

Day 81 Monday May 7, 2012

ATM Lesson #209 – Diana Razumny

From folded on side to long on back by way of unfolding top arm/leg, differentiated and undifferentiated

CD#17/T01 [54 min] DVD#S09-1 Scene 1 [54 min] Source: Inspired by Ruthy Alon in Boulder

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.

Discussion #133– Diana Razumny

Introduction to segment

CD#17/T02 [12 min] DVD#S09-1 Scene 2 [12 min]

Intro BONUS FIs with support staff. Junkies that can't get enough are the best kind of practitioners. They have been indulging in the training, and yes, they are incredible helpers to make the training run smoothly, but now it's payback time. We are going to start making use of our resources we have at our disposal. Each of the 4 will be giving 4 FIs this segment, and these will be in addition to your 3 FIs per year that are included in your yearly tuition. This fits nicely with the emphasis starting to be on learning FI. The other piece of that, 6 of the FIs I'll be giving this time will be during class time, serving as a demo. We'll be learning about FI from that demo as well.

FI Exploration #71 – Diana Razumny

Interviewing #1

CD#17/T03 [25 min] DVD#S09-1 Scene 3 [37 min]

"What would you like from this segment?" Trios. Role playing. You will rotate through the 3 roles. Student, Interviewer, Observer. Interviewer will ask student what they would like to get from this segment of the training. The student will answer. The observer will not listen to the words (headphones with music is ideal) to get a feeling of their symphony of movement and posture without listening to the words. Keep a diffuse vision, taking in the posture and repetitions as they speak. The interviewer will continue to ask questions to move towards concrete answers. After first 3 have gone, interviewers give concrete example of what person would like from the segment. Observers sit in a row in front of class, eyes closed, do exaggerated movements and posture of those they were observing. Then return and rotate through. Before starting, Matt & Diana demonstrate an example of student and interviewer. After first exploration then group discussion.

FI Exploration #71 continued – Diana Razumny

Interviewing #1 continued

CD#17/T04 [28 min] DVD#S09-1 Scene 4 [60 min]

Short discussion then switch roles. Then discussion about what students want from this segment.

FI Exploration #72 – Diana Razumny

Twisting in sidelying #1, lifting bent leg, in trios

CD#17/T05 [20 min] DVD#S09-1 Scene 5 [35 min]

Demo – Handholds for lifting top bent leg while person lies on side. Lift/lower, feeling/looking for effect on pelvis, maybe torso. Observer, practitioner, student. Observer keeps watch on self-use of practitioner. Simple place hand on area to bring attention to. Demo with Maija.

ATM Lesson #210 – Diana Razumny

Lengthening heels with arms behind head & back, back & side

CD#17/T06 [50 min] DVD#S09-1 Scene 6 [50 min] Source: AY#476

On back, extend L arm overhead on floor, lengthen L heel down/away, small/easy. Add extending arm overhead. Add turning head/face to R. Pause, repeat OS. Repeat, stay head turned to side, arm/leg lengthened, fill chest w/inhale, pulling belly in. Legs spread a bit, R arm long overhead, roll pelvis/torso to R, lying on R side with legs in scissor position, L leg behind, R in front, place L hand on back of head, elbow to ceiling. In this position, extend/lengthen L heel down/away. Notice L elbow's tendency to move a bit overhead. Stay in position, lengthen R heel/leg down/away. ROB. Same position, take L hand lower towards area between shoulder blades, leave hand in comfortable place, lengthen both heels/legs away/down. Note affect on L arm/elbow. Explore reaching the L hand towards each shoulder blade. Stay and repeat, 5 moves with each heel individually then at same time. ROB. Repeat on L side, L arm extended overhead, etc. Stay on L side, add inhaling while expanding chest, sucking in belly. ROB. On R side, R arm overhead, switch legs so L is in front, R behind, bring back of L hand behind back, while lengthening L heel, fill/expand chest w/inhale, pulling belly in. Continue, think of head moving a little backwards, think of lower jaw/chin moving forward. Continue but switch to lengthening away with/through the R heel. Then lengthen down/away with both heels. Think chin forward, allow head to move as it wants. Allow L hand to move up/down along back, fingertips touching floor where R side and floor meet, back of hand against back. Reach w/hand where it can reach, stay there, lengthen out R heel. Note change in hand/back relation with heel lengthening. Add chest expanding w/inhale, chin forward. Switch to lengthening out both heels 5 times. Then each leg 5 times. Move L hand around, note ease/range. Lengthen L leg while moving L hand around, filling chest on inhale, chin forward. Same while lengthening out R heel/leg. ROB Repeat on other side. End reaching w/R hand from back of head down between shoulder blades. ROB. On back, legs spread, roll pelvis L, L arm bent, L hand behind head, down neck towards spine between shoulder blades. Bring back of R hand behind back. Extend out each heel few times, chin moves forward, note arm behind back. Expand chest w/inhale, lengthen with each then both legs. Still rolled L, switch legs so R leg in front, L in back, lengthen out both heels, chin forward, chest expanded w/inhale. ROB. Extend R arm overhead, roll R, bend R elbow, R palm on back of head, L hand behind back, extend each leg then both, extending chin forward, chest expanding with inhale. Switch legs, repeat. ROB. On back, extend L arm overhead, lengthen out/down L heel, L arm up, turn face to R. Repeat OS. Stand both feet, both arms extended overhead, draw belly in, expand chest w/inhale. Stand, walk.

Day 82 Tuesday May 8, 2012

ATM Lesson #211 – Diana Razumny

Flexible back

CD#17/T07 [67 min] DVD#S09-2 Scene 1 [67 min] Source: San Francisco Vol 2 #2

Taught to the class and the public. Unedited version here.

Sit, soles tog, lean back on hands. Tilt pelvis, bring R leg/knee towards floor. Note L hand pushes, L ribs close, shldr/hip come tog. Rpt. OS, note diff., weight shift, elbow/torso space. Take hip joint forward for ease. Alt side/side, light/easy. Note head stays in mid. Note face turns little towards lifting knee. Switch so head tilts towards lowering knee instead. ROB. On back, soles tog, knees wide, find best distance from pelvis. Tilt pelvis R to bring R thigh/knee towards floor. Note knee moves away from head, pelvis tilts forward/R. Rpt. OS, compare sides. Pause. Interlace fingers, hands behind head, lift head, exhaling. Note what presses the floor. Add lifting feet w/head lift, feet towards ceiling. ROB. Lean on elbows/forearms, soles tog. Tilt pelvis, direct thigh/knee to floor on ea side. Note ribs, chest, pelvis, shldr, clavicles, sternum. ROB. Sit, soles tog, slide hand/arm under gap of leg. Slide R arm under R leg, palm toward ceiling. Slide back of R hand along floor away/back. Elbow comes towards knee/floor. Rpt turning hand towards floor/ceiling. Rpt. OS then both at same time. Alt lifting leg w/arm ROB. On back, interlace fingers behind head, soles tog. Lift head/legs to compare ease/range to before. Note distance between feet/head. Rpt in sitting to note head/feet distance. Rtrn to back and bring head/feet tog again. ?MF hands interlaced or arms under legs. On back, rpt ?position? and roll to side, come up. Roll side/side, coming up to sit (holding legs w/arms?) Cont rolling around. ROB, note contact. On back, soles tog, note width of knees. Tilt pelvis, knee to floor, side/side, compare to before. Stay in middle, contract belly, tilt pelvis to see pubic bone. When stop that, tilt pelvis down so lower back lifts. Roll pelvis up/down like that, note hip joints, head. Head rolls w/pelvis, chin towards/away from throat. Feel coordination of head/pelvis, rolling up/down same time. Roll head up/down and note pelvis follows along. Roll pelvis, note spine moving through to head. Sit, soles tog, slide arms under legs, note ease/range. Lift one leg then other. Roll back, swing up to sit. Rpt few times. On back, bring head/legs tog, compare. Cont holding legs, roll to side, cont to roll in circle. Sit again, slide arms under legs, note head/feet distance (place for nose on feet) ROB scan all along back, closer? On back, soles tog, hands on floor to sides. Rock pelvis up/down. Cont while propped on elbows/forearms, facing forward. Head responds different than when lying on back ROB, scan Sit, soles tog, lean on hands. Roll pelvis up/down, note belly/lower back. Pause. Slide arms on floor behind legs, lower head. Lift one leg at a time, head to foot. Rpt holding foot w/hand, alt R/L bringing head/foot tog. Stand, scan, note taller? Ease?

