

## Day 91 Monday August 13, 2012

### Discussion #146- Diana Razumny

#### Introduction to segment 10

CD#19/T01 [9 min] DVD#S10-1 Scene 1 [9 min]

Overview: Exploring doorways into FI lessons. Mock FIs: looking at all the stages of doing FI. So still not a full FI. We will look at starting an FI. State of not knowing & questioning. Tools for observing and assessing. Every day giving full FI based on familiar ATMs. Each day new partner. Entering FI boot camp. Name drawing for small element of surprise, as with clients from public. Each morning plan on coming 10 min. early to pick up handouts for the day and draw your partner. Series from Alexander Yanai on walking. Using artificial structures to lead you into how to begin an FI. Lenses to put on to view what is going on with a client. Field trip on Friday to attend Matt's ATM class. First people watching on mall with assignment about how to watch in partners.

### FI Exploration #92 - Diana Razumny

#### Squatting observation

CD#19/T02 [14 min] DVD#S10-1 Scene 2 [47 min]

Look at handout for squatting observation. Work in trios, remember your trio so we can check in on the last day with the same people. The main function of the handout will be for outside of class when you want to practice. You'll have half hour to view 3 people. Split your time up accordingly. Group discussion at end of observation.

Squatting Handout: This list is provided as an exercise to stimulate and hone your observation skills for watching a person in the process of squatting. At first, you may want to go through the whole list a few times. After some practice, you can switch to picking out a few things to notice or notice a few things that catch your attention when observing. Take note of it before and after either an ATM or FI lesson.

### FI Exploration #93 - Diana Razumny

#### Walking observation

CD#19/T03 [3 min] DVD#S10-1 Scene 3 [11 min]

Look over handout for walking observation. Don't actually need to read but can take notes on your experience of observing. Today concentrate on head movement. We'll work with the handout throughout the two weeks. Its main function is for you to have it afterwards, if you find it useful. And, to take notes as we go when other things get added. Work with your partner of the day. Check their head movement during walking for movements that suggest yes/no/maybe. Once finished, lie on mat. Walking Handout: soft focus then zero in on specifics.

### ATM Lesson #229 - Diana Razumny

#### Tilting bent legs #1, on front, ATM Book version

CD#19/T04 [43 min] DVD#S10-1 Scene 4 [43 min] Source: ATM Book #7 - Carriage of the Head

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Lie on your front, place hands one on top of the other, forehead on back of hands, have the legs hip width apart, knees bent at ninety degrees so feet are up in the air toward the ceiling. Tilt your lower legs to the right and back to the middle a few times. Pause in the middle, leave the knees apart and let the feet come together so they are touching, tilt the legs right again, allowing the left foot to slide along the right lower. Observe: elbows; turning through the spine. Rest. Have your left hand on top of the right, turn your face to the left so your right ear is resting on the back of your hands, bend your knees again and tilt them to the right and back to the middle. Observe: your ribs on floor; your spine and how far legs tilt. Do you notice differences with the head turned? Rest on your back. Roll head, notice any differences left to right. Lie on your front side again, place the left hand on the back of the right, turn your face to the right, have your left ear on the back of your left hand and continue tilting bent legs to the right. The left foot slides along right leg again. Observe the degree of twist in your spine with the head turned to the right. Do you inhale or exhale while tilting the legs. Track along your spine as you twist. Rest on back. Lie on your front, face to the left, have your right ear on the floor and interlace fingers on top of the left ear, elbows resting on the floor. Have your knees together and bent, tilt your legs to the right, keeping the knees and ankles tied together. Allow the left knee and thigh to leave the floor. Observe: when you exhale; twisting in your spine, chest movement, elbow sliding. Rest on your back. Lie on your front, have your face to the right so your left cheek is on floor, interlace your fingers the non-habitual way, place your hands on your right ear, knees bent together and tilt the legs right as before. Rest on your front (or stand and walk noticing differences) head, eyes, torso, legs, pelvis. On your front, forehead on hands, tilt bent legs right and compare to the beginning. Pause. Recall in your imagination the movements done while tilting the legs to the right and then do the same thing taking the legs to the left. Actually do the movements a few times and compare the ease of going left compared to right.

The lesson in the book talks about habitual patterns, imagined movement, projected image and actual execution for finer muscular action. On the tape he expands on the differentiation between projected image and actual execution. The movement in the book starts with allowing legs to be apart then holding them together later with hands interlaced on the back of the head. On tape the whole lesson is done with knees and ankles tied together and never having hands interlaced on top of head.

At end do walking observation with today's partner.

