w/L hand, think only lifting L hip, roll to R. note L side shrinks, L shoulder pulled down, R leg gets longer, R arm glides on floor till it's overhead and has to turn. Just Think lifting L hip, lift/lower L heel. Middle of foot in hand, hold it, think lifting L hip joint 3 times. Think lifting front of foot 3 times fast. L thumb between big/2nd toe if can, think lifting heel 3 times. Move L foot to L, imagine knee going down to middle to floor, lifting L hip, 3 times fast. Actually do it, see if it works better now. Stop, stretch out. Bend R knee, hold under up R hand, see if it's easier. Switch to L side and see if it's the easier one, the one that didn't work that isn't tired. Stand, walk, see how it feels.

Discussion #130 – Diana Razumny & Elizabeth Beringer

About public ATM lesson & questions

CD#16/T20 [54 min] DVD#S08-9 Scene 2 [54 min]

About public sidebending ATM lesson. About use of imagination. How to get started teaching. If ATMs steps are long you can use stories to help to support students to do something for a long time. Moshe's spitting story. Stay present to ourselves in daily life, at least in the background. Length of ATMs and keeping students involved. Discussions before or after lessons? Bad days and have to teach. Can teach if I respect my emotion of sadness and not mask it but not share it either.

ATM Lesson #204 – Elizabeth Beringer

Sitting on the heels #4

CD#16/T21 [65 min] DVD#S08-9 Scene 3 [65 min] Source: AY#194 (notes from RMIS10D95 ATM#215 taught by Diana)

On back, feet standing, pull ankles w/hands to bring heels under pelvis, toes standing, heels tog/toes apart, pull w/hands to slide along floor, directing knees to floor then reverse, gradually come onto head. When return, think of heels going towards floor. Return to being arched, knees towards floor, leaning on head, knees are wide apart, make circles with knees, 2-3 in one direction, rvs. On back, R foot standing, both hands on R ankle, pull foot under pelvis, R heel under R buttock, pull so R knee goes towards floor. Stay, lift L leg in air, foot to ceiling, turn leg in/out (not circles). Rpt OS. Kneel, stand toes, heels touch, spread knees, hands on floor (close tog) between knees, lift knees, pelvis sits on heels, lower head. Lift/lower knees, weight between big/2nd toes. On back, R leg up towards ceiling, ankle circles – note toes/heel makes circle. Opp dir. Quickly, each dir. Rpt OS. On knees, knees wide, hands tog on floor btwn knees, stand on toes, lift/lower knees. This time head is up when knees are up. Instead of leaning on hands, if necessary use finger tips. Drive pelvis/knees forward/back staying upright. Rtrn to same move except alternate knees going to floor, back is turning. Sit on heels, hands on knees, take knees forward/back while staying upright with torso/head. On back, legs straight up in air, hold behind legs w/both hands, feet/knees touching, circle at ankles, track toes/heels. Each direction. Quickly. Stand, feet little apart, bend knees, hands on knees, go down to sit on heels, heels lift from floor. Alt knees to floor. Knee comes to floor in middle. Then past middle. Stand, heels tog, bend down, hands on knees, sit on heels, take knees to floor alt. Light/quick. Extend arms forward/shoulder height, rpt. Turn pelvis, not shoulders. Rpt, arms forward, lift/lower both knees same time. On back, heels under pelvis, hold ankles, drive knees to floor, rtrn. Alt knees going to floor, towards middle.

Stand.

Discussion #131 - Elizabeth Beringer

Feet

CD#16/T22 [11 min] DVD#S08-9 Scene 4 [12 min]

Discussion about feet. About feet being fundamental. Proprioceptors in joints send info to brain all the time so sensory rich. We are doing more than just stimulating. We are working with action patterns. Say between feet and pelvis.

FI Exploration #68 - Elizabeth Beringer

Use of self

CD#16/T23 [16 min] DVD#S08-9 Scene 5 [75 min]

Demo with Brandon. Basic principles. I want to have a mobile pelvis. I want my center to be pointing towards where I am directing my force. On back. Start at head. If holding something heavy then keep moving. Prop elbows on legs. Lift head. Keep my own head free. Move arm over the head and move arm and head together. On stomach. Lift leg towards ceiling using own arm for support. Shift weight to cause movement staying in balance. Heavier part as close to pelvis as possible. Back to lifting head with arm overhead by going from sitting to standing. Movement of legs to transfer into arms. Go practice in groups of 3.