Discussion #134– Diana Razumny

About teaching to the public

CD#17/T08 [22 min] DVD#S09-2 Scene 2 [22 min] Note: Disc#133 on DVD

First comments from students that had this lesson to study: Betty and Brandon. Betty: about how Diana taught, leaving out certain things.... Diana: Important to do a movement and stop before doing it again. Betty: how some people were more or less mobile than I would have guessed. Brandon: Did lesson 3 times and the stuff that Diana changed stopped me from finishing the lesson. Michelle: Style issues. I have to find my own style through my own exploration. Diana was in it in a way that made it fun. When you teach to the public I remember it more. Betty: difference teaching to newbies or more experienced students. Diana: Had an idea of how to smooth out lesson and then the reality of the people on the floor. Then have that goal but have to be willing not to get to the end of the lesson. Joan: About people struggling with something in the lesson and I offered something different to make it easier. Diana: About teaching horseback riders in California recently.

FI Exploration #73 – Diana Razumny

Class demo lesson with Carol

CD#17/T09 [50 min] DVD#S09-2 Scene 3 [57 min]

First interview. Students, in the beginning during the interview, play with seeing Carol as a moving sculpture and not what we are saying. Then in your observing you can go in and out of diffuse and focused states. Carol's request: I would like to like myself more. Comfortable enough in the group to do this lesson with them present. Diana: Does this manifest itself in sensation. Carol: looking down, stomach butterflies, holding my breath. Then hands on. Starting in sitting with Diana touching Carol, making contact. Then on back with large roller under legs to help lower back.

FI Exploration #74 - Diana Razumny

Twisting in sidelying #2, lifting bent leg, trios

CD#17/T10 [29 min] DVD#S09-2 Scene 4 [53 min]

Carol spoke about her lesson. Walking like a man. Given a new option for walking. Joan: About watching the FI. Nice to incorporate the ATMs into your FI demo. Matt: Found it hard to pay attention watching so more talking helps. FI demo with Joan. In sidelying, lifting leg. Direct force through upper leg bone into hip joint. Then lift leg and rotate upper leg bone with lower leg perpendicular, internal/external rotation of the hip. In trios, observer touch practitioner to help. To rotate lower leg, knee go up when foot goes down and switch. Practice. Demo with Rita about self-use. Can sit and leave knee down and lift foot and visa versa, a safe option.

ATM Lesson #212 - Diana Razumny

Scissoring legs #1

CD#17/T11 [48 min] DVD#S09-2 Scene 5 [49 min] Source: Amherst Year 2, July 15, 1981

On back, hip/shldrs dots/lines, diagonal scan. Roll each leg L individually then same time. Outside edge of L foot to floor, inside edge of R. Turn L foot L, outside edge touching, slide L, note R heel/shoulder. Turn R foot L, inside edge of foot touching, slide R, heel going back. Leave R foot slid back to R, add sliding L foot L/center. Start with just sliding L foot L, stay L, add sliding R leg back to R/center. Turn both feet L, slide both at same time, L to L, R to R, like leaping through air to L. Bring tog/apart. Reach through straight legs as they spread, relax into knees bending as come together. Stay w/legs open, seesaw breathing. Legs split to L, keep L leg straight, reach L hand to L foot. Keep both hands palm down on floor. Slide L foot towards L hand. Repeat on other side, legs split to L, take R hand to R foot behind. Alternate. Keep legs fixed distance apart when alternating, slide legs as a unit, L foot towards L hand, R to R, feel hinging in torso. Note head/face. Note torso. Arms straight out to sides, legs split to L, keep legs open/fixed, slide head/shoulders/arms L so L hand comes towards L foot where it is. Repeat to R. Alternate. Leave head/shoulders/arms in middle, scissor legs, note diff. Scissor legs L, open/close. Arms straight out, palms down, add alternating hands to feet w/each opening of legs. Legs close when arms/head pass through middle. Rtrn to simple scissor legs, stand feet, push foot/lift hip, compare L/R. Stand, arms out to sides, tilt L/R, sidebend? Twist? Rpt OS.

Day 83 Wednesday May 9, 2012

ATM Lesson #213 - Diana Razumny

Easy rolling

CD#17/T12 [57 min] DVD#S09-3 Scene 1 [57 min] Source: San Francisco Evening Classes Vol 2 #3

Taught to the class and the public. Unedited version here.

Starts on R side holding feet, arms between legs then changes to sitting. Sit, knees wide, feet tog, hold feet over top of foot, thumb w/fingers. Tilt whole body to R so thigh touches floor, return to mid. Note head moves R, shifting weight so L side lightens. Lift L foot while shifted R, L knee unbends, head to floor. R elbow to floor in front of R knee. Many times, roll to side/back. Rvrs, bend knee, foot crotch. Cont rolling around each direction, all the way around. It's a matter of transferring weight. ROB. On back, hold feet from between legs, over top of foot, thumb. Lift R foot, straightening leg, roll R, rtn. Rpt w/L leg. Cont rolling by straightening legs. Sit, soles tog, Hold feet roll back, rtn to sitting several times. Sit, slide hand/arm along floor under lower leg. Do ea arm separately then same time. Stay w/both arms under legs, elbows towards floor. While there, rotate forearms, touch palms/back of hands. Note face/nose relation to feet. Lift each leg to touch foot to face. Same position, lift head, think forward to floor front feet. Think lowering head to floor, look up/down. Pause. Take nose/chin/forehead to feet, compare to before. Lift ea leg w/arm, bringing foot/face tog, one at a time. Tilt L, weight on L elbow, slide R hand on floor. Direct hand around/behind to back pocket, palm turns. Rpt OS Note shoulder comes under knee, knee over shldr. Maybe both palms to pockets at same time. Sit, soles tog. Bring face to feet, compare. Hold feet, roll back, legs long/separated. Feet to floor overhead, spread, then feet to crotch, roll up. Hold feet, tilt weight, roll to side then circle around, rvrs. Compare to doing in beginning.

Discussion #135- Diana Razumny

About teaching to the public

CD#17/T13 [7 min] DVD#S09-3 Scene 2 [7 min]

Diana: As ATM teacher you have to be the one in the room that can stand the most anxiety. You have to convey that it is okay. Hard not to be invested in students "getting it." Matt: About yoga "position." Joan: Physics of skeleton. Diana: The legs as handles on the pelvis. Rita: Soreness relieved. Maija: The more you try and push, the less you can do.

FI Exploration #75 - Diana Razumny

Interviewing #2

CD#17/T14 [21 min] DVD#S09-3 Scene 3 [31 min]

Noting personal space. Demo: Matt. Pairs-one the student, one the practitioner. Practitioner walk around in front of person and sense where is the comfortable place for them to have you. Practitioners rotate to different person. Repeat with 3 or 4 people. Then group discussion.