## **FI Exploration #94 - Diana Razumny**

### **Full FI of 40 minutes #1, based on leg tilt ATM book version**

CD#19/T05 [55 min] DVD#S10-1 Scene 5 [142 min]

Demo - breakdown ATM into small chunks for Mock FI. Position, Movement, Noticings. - 3 head positions; 3 leg positions. Partner - Noticed head in walking observation, interviewed. On back, roll head. On front, observe them doing leg tilts. Position? Break down for comfort, face to one side, arm bent on face side, other down along side. Movement - tilt legs for them; have foot sliding against other leg during tilt; tilt one at a time, one hand on pelvis; work along spine for twisting; add ribs; return to rolling head on back; observe walking, note head. On board - Begin/end with head rolling on back; ref of tilting legs for them a 3 times during lesson. FI Exploration - Exchange 40 minute FI. First briefly look at intake form for ideas. Before switching Diana demo with skeleton. At end group discussion plus set up for tomorrow's public ATM. Gave out copies of lesson.

## Day 92 Tuesday August 14, 2012

### ATM Lesson #230 – Diana Razumny

#### Tilting bent legs #2, on front, London version, taught to the public

CD#19/T06 [58 min] DVD#S10-2 Scene 1 [58 min] Source: Moshe in London

On front, one hand on the other, L ear on hands, knees bent, held tog, tilt L. Same position, Leave legs tilted L, stand R hand for pushup, take legs farther to L. Return hand under head, tilt legs again, note diff. Note: R elbow slides, pelvis pulls spine/head, both sides ribs. Stay with legs to L, inhale, fill chest, pull in belly, exhale, flat chest, push out belly, note when feet nearer to floor. Stand, note differences. Repeat on OS. Return to L ear on floor, interlace hands on R ear, elbows on floor, tilt legs to L slowly, note where twist doesn't happen. Stay with feet to L, lift R elbow, note feet. Same position, stay with tilted legs L, separate R knee from L. Lift R knee/elbow same time, note feet. Return to just tilting legs L, note change. Same position, stay with legs tilted L, separate R foot from L. Return to both hands under head, L ear on L hand, tilt legs L, note ease. Stay with legs tilted L, put hands on head again, note feet move away from floor. ROB, repeat OS. Return to L ear on floor, hands on R ear, tilt legs L few times then R. Stay legs to R, open/close heels/toes, continue open/close while tilting. Stay tilted R, turn head so R ear on floor, note legs, stand L hand to help. Face R, tilt legs R/L, faster. ROB, repeat OS. Return to original move. Tilt legs R/L w/head one way then other.

### Discussion #147– Diana Razumny

#### About public ATM lesson

CD#19/T07 [20 min] DVD#S10-2 Scene 2 [21 min]

### FI Exploration #95 – Diana Razumny

#### Full FI of 40 minutes #2, based on leg tilt ATM London version

CD#19/T08 [31 min] DVD#S10-2 Scene 3 [79 min]

Demo with Carol of FI moves from titling bent legs ATM. On front, use towel for comfort under shoulder. Roller under ankles. Way to lift shoulder to free movement. Lining up elbow and upper arm bone to put force into shoulder to avoid jamming shoulder joint. On front, work at spine with ribs, then shortening muscles along spine. Lift lower leg and roll in and out with other hand contacting pelvis and then on spine. Lifting pelvis, rolling, to affect spine. Connecting up lower body with spine and torso. In summary explore shoulder itself and shoulder with ribs, with spine and lifting head with arms. FI starting with Intake & walking observation head/shoulders relation. Preferences, sit, turn. New partner.

### FI Exploration #95 cont – Diana Razumny

#### Full FI of 40 minutes #2, based on leg tilt ATM London version cont.

CD#19/T09 [1 min] DVD#S10-2 Scene 4 [40 min]

Switch roles.

### ATM Lesson #231 – Diana Razumny

#### Walking #1

CD#19/T10 [39 min] DVD#S10-2 Scene 5 [39 min] Source: AY#501

With partner of the day, watch walking, notice relationship of head movement with shoulders. Nose/plane of face in relation to forward/back or up/down of shoulders. Ear to shoulder? Walk (walking on back exploration) Same side arm/leg forward; Imagine arm pulls leg; Attn to hip coming forward w/arm/leg; Add heel out/toe in; Add shoulders turning w/arm/leg; Attn to back arm. Stand, fingers at hip joints, float knee forward, hip back; Shift weight to L leg, float R knee forward, R hip back, L shoulder forward, R shoulder back. Walk, Note arm swing, height of knee/foot; Return to hip comes forward, drags leg along, toes in/heel out. Alternate 2 steps w/hip forward, 2 w/hip going back. Return to hip going back, attn to arms, walk normal note arms. Walk, chin forward w/each step; Add hip back. Walk, take R ear to R shoulder then back to center; Note when head tilts; Which leg/foot is taking weight when head tilts. Stand on R leg when tilting ear to shoulder. Bring R hip forward w/R leg forward, ear to shoulder on R leg? Take chin forward then arc to R. Return to partner, observing head/shoulders in walking.