ATM Lesson #205 - Elizabeth Beringer

Standing on one leg with chair, swinging the pelvis #2

CD#16/T24 [43 min] DVD#S08-9 Scene 6 [43 min] Source:

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ATM Lesson #206 – Diana Razumny

Holding ankles, rolling while bridged, taught to the public

CD#16/T25 [58 min] DVD#S08-10 Scene 1 [58 min] Source: San Francisco #9

On back, scan low back etc. Bend knees, stand feet, lift R foot, hold front of ankle with R hand (thumb w/fingers), lengthen L leg. Lift/lower R hip joint, direct knee towards ceiling and away from head. Rpt OS. Rtrn to same move on R, add rolling head to R. Rpt OS. Stand both feet, lift feet to reach both hands to hold ankles, lower feet to floor. Lift/lower ea. hip joint alternately. Note arm in the way of going farther. Pause. Lift/lower pelvis. Leave pelvis lifted, translate side/side. Cont, thinking of knees going L/R. Pause, rtrn to same move, think of directing knees away from head while going side/side. Hold knees w/hands, knees wide, lift head, roll side/side. Stand feet, reach to hold both ankles from front. Walk shoulders towards pelvis, stand on balls of feet. Bring pelvis to rest on heels if possible, lift/lower pelvis. Direct knees to side to roll towards side, maybe to front. On front, spread legs, face R, bend R knee, hold R ankle, L arm by head. Lift/lower R knee, lengthening the front of the leg. Push belly into floor, direct foot to ceiling. Pause, rtrn, take foot to ceiling then across towards floor on L side. (head resting on straight L arm?). Rpt OS. Pause, hold both ankles, alternately lifting knees. On back, hold both ankles, stand on balls of feet, pelvis to heels. Direct pelvis/knees side/side, think rolling towards front. Reverse, go to other side, continue to same side if easy. On back, hold/spread knees, lift head, roll side/side. Hold ankles, lift pelvis high, walk shoulders towards pelvis.

Discussion #132 – Diana Razumny & Elizabeth Beringer

About public ATM lesson & languaging

CD#16/T26 [33 min] DVD#S08-10 Scene 2 [34 min]

Discussion about public lesson. Then Elizabeth talks about languaging in ATM and in FI.

ATM Lesson #207 – Elizabeth Beringer

Sitting on the heels #5

CD#16/T27 [52 min] DVD#S08-10 Scene 3 [52 min] Source: AY#195 (notes from RMIS10D98 ATM#221 taught by Diana)

On back, stand feet, use hands to pull front of R ankle to slide heel under pelvis, stand on toes, take R knee down towards floor, direct weight between big/2nd toes. Rock for/back, take knee towards floor then heel towards floor. Angle in front of ankle increase/decreases. Rpt OS. Rpt w/both heels under pelvis, as knees go to floor slide onto top of head. Heel touching, knees spread wide. Stay on head, moving only from feet/ankles, rocking on head. Kneel, heels together, knees spread, hands on floor between knees, rock back onto heels, knees lift, lower head. Move for/back just from the feet. Alt. R/L knees going to floor in the middle. (knee between hands) Other knee goes to side. Take both knees to floor in middle, arms straight out in front, lift 1 knee, replace, lift other knee. Lift both knees at the same time. Kneel, knees wide, extend toes, R hand on R heel, slide toes to middle so foot is right ankle to leg and lying on outside edge. Rpt w/L foot standing. Place hands on floor, sit on heel, take pelvis side/side to move foot as before. Feel lower leg bones/knee. Rpt w/o leaning on hands. Rpt w/L foot. Kneel, knees spread wide, big toes touching, heels spread to sides, lean sit on heels. Lift eyes while lowering head. Kneel, bend R foot at right angle, place L foot on R, sit on heels, lean on R hand behind, fingers pointing forward, lower onto elbow, rvs. Up/down several times. Add L arm in air to help come up. Switch feet, rpt. On back, feet standing, pull under pelvis, lean on toes, heels touching, take knees to floor, lean on head. Alt knees going to floor then take both to floor.

FI Exploration #69 – Elizabeth Beringer

Aikido demo and practice

CD#16/T28 [21 min] DVD#S08-10 Scene 4 [31 min]

Elizabeth demos with Tres Hofmeister. Students practice in pairs.

FI Exploration #70 – Elizabeth Beringer

Integration of kneeling over the table practice

CD#16/T29 [35 min] DVD#S08-10 Scene 5 [103 min]

Demo with David. Sitting. Moving side to side. Then kneeling over the table. Review last week's FI practice with Katrin. So first check all of the possible movements around the pelvis. Then worked with neck and shoulders. Working with spine. Attention to self use. Then work with feet. Back to sitting moving forward and back. Demo with Joan where to put hands in sitting for moving forward and back. Partners practice.