FI Exploration #76 - Diana Razumny

Class demo lesson with Betty

CD#17/T15 [61 min] DVD#S09-3 Scene 4 [61 min]

Interview. Reference in sitting. Then sidelying lesson. Starting with rolling pelvis. Twisting theme. At end of lesson bringing Betty to vertical by pushing through the sit bones in sidelying. Turning in sitting and standing. Group discussion. Indirect approach. Milton Erickson "Uncommon Sensing."

FI Exploration #77 - Diana Razumny

Twisting in sidelying #3, rolling pelvis from iliac crest, in duos

CD#17/T16 [17 min] DVD#S09-3 Scene 5 [59 min]

Demo with Craig. From behind contact pelvis with enough contact for person to feel their pelvis before rolling the pelvis and feeling for the bottom side. Figure out pressure with partner.

ATM Lesson #214 - Diana Razumny

Sliding sternum #1, twisted back, from side

CD#17/T17 [46 min] DVD#S09-3 Scene 6 [46 min] Source: AY#217

On back, scan shape of ribs, looking from top down with x-ray vision. Make twisting distinctions: roll head side/side; roll pelvis hands on iliac crest; roll rib cage sliding sternum to side. Twist consistent? On R side, knees bent, R arm straight forward, L hand standing near chest, lift head, turn head/eyes to look to R shoulder. Repeat, OS. On R side, L knee on floor in front/above R, L hand on floor near chest, turn to look along floor to R. Compare to knees together. OS. On R

side, knees bent one on other, arms straight out in front, palms together, slide L palm along arm/chest, bringing L arm to lie behind on floor to L, eyes/head look L, without lifting knee. Repeat sliding L arm, leave arm resting behind. Bring R forearm under head, wrapped R fingers around L side of head/ear, lift head with arm. While head/arm are lifted, look L as if to see L hand. Feel changing shape of ribs and direction of sternum. Resting on back, bring fingertips to top of sternum, slide onto first set of ribs. Continue down finding each of the 9 sets of ribs connecting to sternum. Slide sternum side/side, feeling changing shape of ribs. On R side, slide L arm back to rest on floor behind, stay twisted, bring finger tips to bottom of sternum, at set of ribs, push sternum L. Press at each set of ribs to slide sternum L. RO. Repeat, OS.

On R side, L hand on floor, (reference movement) look along floor to R and behind, note change. Slide L arm behind to bring L shoulder to floor. Bring L palm to forehead, roll L. Repeat rolling head L few times then roll head pass middle to R, continue until fingertips come to floor and twist to look to floor and then over R shoulder and behind. Pause, repeat L palm holding forehead, roll head with L hand to look more to R/behind. Repeat, OS. On R side, turn shoulders L, fingers on sets of ribs at sternum, press down, flattening chest from all 9 sets of ribs, exhaling, softening chest. Change legs to other side, continue. Then while lying on back. On R side, L hand on floor, R arm straight out in front, look along floor to R/behind. Put L palm on forehead when looking down to floor, take head to look more to R and lift head, belly out, feel shape of ribs. Repeat, OS.

Day 84 Thursday May 10, 2012

ATM Lesson #215 - Diana Razumny

Pelvic clock

CD#17/T18 [54 min] DVD#S09-4 Scene 1 [54 min] Source: San Francisco Evenings Vol 2 #4

Taught to the class and the public. Unedited version here.

On back, soles tog. Tilt pelvis, take R knee to floor. Rpt OS. Compare. Pull belly in, lower back presses floor, tail lifts, rvrs. Note knees open/close, chin moves up/down. Tilting knees R/L, how does head respond? Sit, soles tog., lean on hands behind. Push belly forward, draw it in, rock pelvis, note knees. Take R leg to floor, note chest moves away from L elbow. Note head response. Push belly towards R leg, L sitbone lifts. Rpt OS. Alt R/L, compare, equalize. ROB Note changes. Prop on elbows/forearms, soles tog. Tilt pelvis R/L, leg/knee towards floor on ea side. Note shape of torso/ribs on opp side, head. Roll pelvis forward/back, note knees open/close. Belly moves forward/down then back towards spine. Do smaller/quicker. ROB. Sit, soles together, lean on hands behind, imagine sitting on clock. 3 to R, 9 to L, 12 in front, 6 in back. Roll pelvis to 12/6. From 12, move in arc towards 3 to R, rvrs in the arc. Imagine numbers on clock. Cont to 4, rvrs, 5, complete circle. Cont rolling around clock in complete circles several times. ROB the rpt counter-clockwise several times. Then quickly. Alt quickly one direction then other direction ROB. Note breathing, movement of belly/chest - belly first. Breathe in, lift chest first then belly, exhale, reverse. Note normal, it's paradoxical breathing. On back, palms on floor, elbows bent out little, soles tog. Roll pelvis around clock, each hour clear, circle ea direction. Note the back of the head is also circling with the pelvis. Head/pelvis are at same hours on the clock. Create smooth arc. Legs long, ROB. Lying clearer? Lean on forearms/elbows, soles tog. Roll pelvis 12/6, note knees, freer hip joints. Roll around from 12 to 3, rvrs to 12 on to 9, rpt. Cont circling top half of clock, ea time adding 1 hr to ea dir. Then circle few times ea direction. On back, soles tog. Take legs to R, look w/head/eyes to L. Same to other side. Then switch so head goes other way. Circle head/pelvis opp directions. Break down, pelvis 12 to 3 while head goes 12 to 9, cont.

Discussion #136- Diana Razumny

About teaching to the public

CD#17/T19 [20 min] DVD#S09-4 Scene 2 [20 min]

Betty: About listening to this ATM to remember something Diana said she liked. Michelle: make sense today about imagination. Diana: How was my teaching different to the public? Carol: Liked meta comments. About Diana clarifying about Alexander and Feldenkrais. And about survival. Maija: About timing. Diana: About finishing the lesson and the pacing. Joan: Diana was giving permission to the public in the lesson. Rita: What Diana said about stretching.

FI Exploration #78 - Diana Razumny

Class demo lesson with Joan

CD#17/T20 [56 min] DVD#S09-4 Scene 3 [68 min]

Interview in sitting. Shifting weight in sitting. Lesson with Joan on side. Finish lesson on back. After lesson trios discuss what you saw in the lesson and what they thought about what they saw.

Discussion #137- Diana Razumny

About Joan's lesson

CD#17/T21 [16 min] DVD#S09-4 Scene 4 [16 min]

Continued discussion about lesson with Joan. Michelle: things are more understandable at this point in the training. Betty: Length of time spent and pacing of moving to different movements. Diana: Internal sense of when to move on. Betty: About moving through skeleton. Diana: Yes, force through top of head through skeleton. Good way to end a lesson. Rita: When on shoulder barely moving it. Why such small movement? Diana: I always approach the shoulder carefully with super soft hands as it is more vulnerable and many possibilities.

FI Exploration #79 - Diana Razumny

Twisting in sidelying #4, roll pelvis and shoulder for twisting, in duos

CD#17/T22 [11 min] DVD#S09-4 Scene 5 [49 min]

Demo with Rita. Review of FI exploration in sidelying: pelvis forward and back, from fibula forward and back, lifting lower leg in different configurations hooking into the pelvis for twisting. So now focus on upper leg bone. Now add behind hip joint direct knee into pelvis and pushing and pulling. Can do it from front and from back on pelvis. So now focus on upper leg bone. Then from behind around shoulder with contact on ribs and shoulder and bring shoulder back to connect into spine and ribs and create twisting. Always check use of self.