### Discussion #148– Diana Razumny

#### Edward Muybridge video, assigned ATM lessons. about FI exploration, drawing program

CD#19/T11 [27 min] DVD#S10-2 Scene 6 [28 min]

Landscape photographer. Do all of horses' hoofs have a moment off the ground? Talked about the assigned lessons. Discussion about FI Exploration. Showed drawing program for iPad.

## Day 93 Wednesday August 15, 2012

### ATM Lesson #232 – Diana Razumny

#### Tilting crossed legs & triangle arms, on back

CD#19/T12 [42 min] DVD#S10-3 Scene 1 [42 min] Source: ATM Book #5 Coordinating Flexors & Extensors

Scan. Bend knees and stand feet. R leg over left. Tilt to R back to center. Note breathing, pelvis, lower back, shoulder, ribs, head. Exhale as legs tilt R, inhale when legs return to neutral. Rest, note difference in pelvis. Bend knees, stand feet, knees in/out to test legs for stability, raise arms above eyes, palms together, triangle, lift R shoulder to tilt triangle L, pelvis stays. Exhale when tilting L. Note how far triangle tilts before head rolls L. Rest, note shoulders. Knees up, R over L, legs to the R. Farther? Switch legs, L over R, tilt L. Note how far/easily legs tilt L. Stand feet, triangle arms tilt R. Rest, note shoulders. L leg crossed over R, tilt L, note changes. R leg over L, legs tilted R, stay, interlace fingers behind head, raise head forward with exhale. Note ribs, spine, pelvis, rest, note trunk. Rest. L leg over R, legs tilted L, interlace fingers non-habitual way, lift head on exhale. Feet standing, interlace fingers behind head, lift head on exhale. Stand feet, R hand under L armpit towards L shoulder blade, L hand under R armpit, rock/roll side/side with help of hand on shoulder that's lifting, pelvis stays quiet. Pause, change over arms, repeat. Increase speed. Repeat w/eyes fixed on spot on ceiling, keep head in middle as shoulders roll side/side. Pause, repeat, allow head to roll, then once again fix eyes/head in middle. Repeat hugging/rolling shoulders, add having head/eyes go opposite direction of shoulders. Reverse which arm is on top, repeat. Pause, roll shoulders/head/eyes all together, note differences. Rest, note spine, shoulders. 11. Stand, walk, note carriage of head, shoulders, breathing and uprightness.

Think about possible FI moves or movements as you do this familiar lesson. Have paper and pencil to make notes while doing ATM if any thoughts come. Handout: Bare bones notes of ATM Book #5 and Esalen version.

### FI Exploration #96 – Diana Razumny

#### Tilting crossed legs ATM into FI

CD#19/T13 [51 min] DVD#S10-3 Scene 2 [92 min]

Groups of 4 discuss how to turn the ATM into an FI from notes taken during ATM and other ideas. Group discussion. How was it to have the project of possibly taking notes during ATM. Diana demo with Betty going through moves that groups discussed.

### ATM Lesson #233 – Diana Razumny

#### Walking #2, crawling

CD#19/T14 [40 min] DVD#S10-3 Scene 3 [40 min] Source: AY#502

Walk: Slowly, note arms; Exaggerate diagonal arm/leg coming forward; Switch to same side arm/leg coming forward, note direction feet/toes. Crawl on hands/knees: Note arm/leg relationship; Diagonal arm/leg come forward at same time. Stand/Walk: Diagonal arm/leg forward; Same side arm/leg forward, think string to big toe from arm pulls leg forward. Hands/knees crawl; Same side arm/leg forward. On belly, elbow propped crawl: Note knee coming up on side in relation to elbows; Diagonal elbow/knee going forward. ROB. Stand walk: Note crawl pattern in walk. Belly, elbow prop, crawl. Hands/knees, crawl. Stand walk, feel crawl pattern ROB. On back, think of crawling on back; note coordination of hip/shoulder, arm/leg. Belly, elbow propped, crawl: Same side elbow/knee forward; Note head goes side/side, body rolls. Hands/knees: Same side hand/knee come forward. Stand Walk. Same side arm/leg forward: Think of arm pushing water back: Stand, bent over, Walk like monkey. Same side arm/leg forward; Diagonal arm/leg forward. Stand, walk. Chin forward w/each step: Make it like natural walk; Note arm/leg relationship; Back bending or not? Steps longer/shorter? Hands/knees, face to floor, crawl: Take chin forward to floor w/each step; Note arm/leg relation, diagonal or same side? Stand, walk. Pecking movement, note arm/leg relation. Walk simply, note hips: Bring R hip forward, knee straight; Take hip back when leg comes forward. Walk simply, note sides. Hands/knees: Crawl, note sides. On belly: Creep, feel sides: Take both elbows forward at same time, pull body. Stand, walk.