ATM Lesson #208 – Elizabeth Beringer

Standing, taking heel to side

CD#16/T30 [26 min] DVD#S08-10 Scene 6 [26 min] Source: inspired by Standing Series AY#234-9

Sitting on the heels #6 and #7 not taught this segment. Notes from RM1 training:

Sitting on the heels #6

CD#16/T [min] DVD#S08-10 Scene 2 [min] Source: AY#196 (notes from RM1S10D99 ATM#222 taught by Diana)

On back, spread legs, lift L arm/head/shoulders, roll R come up to sitting, leaning on R elbow, return, rpt OS. Alt. Head low, smooth/round mvmt. Sit, L foot behind, ankle extended, R leg straight in front, L hand on L heel, roll heel L/R, move toes to middle, ankle at right angle. Lean on R hand behind, take L elbow to floor, return to sitting. Bring R elbow to floor, rtrn. L hand stays on L heel, alt going down on R/L elbows. Rpt OS. On back, feet standing, L hand pulls L ankle/heel under pelvis, R hand helps, toes turned to R/mid, extend R leg, arms to sides, lift L arm, roll R coming onto R elbow, rtrn, switch arms, alt. Rpt OS. On back, legs long/spread, lift one arm, roll over other elbow to come up to sit, rtrn, rpt os, alt. On back, stand feet, hands hold L ankle under pelvis, extend R leg, lift head, alt turning face R/L w/lifting, include lifting shoulder to roll L/R w/head lift. Rpt OS. Kneel, knees wide, turn R toes inward, place top of L foot on R sole, start with hands on floor in front, sit pelvis between heels, take hands to floor behind, start going down on elbows, one at a time. Gradually start to pass from one elbow to the next, head hanging back, continually moving. Kneel, L foot w/toes turned in, ankle at right angle, place R foot on R sole, lower pelvis between heels, weight of pelvis widens heels, gradually hands to floor behind. Tilt head R, go down on R elbow, rtn, rpt os. Eventually go from elbow to elbow. On back, legs spread, lift arm, roll across other elbow up to sitting, rtrn, come up other side, alt. Kneel, R foot on L, knees together, hands on knees, round back backwards, head hangs forward, sitting back and then erect, bringing head up and lower back forward. Change feet, rpt. Quicker. Lower back rounds/arches, belly back/forward.

Sitting on the heels #7

Source: AY#197 (notes from RM1S10D100 ATM#224 taught by Diana)

Kneel, knees wide, heels together, toes standing, hands on floor between knees, lower head, lift knees, move pelvis back to sit on heels. Go forward/back with head hanging. Note: ankle angle increase/decrease. **Lumbar** arch/rounds. On back, legs spread, roll up over one elbow to sit, go down on other elbow to lie down. Head/shoulder lifts and goes to side to come up. Go up/down, alternate side/side. On back, feet standing, pull R ankle with R hand, lift pelvis, L hand helps bring toes to L, top of foot on floor, lower pelvis to sole of foot, R heel is to R of R hip, extend L leg long, arms to sides, roll up over R elbow. Go up/down on R then L side. Repeat OS. On back, feet standing, pull feet under pelvis with hands, toes standing, heels joined, direct knees to floor, lean on elbows/head. Also just leaning on shoulders with head down. Alternate taking R/L knee to floor. Without knees to floor, heels together, lift pelvis high off heels and transfer pelvis L/R. Kneel, knees wide, L foot inside R, sit on feet, heels open to side, buttocks between heels, hands on floor behind, go down on R elbow, come up, repeat few times. Repeat OS. Explore opposite arm in air. Repeat, come up over R elbow, head hanging, swing head in arc in front and go down on L elbow, swing R arm around overhead, hang head back, bring R arm/elbow to floor, roll R, bring L arm around overhead and forward to roll onto R elbow, continue around, reverse. Arms windmill around overhead and across to opposite side, circling in front and then place elbow. Switch feet/direction. Kneel, knees wide, toes standing, heels together, hands on floor between knees, lift knees, sit on heels, hands on knees, lift head, straighten back, extend R arm/hand/knee forward to floor, return. L knee moves to L. Alternate side/side. Pelvis moves forward/back as knee goes to/away from floor. Note ankle angle. Take both knees to floor same time. Lift/lower knees, hands on knees. Help with belly going forward/back to balance. Return to alternating knees if both is difficult. Lift one, the other, reverse. Kneel, stand toes, sit on heels, sit erect but head hanging, arms forward at shoulder height, alternately taking knees to floor in middle, belly/lumbar move forward/back. Gradually try both at same time. Both knees on floor, start to lean back, lift both knees. If not possible, lift one first then other. Arms/chest free so pelvis can move. On back, feet standing, pull R foot under pelvis with R hand, bring L foot under, heels wide, big toes close, roll up over R elbow, then L, gradually come to sit. Kneel, knees/feet apart, hands on heels directing them open to sides, lower pelvis between heels, lift pelvis, push belly forward, hang head back, return pelvis to floor between heels. Continue, keep hands on heels, lower R elbow to floor to lean, come up, go down on L elbow, come up. Continue, from sitting, lower R elbow to floor to lean, come up, go down on L elbow, come up, head moves in arc in front. Then go from elbow to elbow with head hanging back, making arc side to side behind. Eventually lean on both elbows, head hangs back to floor. Sit on heels, heels wide, hands on knees, alternate R/L hand back to floor, eventually, go hand/hand without coming forward, head hanging back.