ATM Lesson #216 - Diana Razumny

Scissor legs #2

CD#17/T23 [40 min] DVD#S09-4 Scene 6 [40 min] Source: inspired by Amherst, Year 2

Start like lesson #1, explore scissoring L/R. End w/scissoring to L. Scissor legs L then slide R leg over L to L, L leg back to R, open/close legs here. Reach through straight legs, keeping R shoulder back to R towards floor. Rpt OS (or wait till end in imagination). Repeat, arms straight out to sides, sliding hands towards feet alternately on opening of legs. Note shape/use of torso. Return to original scissoring, note diff. use of torso. Rpt OS (or wait till end in imagination). Scissor R leg over L to L, arms out, take L hand to R foot, R hand to L foot alternately with opening of legs. Stay w/L hand near R foot, roll head side/side. Leave head looking L, push belly out/down on exhale (seesaw), add lifting head. Look R, rpt. Repeat w/face to ceiling. Rpt OS (or wait till end in imagination). Return to simple scissor legs to L. Lie w/legs down, sense legs/pelvis lower back. Bring feet to standing, push foot to floor lifting side of pelvis, compare R/L. Other side in imagination?

Day 85 Friday May 11, 2012

ATM Lesson #217 - Diana Razumny

Scissor legs #3

CD#17/T24 [40 min] DVD#S09-5 Scene 1 [42 min] Source: Inspired by Amherst, Year 2

On back, diagonal scan, stand feet, tilt knees L/R. Note ease, compare R/L. Roll legs to point L, spread like for leaping. Do few times. Add sliding hands, palm down, alternately towards foot in front/back (R/L). Repeat on R side. Switch over legs so L crosses over R to the R, R reaches behind to L, scissor. Stay w/legs open, lift head to look at L hip. Hands on lower ribs, lift head on exhale, push belly out. Try on inhale, suck belly in. L hand on ribs, R behind head, lift head. Original scissor legs to R, hands on ribs, help ribs w/hands. Leave legs open, reach R hand to ceiling, lift/lower shoulder blade. Lift head w/arm. Lift/lower arm/head sequentially then in opposition. Alternately press/lift head/shoulder. (lift head/press shoulder). Scissor legs as before, stay open, reach L arm to ceiling, lift head w/arm then alternately. Legs open to R again, both arms to ceiling, reach alternately, lift head w/each arm. Repeat w/head turned to R. Interlace hands, arms in hoop, roll hoop R, R elbow towards floor then to L. Lift head when elbow touches floor. Scissor legs w/arm hoops. Stand feet, tilt legs. Note ease/difference.

Discussion #138- Diana Razumny

About ATM lesson & Anatomy Video

CD#17/T25 [25 min] DVD#S09-5 Scene 2 [25 min]

Discussion about ATM lesson. Video "Muscle & Motion" with little man attaching muscles to skeleton showing function.

FI Exploration #80 - Diana Razumny

Interview #3, asking questions from handout

CD#17/T26 [7 min] DVD#S09-5 Scene 3 [30 min]

Practitioner asks questions but don't focus on their answers. Ask yourself, "What kind of lesson can I give them", looking for habitual movement. So you are talking as you watch movement. Read the handout but just for ideas. Don't read or hold paper while asking questions of student.

FI Exploration #81 - Diana Razumny

Twisting #5, various positions, full FI, guided

CD#17/T27 [49 min] DVD#S09-5 Scene 4 [49 min]

Same partner - Practitioner watch person in sitting turn head to look around behind. Sit in front and place 'key hold' fingers in front of knees, push into hip joint. Have them direct knee into fingers. On back, roll head, note shoulders in relation to forward/back. Have them cross on leg over other, tilt to that side. Switch sides, compare sides. Compare what you find to what you found in sitting, pushing knees. Legs standing, have them reach arms towards ceiling, note which goes easily, have them lie on that side. On side, standing behind, roll pelvis, note rotation through spine. Think of the references. Sit in front of knee, push into hip, pull back with fibula. Sit behind shoulder, one hand on shoulder, other on armpit ribs, direct shoulder back behind, feel for twist going down spine. Sit at head, bring their palm to forehead, roll head/shoulder back, twisting. Return to back, have them alternate reaching arms to ceiling. Cross legs, tilt towards top leg. Switch, compare sides, compare to beginning. Roll head. Sitting, have them turn to look around/behind. Fingers on knees, press into hip joint, have them press other one forward. Swing arms in standing. Group discussion. Michelle: Felt good about flow of lesson. Rita: Interesting to see that we have come this far. Diana: About pacing. New practitioners can get lost but if you want to move through the theme it takes structure. Later those structures can fade and the lesson can be more organic.

FI Exploration #81 continued - Diana Razumny

Twisting #5, various positions, full FI, guided cont.

CD#17/T28 [64 min] DVD#S09-5 Scene 5 [68 min]

Reverse roles. Afterwards group discussion.

ATM Lesson #218 - Diana Razumny

Revisit scissor legs & first ATM of segment

CD#17/T29 [42 min] DVD#S09-5 Scene 6 [42 min] Source: Diana

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FI Exploration #82 – Diana Razumny

Interviewing #4, non-verbal exploration

CD#18/T01 [15 min] DVD#S09-6 Scene 1 [20 min]

Demo with Brandon. Sit behind person standing. Hands on their hips, shift weight left and right, add shifting weight towards side turning to and then towards side turning away from. Sit in front of person, hold arms at wrists, hands limp, alternate bringing forward and back. Note response in shoulders, head, ribs. Sit behind, hands on ribs, turn side to side, note ease and way to each side. You are asking questions with your hands and see what kind of response you receive. Does it relate at all to what you found in standing.

ATM Lesson #219 – Diana Razumny

Sliding sternum #2, twisting with crossed legs tilted, on back

CD#18/T02 [27 min] DVD#S09-6 Scene 2 [28 min] Source: AY#218

On back, stand legs, cross R over L, tilt R, stay. Hold head with L hand over top, slide head/shoulders L. Pause, repeat sliding head L with legs long and spread. Stay with head to L, slide R hand along R thigh towards R knee. Feel what happens with the collar bones, sternum. Stand feet, cross R leg over L, tilt legs R, stay, L hand holding head, take head/arm L, stay. Hands on sternum, elbows lifted, push L. Note ribs that are sticking up/interfering. Note, L side of ribs in back are lifted. Push to change the shape of chest, taking ribs to floor. ROB, note ribs against floor. Cross L leg over R, tilt legs L, L hand holds/slides head L, stay, return to hands taking sternum L, bending chest L and down. When at bottom of sternum, push ribs down to L and lift head/shoulders. Return head/shoulders to floor, leaving chest to floor. Repeat, press ribs lifting head, leave ribs down, return head/shoulders to floor. Hold head with L hand, slide L, note diff. Then with legs straighten. Cross R leg over L, tilt R, hold head from top with L hand/arm, slide L, extend R arm overhead, lengthen up/L as head/shoulder slide L. Stay to L, R hand on forehead, roll head L/R. Return to sliding head/shoulders L, stay, roll head R/L with L hand. Stand, walk. Imagine weights in hands, bend L/R, note how to each side. Reverse everything to other side. Stand on knees, R hand on L temple from over top of head, bend directly to R. Add L hand sliding along R forearm towards elbow. Have L foot standing, continue. Repeat, OS. Add at end to straighten the R leg straight out to side, thinking of taking L elbow towards floor on L. On back, lift head, hands press chest down, return head to floor leaving chest in full contact with floor. Stand, imagine holding weights in hands, bend to sides.