### Discussion #149– Diana Razumny

#### Videos of walking

CD#19/T15 [14 min] DVD#S10-3 Scene 4 [14 min]

### FI Exploration #97 – Diana Razumny

#### Full FI of 40 minutes #3, based on tilting crossed legs & triangle arms ATM

CD#19/T16 [6 min] DVD#S10-3 Scene 5 [81 min]

Diana gives instructions: Interview; Reference for beginning: standing (walking), sitting, lying (scan); Movement reference; 3 movement explorations; return to movement reference in between; Return to initial reference at end.

## Day 94 Thursday August 16, 2012

### ATM Lesson #234 – Diana Razumny

Swinging bent leg on side, ankle/toes flex/ext., taught to the public

CD#19/T17 [45 min] DVD#S10-4 Scene 1 [45 min] Source:

Squatting ref. On back, lift head. Track tail. Lift one foot, note prep. On R side, lift/lower L leg. Lift L leg, swing. Curl/uncurl toes. Straight L leg down: curl/uncurl toes. Uncurl toes/straighten ankle, rvrs, curl toes/flex ankle. ROB – sense leg length. On R side, lift straight L leg, bring straight forward, curl/uncurl toes, quiet ankle. Add ankle flex/ext both combos. Legs bent, lift L bent leg, leave little lifted, swing bent leg. Swing L leg, curl/uncurl toes quicker than leg swing. Flex/ext just ankle while swinging leg. Rest, swing bent leg. Flex/ext ankle, add toes curl/uncurl. Combo? Rpt w/leg lifted. Knee up close, start the ankle/toe mvt, start swinging leg. ROB. On back, track tail, lift L foot, then compare to R leg lifting. On R side, lift/lower L leg, compare to beg. Leg lifted, swing. On L, lift/lower R leg, compare. Pause. Lift leg, swing. Note ankle w/leg swing, flex/ext. Straighten R leg down, flex/ext ankle/toes. Rpt, switch the combo direction of toes/ankle. ROB. Straight R leg out in front, flex/ext ankle. Rpt, add toes. Chg combo. Lift/lower bent R leg. Lifted, swing bent leg up/down. Lift bent R leg, flex/ext ankle, cont while swinging bent leg from hip. Add toes. Pause, rpt switching toe/ankle combo. Pause, swing leg freely. On back, feet standing, lift one leg, other, lightness? Lift both. Lift head, lighter, easier? Tilt legs to side, slide arm around come to side sit, lean back on hands, tilt legs to other side, side/side, belly forward/back, head? Squat.

### Discussion #150– Diana Razumny

About teaching to the public

CD#19/T18 [21 min] DVD#S10-4 Scene 2 [22 min]

### Discussion #151 – Diana Razumny

Observation skills

CD#19/T19 [24 min] DVD#S10-4 Scene 3 [28 min]

Videos of squatting, Walkerine and Hull.

### FI Exploration #98 – Diana Razumny

Full FI of 40 minutes #4, based on tilting crossed legs & triangle arms ATM

CD#19/T20 [33 min] DVD#S10-4 Scene 4 [33 min]

Today have student be less active and more passive. Good that you have had them doing movements but now go towards how to move the students and emphasize the listening quality as if they are teaching you something. You be active and listening simultaneously. Demo with Julie. Stand foot for student with all the details of that exploration. Project of crossing one leg over the other. From head lifting head via arms wrapped around head with interlaced fingers.

### ATM Lesson #235 – Diana Razumny

Walking #3

CD#19/T21 [50 min] DVD#S10-4 Scene 5 [50 min] Source: AY#503

Walk, note arms. Arms – no mvt. (hold to sides) Swing both arms tog for/back. R arm/leg straight out in front OS (goose step) Hold arm to leg tog on one side. Exaggerate swing. Diagonal exaggeration arms/legs, cross midline. Stop shoulder mvt, look to side of leg coming forward. Head looks side/side, arms connected to sides. Add shoulder mvs forward w/leg, eyes opp. ROB. Arms out at shoulder height, legs spread. Bring R leg to L, lower arms. Arms down when legs tog. OS. Leave arms up, close legs, go side/side. Do few of ea, hopping. Walk to side, step with one leg. When stepping, lift arms to sides. OS. Arms down, step R w/R leg, arms up, legs tog. Rpt OS. R ear to R shoulder, walk. Walking pause. Rpt ear/shldr, R arm swing, roll imaginary ball. Rpt OS, then alternate. Rpt w/head hanging forward, knees bent. Stand, hop, open arms/legs. Switch, legs closed, arms up. Face mid circle, open arms, step R, return. Switch combo, arms down when legs open.

### FI Exploration #98 continued – Diana Razumny

Full FI of 40 minutes #4, based on tilting crossed legs & triangle arms ATM cont.

CD#19/T22 [3 min] DVD#S10-4 Scene 6 [27 min] & Scene 7 [38 min]

Diana repeats instructions and partners give each other 40-minute lesson.

## Day 95 Friday August 17, 2012

### ATM Lesson #236 – Diana Razumny

#### Walking #4

CD#19/T23 [38 min] DVD#S10-5 Scene 1 [38 min] Source: AY#504

Stand, walk slowly. Bend forward, lower head, walk, arms hang/move however. Larger steps, arms move. Add-roll/push ball on R side w/each step, exhale with roll/push of ball. Imagine ball smaller so hand almost touches floor. Slowly straighten up, walking then repeat OS. Straighten up, walk, hands hold elbows behind back, note walk changes. With each R step, take arms back, away from back, still holding elbows. Take arms away when weight is on R leg. Continue but take arms to R and head L. Note walking isn't straight anymore. Bring L leg over to R or in front of R leg. Switch so when arms go R, step with L leg. Which leg takes more weight? What part of foot takes weight? When do you breath? Return to stepping forward w/R leg, elbows to R. Walk simply, allow arms to move opp leg, then same side as leg. Bend forward, push/roll ball w/L hand on L. Note if hand is closer to floor. Push ball backwards, watch ball moving. Take both hands to ball on L and push it (like cycle), looking at ball. Walk simply. ROB, roll head, note side differences. Stand, hold arms behind as before, switch the crossing, take elbows L, head R, L leg steps forward. Switch to R leg forward. Note exhale w/arm move, belly expands. Walk, roll wheel forward on R side. R hand then both hands, then roll wheel backwards. (leg forward or back on R side when rolling?) Leave it, walk simply. Take R arm/leg forward to walk. Change so when R leg is forward take R hip backwards. Continue, attn to neck, face, tongue, breath, shoulder width. While R hip goes back, think L hip forward. Attn to parasitic arm/face moves. Note emphasis on L shoulder. Continue w/same walk, roll wheel backwards on R side. Attn tailbone back w/R hip. Both hands roll wheel backwards, feel L knee can drop towards floor. Walk simply. Repeat on OS – Take L arm/leg forward. Switch to L hip backward, add R shoulder comes forward. Continue walk, but take hands to roll wheel, few forward, few backward. Rolling wheel backwards, R knee can go towards floor. Walk simply then repeat. Stand, hop, open/close legs. Let arms open w/legs. Smaller hopping, switch arms to open when legs close. Change arms to asymmetrical, R arm lifts w/open legs, L arm lifts w/legs closed. Return to both arms open/close w/legs open/close. Walk simply. Note arms.

### FI Exploration #99 – Diana Razumny

#### Observing the public walk instructions

CD#19/T24 [3 min] DVD#S10-5 Scene 2 [4 min]

Diana gives out assignments for people watching to partners. 3 pairs watching primal spinal moves – flexion/extension, sidebending and twisting. What do people do with their heads, shoulders/arms, hips. Other 3 groups look at how people move through space. Watching in space hands, feet, knees.

### ATM Lesson #237 – Matt Zepelin

#### Pelvic Clock

Not recorded

Class visits Prana to experience Matt teaching to the public.

### FI Exploration #99 continued – Diana Razumny

#### Observing the public walk

Not recorded

On the mall during lunch each pair of students have a body area to observe as the public walks by. See above instructions.

### Discussion #152 – Diana Razumny

#### About walking observation & public ATM lesson

CD#19/T25 [62 min] DVD#S10-5 Scene 3 [62 min]

### ATM Lesson #238 – Diana Razumny

#### Spinal chain, variations on hands/knees

CD#19/T26 [41 min] DVD#S10-5 Scene 4 [41 min] Source: AY#177

1. On back, feet standing, lift pelvis, each vertebra.
2. Interlace hands behind head, lift head, each vertebra.
3. Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc.
4. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vertebrae move.
5. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back.
6. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vertebrae.
7. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vertebrae.

8. Lift head, look up, push belly out, note vertebrae. Lower head, look under pull belly in. Note if can slide forehead along floor while looking under. If not, come on elbows a bit so forehead can slide along floor.
9. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor.
10. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vertebrae. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back.
11. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vertebrae. Rest on back.
12. On back, stand feet, lift pelvis like beginning, note vertebrae. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine.