FI Exploration #82 continued – Diana Razumny

Interviewing #4, non-verbal exploration continued

CD#18/T03 [3 min] DVD#S09-6 Scene 3 [11 min]

Return to above reference movements, compare to before ATM lesson, noting any differences. Keep it light.

ATM Lesson #219 continued – Diana Razumny

Sliding sternum #2, twisting with crossed legs tilted, on back, continued

CD#18/T04 [18 min] DVD#S09-6 Scene 4 [18 min] Source: AY#218

See ATM above.

Discussion #139– Diana Razumny

About FI exploration

CD#18/T05 [21 min] DVD#S09-6 Scene 5 [21 min]

Quality of touch. Rita: Confused. Barely touched Krista and she was like rag doll. Krista: Felt all kinds of subtle things. My body kept going. Diana: people are so different in their touch and sensitivity. It gets to the point of thinking it or imagine it and that will have an effect for some people and some not. Michelle: second time was different from my expectation and confused myself. Craig: Michelle was more curious and listened more the second time. Joan: What was the purpose? Diana: Good way to get information about them. Also very informative for them to feel themselves. You can also direct their attention verbally. I was thinking of this as an interview to see where you are going to go with them in the lesson. Betty: Confused by changing orientation. Diana: It is a skill to develop.

FI Exploration #83 – Diana Razumny

Lifting vertebrae, on side

CD#18/T06 [25 min] DVD#S09-6 Scene 6 [25 min]

Shows video of anatomy of skeleton showing spinous processes and muscles along spine. Demo with skeleton and Michelle. Student on side, roll pelvis back, noting how twist moves through spine. Start at bottom of spine, lift 1 or 2 spinous

processes from “table” side of spine to indicate turning. Work up spine to between shoulder blades and however high up spine is comfortable. Return to rolling pelvis, compare to beginning.

FI Exploration #83 continued – Diana Razumny

Lifting vertebrae, on side, continued

CD#18/T07 [20 min] DVD#S09-6 Scene 7 [80 min]

Practice in duos. Then demo with Maija. Sidelying. Rolling pelvis from behind. Piece that was difficult was about depth of contact into groove next to spine before lifting spinous process. I go in by taking myself forward. Then turn wrist upward. You may need to anchor their pelvis or their shoulder as you move into spine so they don’t rotate beforehand. Connect through knee through femur into pelvis into spine.

ATM Lesson #220 – Diana Razumny

Coordinating arm and leg, lifting and lowering, on front & back

CD#18/T08 [40 min] DVD#S09-6 Scene 8 [40 min] Source: San Francisco Evenings, Vol 2 #8

On front, face L, L arm long overhead on floor. Lift L leg (talk of teaching/learning) Note how lift. Feel pressure/weight shift. Stay lifted, slowly rtn. Note what stop doing when lower leg, pelvis shift. Note L armpit, elbow, head, inhale/exhale? (teach/learn-didn’t tell right way, exp learn chem.) Same position. Lengthen L arm/hand along floor. How do? Bring L elbow towards self w/o bending. Lift just L elbow, note hand. Mv. hand/forearm R/L. Lengthen arm, mv R/L to find middle (demo w/3people) Know thyself is most important. Same position. Lift the L leg/knee, stay lifted, move L/R. Note pelvis. Lift arm/leg same time. What’s preliminary arrangement? Necessary? Rpt w/face to R. Turn head ea time lift arm/leg. ROB. Note L/R diff. (talk about learning/teaching) On back, L arm long overhead on floor. Lift/lower L leg, note pelvis mv prior to leg lifts. Feel turning of pelvis, shoulder, ribs. Add lifting head and note how. Lift head/arm at same time, what presses. Lift L arm/leg, simultaneously? What returns 1st? What lifts 1st? What returns 1st? Same time poss? Lift just leg, note inhale/exhale. Lift just arm, note same. Lift just arm on exhale, add head lifting w/arm, exhaling. Lift leg w/exhale Lift leg/arm on exhale. On front as before (R arm down along side). Lift leg/arm same time. Rtrn to floor same time? Roll chest/pelvis to R so L arm/leg lift as result. Lengthen L arm/leg a little and roll R. What lifts 1st? Poss to lift at same time? Lift head/arm/leg same time. Feel pressure against the floor on R. ROB. On back, arm long overhead. Lift arm/leg/head at same time. How? Stand, feel which side is you. Which side more clever?

Day 87 Tuesday May 15, 2012

ATM Lesson #221 – Diana Razumny

Sitting rotation

CD#18/T09 [57 min] DVD#S09-7 Scene 1 [57 min] Source: San Francisco Evenings Vol 2, #5 Easier turning

Taught to the class and the public. Unedited version here.

Sidesit, lean on R hand/arm behind. (talk about work if not lean on hand) Hold L hand in front of face, close eyes, turn R where easy. Open eyes, mark point on wall. Rtrn to position/mvt and stay turned to R, take head/eyes L. Pause, rtrn to ref. mvt, note range/ease. Turn as before, stay, mv only eyes L few times. Ref mv. Turn, note L hip lifts then lowers when return to front. Stay turned, take eyes only more to R, rtrn to hand. Ref mvt again. ROB, note leg turnout & head roll. Sit as before. Both hands on floor to R to lean on. Stay turned, place L hand on top of head. Take L ear to L shldr, note shortening. Cont. add R ear to R shldr, note pelvis. L hip lifts/lowers w/head tilting L/R. Return to front, ref mvt w/closed eyes. Both hands on floor to R, note R hip weighted. Lift/lower head, combine lift/lower L hip. Take head/shoulders R/L with hip lift/lower. Take head/shoulders L/R in opp dir. Ref mvt. w/eyes closed, note range change Hands on floor to R. Turn head/shldrs opp dir. Add eyes opp head. Think eyes go w/shldrs, head opp shldrs. Can break down, head in mid, eyes/shldrs mv tog. Head/shldrs opp, eyes w/shldrs. Rpt ref. mvt. Compare to first time. ROB, Lift ea. leg, roll head. Stand, walk in circles, R/L compare. Talk Holland/Magnus – eyes effect on tonus. Sidesit w/R leg back, lean on L hand, R hand in front, turn L, ref. Eyes closed, imagine eyes move R 3 times. Eyes close, imagine head/eyes moving R 3 times. R hand on head, imagine taking ears to shoulder, alt L/R. Think of whole self involved while imagining head tilts. Ref. mv to L, compare. Imagine lift R hip to turn L. Imagine head/shldrs mv opp dir. R hip lift/lower. Take eyes w/shldrs, opp head., (head still or mv opp) Ref mv, compare. Hands on floor to side, head/eyes opp shld. Sidesit to L, ref. mv, compare to starting this side. Then switch legs, turn R, compare to imagined side. Legs to L, hands on floor to R, imagine twisting, including whole self. Switch to other side, imagine again. Imagine R hip lift/lower. Ref mv. Stand, walk

Discussion #140– Diana Razumny

About teaching to the public

CD#18/T10 [25 min] DVD#S09-7 Scene 2 & 3 [18 & 7 min]

Matt & Rita studied the lesson. Differences the way Diana taught it compared to the Moshe's AY lesson. Diana: A lot of amazed nervous systems in the public. Matt: With big group people feel more permission to do what they want. You went straight to the differentiation of eyes and head, easier for the public. Misunderstood one instruction by Moshe. Diana: instructions can be misunderstood, especially when working off notes and recordings in a different era. Something gets lost in translation. Don't like using notes. Want to relate to the people. Matt: Liked the walking backwards at the end. Diana: number and categories of lessons. Rita: About what Moshe said as he taught. About coming up with 15-minute variations of sitting rotation lesson in sitting on the floor, sitting in a chair and standing.