## Day 96 Monday August 20, 2012

### ATM Lesson #239 – Diana Razumny

#### Walking #5, stand, hands behind head, elbows open

CD#20/T01 [52 min] DVD#S10-6 Scene 1 [54 min] Source: AY#506

Before/after: Observation with partner of the day – pubic bone/sternum relation by putting scarf low on hips. Look for up and down in that area. Stand, feet together, take hip joints back, slide hands on thighs, back stays straight, legs stay straight. Add lifting front of one foot, then other foot. Walk. Stand, interlace hands behind head, open elbows, looking straight ahead, do small moves of elbow opening back/return. Note back w/elbow moves. Add taking hip joints back w/elbows moving back. Continue, add lifting front of L foot, note a little lowering of R elbow and slight turn. Try lowering L elbow instead, compare. Return to allowing R elbow to lower. Pause, switch finger interlacing and repeat OS – lifting front of R foot. Alternate R/L foot lifting. Return to simply taking elbows back, note change. Add taking hip joints back. Add lifting front of both feet. Walk. Stand, legs together, backs of both hands on back of pelvis (separated, not overlapped), take hip joints back, keep back and legs straight. Only go as far as easy for backs of legs. Continue, alternate lifting front of feet. Stand, hands behind as before, take elbows back a little, take hips back, lift both feet from floor. ROB note any place that feels worked. Stand, slide hands down thighs, slowly erect, take hips back, hands slide on thighs, compare to beginning of lesson. Alternate lifting front of feet, then both feet. Walk. Stand, legs parallel but open, hands on thighs, take hips back. Continue, alternate lifting front of feet then both. Hands behind back again, take hips back, lift front of R foot, turn on heel so toes go out to right, return foot facing forward. Just the R leg turns out, torso stays forward as before. Repeat OS, then w/both feet. Walk. Stand, legs together, R hand on R shoulder blade, L on L, lift elbow up/back/open. Continue, touch head w/upper arms while taking elbows back. Hold head between arms/elbows, take elbows backward, note back, chest, belly, hip joints. Stay w/head between arms/elbows, take hip joints backward. Continue, add a little movement of elbows back as you tilt forward, hips going backward. Add alternately lifting front of feet then both feet, rocking on heels. Arms down, simply take hip joints backward, hands slide on thighs, take hands towards floor. Note anything different. Repeat w/legs a bit spread.

### Discussion #153 – Diana Razumny

#### About ATM lesson & check in

CD#20/T02 [11 min] DVD#S10-6 Scene 2 [12 min]

About David Gorman's Anatomy book and handout page from that hand-drawn book of spine.

### ATM Teaching #42 – Diana Razumny

#### Teaching Spinal Chain

CD#20/T03 [20 min] DVD#S10-6 Scene 3 [70 min]

Hand out AY#177 Spinal Chain – 2 groups rotate teaching "steps" of the lesson. Group discussion at end of teaching. Survey cards on ATM teaching frequency, friends/public, how many times, how many different lessons.

### FI Exploration #100 – Diana Razumny

#### Full FI of 40 minutes #5, based on spinal chain AY#177, guided

CD#20/T04 [121 min] DVD#S10-6 Scene 4 [120 min]

FI Demo with Michelle. Review handout of spinal movements flex/ext. Observe sitting: slide hand along spine. Look up/down, note how/shape of spine, head in space for head props. On back, feel behind lower back, lift if lifted. Prop/roll head. Remove props, lift head/neck, imagining down spine. Have them lift pelvis to roll up spine. Interlace hands behind head, elbows forward, lift head via elbows, guiding them to allow spine to lower as head comes up until pelvis is down, lower head. On hands/knees, fingers at sides of spine, rounding back/sinking forward towards/away from fingers at spine. (Other hand may be at front of their sternum/belly) ROB. Feel behind lower back as ref. On elbows & knees & head, sit at head, fingers to sides of spine, direct spine towards fingers. On back, head on stool, they lift own head w/arms/hands, remove stool, hold head at skull/neck like beginning, explore lowering head past table height, feeling for continuity through spine. Have them tilt legs side/side, walking shoulders down to follow pelvis, practitioner give little compression through top of head while they travel. Interlace fingers behind head, practitioner hold at elbows, direct forward and up to sitting, swivel on butt, taking legs over side of table, feet to floor. Observe flex/ext in sitting, stand, squat, walk.