FI Exploration #84 – Diana Razumny

Class FI lesson with Maija

CD#18/T11 [50 min] DVD#S09-7 Scene 4 [66 min]

Interview. Maija's neck has a problem. Sitting and rotating. Checking shoulders in turning. Pushing knees. Verbal instructions for movement in sitting combining shoulder and hip movements, hand over head with sidebending. Big part of this work is not getting fixed to do something only one way. Demonstrates turning with weight on left or right foot. Worked on roller on mat. How to go down onto roller and how to slither off. Then worked with Maija on back on roller with many variations. Had Maija slide off roller. With Diana sitting at Maija's head working with shoulders, neck and head. Back to Maija sitting on table on small roller, hand over head, sidebending. Then rotating to both sides. Then pushing knees as Maija rotates to each side. Standing and turning at end. Discussion in trios about what you saw, etc. Diana demos possibilities of hand under head.

FI Exploration #85 – Diana Razumny

Twisting in sidelying #6

CD#18/T12 [26 min] DVD#S09-7 Scene 5 [67 min]

Demo with Krista in sidelying. Rolling pelvis review. Keep it light so easy for person to follow. A little force down before you roll for them to feel the pelvis roll and shoulder follows which allows rotation in spine. Put arm under head. Lift arm and head together. Direct elbow with one hand up to see where there is rotation in spine.

ATM Lesson #222 - Diana Razumny

Twisting and bending, on side

CD#18/T13 [34 min] DVD#S09-7 Scene 1 [36 min] Source: AY#206 On side, getting the spine flexible

On R side, knees bent together, lift/lower head. Add L arm lengthening down. Repeat on other side. On R side, knees bent, lift head with help of L arm holding over top of head. Leave head up and extend L arm down along side and note change. Repeat on other side. On R side, knees bent, roll head so back of head is on the floor, L palm under back of head, lift head, elbow stays near floor. Same position, hold back of L knee with R hand from above, continue lifting head with L hand behind head. Exhale with lift. Continue but push/lengthen L leg down to help pull on R arm to help lift head. Rest on R side. Lift head and lengthen L arm to note change. Return to lifting head while twisted but without R hand on L knee. Attn to L elbow going sideways. Repeat all on other side. On R side, knees bent, back of head on floor, R hand behind head, L arm down to side, extend L leg when head lifts to help come up onto L elbow. Repeat on other side. On R side, back of head on floor, hands interlaced behind head, lift head, elbows come together. Use weight of L leg lengthening to help head lift. Repeat on other side. On R side, R knee bent a lot, back of head on floor, L hand behind head, R hand behind L knee, lift head, extend L leg to come to sit. (difficult) Put R arm on floor, lengthen L leg and see if possible to come up on forearm. Help with both hands to come to sit when L leg lengthens. Repeat but switch arms, L arm behind helps, R hand behind head. Repeat on other side. On back, scan, stand, walk.

Day 88 Wednesday May 16, 2012

ATM Lesson #223 – Diana Razumny

Foot to head

CD#18/T14 [60 min] DVD#S09-8 Scene 1 [60 min] Source: San Francisco Evenings Vol 2 #6 Flexible child, foot to head

Taught to the class and the public. Unedited version here.

On back, bend knees, stand feet, R ankle on L knee. R hand through opening of leg, palm upward, hold heel. L hand holds outside of R foot, lift/lower foot, circle. Circle foot along the midplane (bicycle wheel) thumb w/fing. Add lifting head as foot comes towards head. Pause. ROB. Sit, hold foot same way. Lift foot, bring towards head, circling like before. Allow rolling back on pelvis, low back rounds back. Head bows forward towards foot as foot comes near. Lift foot in front, take R/L. Cont farther so L knee lifts. Gradually L knee flops to inside as go farther to R. (story of Germans in France). Come back to same movement, note if easier. On back, hold R foot as before. Circle foot, bring head/foot towards ea other. Compare to before. Take foot L/R. Pause. Rtrn to taking foot L/R, go all the way to R. Bring head towards knee, nose/forehead/mouth. Keep going, head along floor along leg to come to sit. Sitting, leaning over head to big toe, mouth/nose/forehead. Slide head along leg to knee, think diff parts of face touch. Slide head from foot to knee until come to lie on back. On back, bring head/foot tog, circling foot towards head. ROB. On back, hold foot as before. Take foot to R, head towards knee, along leg, sit. Sit, hold R foot in air, take L/R, L foot hinges, in/out. L knee opens/closes as take R foot L/R. Soles tog, bring R foot to head, head to foot. ROB. On back, hold foot as before. Bring head/foot tog to touch foot to top of head. Sit, soles tog, hold L foot w/has as did w/R foot. Lift L foot a little, think bringing head/foot tog. Lift L foot, imagine taking L/R as w/R foot. On back, holding L foot. Think of bringing L foot towards top of head. Lift head, leave it up, imagine foot coming to top head. Pause, think taking L foot L/R, rolling all way to touch. Really roll to L, think taking head along floor to sit. On back, holding L foot. Lift L/R foot high in air, swing up to sit. Sitting, think of L foot coming to top of head. Switch to compare R foot to head. Sit, soles tog, slide hands/arms under legs, palms up. Bring head to feet, bring one foot close to head, other. Hold one foot w/both hands, head/foot tog. Rpt OS. Bring shoulder under knee, leg overhead Rpt OS. Draw circle around face w/big toe, in ear, nose. On back, do same thing, foot to face, toe to nose/ear. Sit, remember first move. Hold R foot, roll to R, onto back and come up on L. Switch to L foot, roll around L/R. Stand, walk.

Discussion #141– Diana Razumny

About teaching to the public

CD#18/T15 [18 min] DVD#S09-8 Scene 2 [20 min]

Margie worked with this lesson. Margie: I struggled with this lesson. The students had difficulty and I just stopped teaching it. Karin: Also got confused when I did this lesson. Lost interest in it. I couldn't think of anybody that I would teach this to. Maija: This was one of my favorite lessons in the training and so I taught it and people did struggle. Helped for people to use lower back. Karin: After doing it this morning I have a new appreciation for the lesson and what you do to make this lessons more friendly and easier to do. Diana: People want to skip the process but that is what this method is about, being in the process. Michelle: appreciated fill-in talk about the method so there has to be a context to stay with a difficult lesson. Reason to do the lesson. Diana: Getting people engaged. Carol: Learned something about myself, dealing with frustration from a past lesson, now extending abdomen changed experience.

FI Exploration #86 – Diana Razumny

Interviewing #5, giving ATM movement instructions & Class FI lesson with Karin

CD#18/T16 [50 min] DVD#S09-8 Scene 3 [56 min]

Review interview process of this segment: Position sitting in relationship to student. Watching without listening; visual observation. List of questions; Nonverbal via moving them – hands on; Give verbal instructions and observe. Today we will be giving instructions based on ATM movements and observing. Demo with Karin. From this morning's lesson, have hands hold feet and bring towards head. Where do you feel restrictions? In shoulders. Diana sit at head and hold head as Karin lifts leg with hands towards head. How could you enter in to make it easy for student, take over some of the work. Then Diana lifts shoulders forward. The more you do ATMs, the more you will know what to do in FI. Worked with sternum and shoulders. At end, stay away from goal and having them try the movement that hurt them. Trios to share about watching FI lesson with Karin.