### ATM Lesson #240 – Diana Razumny

#### Tilting bent legs, reaching for heels, on back

CD#20/T05 [24 min] DVD#S10-7 Scene 5 [25 min] Source: Diana



## Day 97 Tuesday August 21, 2012

### ATM Lesson #241 – Diana Razumny

#### Reach for heel on back, sidebend, twist & extend taught to the public

CD#20/T06 [52 min] DVD#S10-7 Scene 1 [52 min] Source:

Ref in standing, slide hand down outside of leg. Look around behind, note weight shift. Look up/down. Push with partner palm to palm. On back, stand R foot, slide R hand to R heel. Pause, press R foot into floor, note where force goes through, very small. Change position of foot, push, note how force travels. Explore few places of foot. Note front of hip opening. Stand R foot, push foot, direct R knee over foot. Explore angling knee towards midline, compare how force moves through. Length, rotation, connection to head, roll or chin tuck? Stand R foot, press, direct knee over foot, opening front of R hip joint, track force, note effect on head. Roll L/R? R hand on forehead, roll head L/R. Pause. Roll head L w/lift of R hip. Pause. Roll head R w/lift of R hip. Alt few times to compare. Rest. Stand R foot, R hand on forehead, lift hip, wait for impulse at head before deciding which direction to roll head then add help w/R hand to roll head. Consider other way as “right” way, if there was a right way. R arm along side, note reach to R heel. Add lifting R hip to help hand reach heel. Rest. Stand R foot, interlace hands behind head, elbows wide open, slide arms/head along floor down to R, R elbow towards R hip. Add lifting R hip, R knee forward over foot (compare to knee cross midline). Eyes to R or L elbow? Rest. Scan sides. Same position, push foot, lift hip, slide arms/head down to R. Stay w/arms & head to R, lift/lower R hip gently. Bring arms down, Ref. reach R hand towards R heel. Stand R foot, L arm long overhead on floor, lift/lower R hip, roll head to look at L hand overhead as the force moves up through towards L shoulder. Pause, repeat, w/R hand behind head, elbow towards R heel, looking towards L hand. Pause, lengthen R arm towards R heel, slide, look up at L hand. Rest. Switch to L side, note knee, hip, head. L hand on forehead, explore R/L w/hip lift. Compare this side to R. Think of movement from other side, choose a few you liked, explore on this side. Pause, reach L heel w/L hand, note diff. R arm long overhead, L hand behind head, lift L hip, feel connection to sliding head/L arm to see R hand. Return to ref move of L hand to heel. Stand L foot, interlace hands behind head, slide arms/head to L. Combine w/lifting L hip. Look up at R elbow, belly forward. Stay w/head & arms to L, lift/lower L hip while twisted & bent to L. Scan, roll head. Stand feet, tilt legs side/side, note arm/hand reaching for heel on one side then other. Head? Look up/overhead. Push feet alternately, sides of pelvis lifting alternately, knees stay forward, track force up through to head. Push w/both feet, where/how does force go? Tilt legs to one side, roll, bring back arm around to help come to sitting, reverse, come up on other side. Stand, ref of sliding hand down leg, look around, look up.

### Discussion #154 – Diana Razumny

#### About public ATM Lesson

CD#20/T07 [32 min] DVD#S10-7 Scene 2 [32 min]

### FI Exploration #100 continued – Diana Razumny

#### Full FI of 40 minutes #5, based on spinal chain AY#177, guided continued

CD#20/T08 [38 min] DVD#S10-7 Scene 3 [38 min]

Questions. Demos with skeleton, Brandon & Maija.

### FI Exploration #100 continued 2 – Diana Razumny

#### Full FI of 40 minutes #5, based on spinal chain AY#177, guided continued

CD#20/T09 [44 min] DVD#S10-7 Scene 4 [38 min] & Scene 4 [48 min]

Switch roles and guided practice: Sit to side, slide hand down back. Look up/down, note shape of torso. Note space behind head, imagine prop size. Lie down, feel behind lower back, lift/lower. Prop/roll head. Stand feet, remove props. Hold head/neck, lift to feel/imagine down spine. Lift pelvis, roll up spine, pause. Interlace hands behind head, lift from elbows. With head lifted, lift pelvis, lowering head from elbows. Reverse, lift head, lower pelvis (Towels behind thoracic?) On hands/knees, fingers to sides of spine, flex/ext. On back, slide hands behind low back, lift/lower. On elbows/knees, sit at head, pressure into upper thoracic spine. On back, head on stool, they lift head, remove stool, hold head/neck. Lift/lower T1 area, supporting skull to go opp. Gradually, lower head, feeling for length from thoracic. Rest head on stool. Hold head, thumb on top, have them walk hips/shoulders down table. Interlace fingers behind head, feet standing, lift from elbows. Continue up to sitting, they straighten legs, from legs, swivel on butt. Feet on floor, have them look up/down like beginning, encourage spine.

### FI Exploration #101 – Diana Razumny

#### Walking observation with T-shirts, dowels & dots

CD#20/T10 [22 min] DVD#S10-7 Scene 5 [45 min]

First Videos. Partners of the day pair up for group of 4.

## **FI Exploration #102 - Diana Razumny**

### **Assessment tools & lying on roller**

CD#20/T11 [22 min] DVD#S10-7 Scene 6 [40 min]

Assessment tools handout - observe lying spine along roller. Compare what was seen in walking with line down middle with what happens on the roller. Same group of 4.