Discussion #142– Diana Razumny

Handouts, videos and websites

CD#18/T17 [46 min] DVD#S09-8 Scene 4 [61 min]

Students show movements from AY#206. Diana: Sometimes very few can understand the movement. That is why it is good to have colleagues to help figure out movements. Lots of times people think you are giving the wrong instructions because they can't figure it out. Diana: About Self-image handout. Writing is bad. Joan: Didn't get the emotional image. Diana:

About Sandra Blakesly's video about body image. Project of coming up with a snippet of sitting rotation. Good for 5-15 minute presentation. Krista: About woman missing 2/3 of her cerebellum. Video about Hagit giving presentation about method. Talked about 1 liner, 30 second blurb. Groups of 3 or 4. What can you use from this talk? What resonated for you? Write down ideas.

ATM Lesson #224 – Diana Razumny

Twisting on side #1, lifting top straight arm, top knee bent on floor in front of bottom leg, while twisted, arm holding head, slide to side

CD#18/T18 [22 min] DVD#S09-8 Scene 5 [22 min] Source: AY#430

On R side, extend arms in front, palms together, L knee on floor forward of R leg, R leg straightened a bit, lift straight L arm, follow hand with eyes/head. What stops hand from going to floor behind? Allow L knee to lift. Continue, allow L hand to come towards floor in back, knee lifted then start returning knee to floor, hand will come a little away from floor. Take arm to floor behind again, allow knee to lift, stay there, expand chest, pull in belly, visa versa. Do "seesaw" movement small/quick. Lower knee to floor, note if hands stays closer to floor. Repeat-other side. On R side, L knee on floor, turn face to ceiling, L hand on forehead, turn head L, eyes follow elbow. Stay with head rolled L, lift L knee until elbow touches floor, lower knee so elbow lifts, rolling pelvis. Remain with elbow on floor, knee lifted, do "seesaw" movement of chest/belly. Pause, take knee to floor, elbow lifts and repeat "seesaw". Repeat-other side. On back, arms out at shoulder height, palms to ceiling, R leg in air to ceiling, R leg to floor on L. Follow foot with eyes. As foot comes near floor, extend through heel, allow R shoulder to lift. Remain with R leg to L, do "seesaw" moves. Same position, stay with R foot on floor to L, hold over top of head with R hand, slide head/arm down to R, face stays towards ceiling, allow shoulders/chest to turn R. Stay with head to side, do "seesaw", quickly. Repeat-other side. On front, arms out at shoulder height, bend knees, L ear on floor, join knees, take heels to butt, bend toes up, then extend legs/feet/toes. Repeat with just R leg then L. On front, legs touching, knees bent, separate feet. Stay with feet apart, knees touching, move pelvis R/L. Repeat with face to L.

FI Exploration #87 – Diana Razumny

ATM movements from lesson, guided

CD#18/T19 [28 min] DVD#S09-8 Scene 6 [30 min]

Visual interview using an ATM lesson. Student on side. Student two arms straight and together. Look at hand as it goes towards the ceiling and behind you. When does knee lift? Roll one arm to other side keeping it straight. Practitioner sit at head and bring top arm to their forehead. With palm on their head roll their head with their own hand. Feel spiralling down the spine from the head. Two arms together out in front and lift to other side. Then practitioner lift top leg from knee and foot to roll their pelvis. Return to lifting the top extended arm. Student take arm over top of head and roll head and arm together to create twist in spine. Student take straight arm around to other side again. Student sit and stand and look around self. Switch roles. FI come right out of ATMs. So you can do a private ATM/FI.

ATM Lesson #224 continued – Diana Razumny

Twisting on side #1, lifting top straight arm, top knee bent on floor in front of bottom leg, while twisted, arm holding head, slide to side, continued

CD#18/T20 [15 min] DVD#S09-8 Scene 7 [14 min] Source: AY#430

Continue ATM lesson. See above.

Day 89 Thursday May 17, 2012

ATM Lesson #225 – Diana Razumny

Coordinating Flexors/extensors

CD#18/T21 [59 min] DVD#S09-9 Scene 1 [59 min] Source: San Francisco Evenings Vol 2 #7 Freeing the spine

Taught to the class and the public. Diana's version here. First feedback from yesterday and discussion.

On back, stand feet, cross R leg over L: Tilt legs R, rtn. Note pelvis, chin, chest; Stay R, what's stopping going to floor? Stand feet, triangle arms: Tilt triangle L; Rpt w/L straight leg, R foot helps; Take hands little up/down, note ease of tilt; Stay w/triangle tilted L, take arms up/down; Rtn triangle to ceiling, tilt, note chg; Stand both feet, tilt triangle. Cross R over L: Tilt legs R, chg?; Triangle arms, tilt L; Combine triangle/leg tilts; Rpt, rtn to mid quickly; Pause, tilt legs, chg? Lengthen R arm overhead on floor, leave there; Tilt legs R, allow R arm to slide more overhead; Lengthen R leg, tilt triangle R. Tilt triangle arms/crossed legs R, sweep hands up. Cross L over R: Tilt R again, take triangle R/up, knees down/away; Pause, tilt legs L, re-cross, tilt R, compare. Feet standing, triangle arms, tilt side/side: Lengthen one leg, tilt triangle to that side, Rpt OS; Cross legs, tilt legs towards top leg, triangle opposite; Switch legs, rpt. Crossed legs, tilt R/L, switch crossing, rpt: Explore little pressing back of head or shoulders. Slide arm up on side legs tilt towards, side/side w/same crossing. Switch legs, rpt. Tilt triangle arms, chg?

Discussion #143– Diana Razumny

About teaching to the public

CD#18/T22 [27 min] DVD#S09-9 Scene 2 [28 min]

Maija and Michelle had this lesson to study. Maija: You brought yourself to the lesson. Much more nice than Moshe. You added and changed some things. Michelle: Awful taking Moshe's lessons word for word. You are telling us a story and I hate words on a page. I want the lesson to be more me. Did get the idea this segment the relationship between ATM and FI. Doing ATM really changes me and my experience in FI. Betty: Questions about things Diana added to lesson and demoed movements. Diana: Good to do Moshe's lessons to be grounded in the history of the method, even though difficult at times. About AY lessons going from Hebrew to English to the transcription. Discussion about teaching to the public. If we do it again I would want to give you lessons that I am teaching while I encourage you to learn from his original lessons. Also, students didn't engage that much. Do you want to continue? Joan: Want to continue with your versions of lessons. Some students agree while others like doing Moshe lessons.

Discussion #144– Diana Razumny

Ruthy party tricks, IFF website and Moshe lesson with Hazel

CD#18/T23 [29 min] DVD#S09-9 Scene 3 [44 min]

Trios try out from notes. 1) arms and interlacing fingers. 2) Sidebending reference. Bite bent index finger. Pull finger forward and lengthen the back of your neck while pulling. Then sidebend again. 3) Turning reference then abdominals and other party tricks.

IFF website: (projected): See what is available to you. 1) standards of practice; 2) Bibliography links 3) Amherst FI Videos: go to materials and then archives. Showed some of Hazel's interview and Erin's #4 in series. Students write down instructions to find videos.

FI Exploration #88 – Diana Razumny

Interviewing #6, add ATM movement

CD#18/T24 [4 min] DVD#S09-9 Scene 4 [34 min]

Use: 1) list of questions; 2) non-verbal observations through touching/moving; 3) Review and add on directing through ATM movement to observe from this mornings ATM lesson.

FI Exploration #89 – Diana Razumny

Review FI moves from segment

CD#18/T25 [28 min] DVD#S09-9 Scene 5 [64 min]

Review FI explorations from this segment. Demos: Margie with Rita on table; Diana with Rita on table. Duos practice for 20 minutes then switch roles.

ATM Lesson #226 - Diana Razumny

Twisting on side #2, top elbow/knee and arm/leg move in opposition by moving/twisting middle of self

CD#18/T26 [34 min] DVD#S09-9 Scene 6 [35 min] Source: AY#434

On R side, turn face to ceiling, L hand on forehead, turn head L/R. L foot on R ankle, open L knee to left then lower to R while rolling head L/R. Repeat-other side. On R side, same position, roll head, attention to elbow points to ceiling then back to R at same time knee goes to ceiling then to L. Knee/elbow meet in middle pointing to ceiling then move opposite each other small amount. Feel for movement in the middle coming from back/torso. Think of tip of knee/elbow separating and coming together in a line with torso. Repeat-other side. On R side, repeat moving knee/elbow opposite each other starting with elbow/knee pointed to ceiling, elbow moving R, knee L. Attention to knee/elbow each moving same amount from midpoint. Then pass through middle to take knee R, elbow L and return to middle. Continue with new direction of opposition. Repeat-other side. On L side, extend straight R arm backward and straight R leg forward, lift arm/leg from floor towards ceiling to be in line with each other. Gradually increase the movement to pass through middle and take opposite directions to other sides, leg back to R, arm forward to L. Keep amount of movement past middle point the same for arm/leg. Repeat-other side. On L side, R arm/leg to ceiling, arm to R, leg L so arm/leg are parallel to floor, stay there and teeter totter in this configuration so arm comes close to floor then leg comes closer to floor. And/or, from this parallel with the floor position, take arm/leg in arc down in direction of feet then up direction of head. (like swiveling doll arms/legs) Repeat-other side. On L side, R hand on forehead, roll head, add R knee moving R/L like beginning, note changes.

Day 90 Friday May 18, 2012

ATM Lesson #227 – Diana Razumny

Cross leg tilt with one arm up, other down, rolling to side, arm holding head to slide to side, on back

CD#18/T27 [38 min] DVD#S09-10 Scene 1 [38 min] Source: AY#240

On back, bend knees, R arm long overhead, palm up, L arm down along side, palm up, reach/lengthen arms in direction of fingers without moving head. Stand R leg, push floor with R foot, feel force move up through spine, leave head in place facing ceiling. Repeat-other side. L arm long overhead, cross R leg over L, tilt legs R. Change over legs, tilt L, allow R shoulder to lift, lengthen L arm, palm rolls towards floor. Continue so roll to L side, head on L arm. Repeat-other side. L arm long overhead, L leg over R, legs to L until head rolls onto L arm and L palm turns towards floor, stay to L, R hand over top of head, hold L temple, lift head. Note R ribs/pelvis come together. On back, R arm down, L leg over R, tilt L, note change. Hand turns easier? Repeat-other side. On back, stand feet, L arm long overhead, lift R leg in air, take leg to L, R hip lifts. L leg remains standing, note R arm/shoulder. Cross R leg over L, tilt legs L, stay L, straighten R leg and take towards L hand. L arm long overhead, R leg crossed over L, tilt legs R, straighten R leg and take it towards head. Repeat-other side. R arm long overhead, L arm down along side, palms facing ceiling, L leg standing, lengthen both arms. Turn head towards R hand as L hip lifts. Continue, turn face to L when hip lifts. Alternate head looking up/right and down L. Repeat, other side. R arm long overhead, L down, both palms facing floor, turn R hand more so thumb presses floor. Stand L foot, lengthen arms, alternate looking towards hands. Repeat-other side. Feet standing, arms extended overhead, lift pelvis, note arms with pelvis lifted then slowly lower pelvis, keeping arms where they were while lifted.

FI Exploration #90 – Diana Razumny

Interviewing #7, students with an attitude in trios

CD#18/T28 [19 min] DVD#S09-10 Scene 2 [48 min]

First clarification about ATM teaching project for next segment. ATMs from FFL series of workshops. Each of you picked one ATM to study from 4 lessons in the workshops. 1) Leg swing, flex/ext ankles/toes, 2) Sidebending, twisting and extending, reaching for heel, 3) Candelabra arms, 4) Rolling arms and fists.

Ask questions from the interview list. Students are secretly given an attitude to take on while answering the interview questions. Then group discussion.

FI Exploration #91 – Diana Razumny

Twisting review, guided

CD#18/T29 [95 min] DVD#S09-10 Scene 3 & 4 [44 & 50 min]

Sitting in front of student sitting on table. Holding both hands as student moves each hand to allow rotation. Watch student rotate in sitting. Practitioner put "key hold" fingers on their knees as they turn. Give a little impulse for student to feel upper leg bone. Direct the knee coming forward into the practitioner's fingers. Take hands away. Student look over shoulder again. Compare. Student stand and practitioner sit on table facing back and put hands on hips as student looks over shoulder. Then student look over shoulder without hands on. Students lie on table on side. Support head at end of table. Practitioner lift leg from front. From back, hands on pelvis, roll back pelvis. Sit at head, put student's hand on forehead. Move head with hand and rotate looking for twisting in spine. Sit behind with one hand on pelvis and one hand on shoulder. Hold pelvis and direct shoulder back, then hold shoulder and move pelvis back. Come around to the front of their knee and direct force into upper knee. Diana demos on side with hand standing directing the elbow similar to directing the knee. Then one hand on the shoulder and one on elbow. Direct the shoulder back and forward. Come around to back with fingers of headward hand on spine and other hand on pelvis. Roll pelvis and listening to "key hold" fingers on spine. Travel fingers along spine (gutter) as you gently move the pelvis back and to neutral. Sit at head with student back of palm on side of head and lift head/arm unit to turn them. Student roll to back. Student feel the two sides. Practitioner roll their head. Student roll up to sitting. Turn and see how the pelvis shifts as you turn. Come up to standing. Look around yourself in standing. Switch roles.

Discussion #145– Diana Razumny

About FI and closure

CD#18/T30 [13 min] DVD#S09-10 Scene 5 [13 min]

ATM Lesson #228 - Diana Razumny

Twisting from front, hands interlace on back of head, sliding knee up to side

CD#18/T31 [36 min] DVD#S09-10 Scene 6 [36 min] Source: AY#69

On front, legs spread, feet extended, forehead on floor, hands interlaced behind head, lift R elbow, take towards ceiling. Continue so shoulder lifts, chest turns, body tilts and R knee starts to slide up to side. Pause, flap R elbow quickly. On back, note arms. Repeat on other side. Same position, lift R elbow and head, keeping frame of arms consistent to pivot over L elbow, allow R knee to drag up to side, follow R elbow with eyes, exhale as you roll, eyes look to R elbow as it lifts. Continue pivoting over L elbow, add lifting bent L leg, exhaling. Legs long, lift elbow/head, note change. Rtrn to looking at elbow, dragging up R knee. Repeat on other side with fingers interlacing changed. On front, hands on floor near head, lift R bent leg in air, heel towards head, note L arm/elbow. Extend L arm long overhead on floor, note leg movement is easier, pelvis rolls, L arm lengthens, R elbow starts lifting from floor, allow R hand to help R leg/heel move towards head. Hands interlaced on back of head, return to lifting L elbow/head, roll, L knee slides up, note ease. Repeat on other side. Hands near head, lift R bent leg, take to L side towards floor, switch to lift L bent leg. Continue side to side, note how arms can help. Hands interlaced on back of head, lift R elbow, drag up R knee, pivoting over L elbow, switch directions, alternate side/side. Have arms long overhead, do same movement, lifting arms alternately, twisting/rolling side/side, allowing knee to drag up on side arm is lifting. Expand so lifting arm/hand goes behind towards floor so fingernails of lifting hand can touch the floor.