## Day 98 Wednesday August 22, 2012

### ATM Lesson #242 – Diana Razumny

#### Walking #6, hands behind head and crawl with a limp

CD#20/T12 [51 min] DVD#S10-8 Scene 1 [51 min] Source: Ay#510

Stand, hands behind neck, walk. Same-side leg/elbow forward. Opp elbow/leg forward. Bent forward, look at floor. Look at horizon. Attn: shoulder forward w/elbow. Walking on heels: Looking at floor; Looking at horizon, knees bent. Without moving elbows. Walk simply. Note differences. ROB. Stand, non-habitual interlace behind neck, elbows wide, walk, Note nose moving in space (lower/higher), which foot forward? R elbow/leg forward at same time. Eyes w/head & elbows few times then opposite. Eyes w/head, walking on heels. Attn: looking at floor w/one foot coming forward. Lower arms, walk. All 4's, slow crawl: R slips back, hip to floor. In place, slowly come up, note how, weight shift. R elbow comes to floor (L leg bends up ready) Crawl slowly, each time R leg slips back, note timing, R elbow, L knee. Switch to L elbow/R hip. Return to R elbow/hip. Faster crawl? Stand, walk. ROB. On all 4's, walk, Repeat slipping crawl w/L leg. In place, note bent elbow. Slow crawl w/same-side hand/knee forward. L leg slips back. In place. ROB. On elbows/knees, slip R/L knee alternately. Stand, interlace fingers, extend arms, overhead, walk on tips of toes. Note looking down/forward relation to each leg. Change interlacing, palms together, walk on heels. Lower arms, walk normal. Change interlacing, arms extend up, henpecking w/each step. Switch interlacing, continue pecking quickly. Lick something in front w/tongue. Walk normal, then quickly. Get back into groups and watch each other walk.

### FI Exploration #103 – Diana Razumny

#### Reaching for heel ATM into FI

CD#20/T13 [7 min] DVD#S10-8 Scene 2 [58 min]

Partners go through Reaching Heel Pub ATM notes to come up with ideas for FI – After some time, join up with another 2 and compare notes on FI ideas from the lesson.

### ATM Teaching #43 – Diana Razumny

#### Teaching Reach for heel ATM

CD#20/T14 [3 min] DVD#S10-8 Scene 3 [4 min] & Scene 4 [50 min]

Groups of 4, 2 pairs, split up the lesson to teach. Prepare for teaching after lunch.

### Discussion #155 – Diana Razumny

#### Video of “When the Moment Sings”

CD#20/T15 [32 min] DVD#S10-8 Scene 6 [33 min]

### FI Exploration #104 – Diana Razumny

#### Eye patch walking

CD#20/T16 [23 min] DVD#S10-8 Scene 5 [38 min]

Determine dominant eye. Observe walking. Put eye patch on, observe walking changes. Look for preferences, think of ways to exaggerate. Introduce some walking variations thinking of the different lessons. Walking rest between each variation to observe.

## Day 99 Thursday August 23, 2012

### ATM Lesson #243 – Diana Razumny

#### Candelabra arms

CD#20/T17 [56 min] DVD#S10-9 Scene 1 [56 min] Source:

Scan on back, sit legs in front, itch on back, how reach to scratch. Compare arms. Sit, soles tog, knees open, arms at shoulder height, elbows 90 degrees, palms forward. Open close arms, palms/elbows touch, lift arms towards ceiling, look up. ROB. On back, R arm out at shoulder height, bend elbow 90, back of hand on floor overhead, stand the L foot, lift L side of pelvis to bring arm/hand to floor. Switch arm/leg, rpt. Both arms/legs at same time, lift pelvis to bring arms closer to floor overhead. Feel connection between pelvis lifting to shoulder blades and arms. Lower pelvis, lift arms, forearms vertical when pelvis is down. Lift head to lower palms to floor, pivoting over elbows. Alt. up/down with pelvis/arms, pivoting over shoulder girdle. ROB Note thoracic spine, arms connected to torso. Sit, soles tog, arms out at shoulder height, soft fists, roll arms down/up, when look up/down? Exaggerate looking up/down. Rest sitting. On back, stand feet, arms straight out to sides on floor, soft fists, roll fists on floor up/down, note base of neck lifts/flattens. Allow back of head to slide, looking up/down combined with arm rolling, note combo. Switch combo. Roll one arm up, one down, note head. If head rolls, which direction? Pause, repeat and switch direction of head rolling. Stand feet, arms out to sides, roll fists, one up, one down, look towards one rolling up, add lengthening the arm that's rolling up. Rest. Sit, legs comfortable, on sitbones, arms out at shoulder height, roll soft fists up/down, look up/down with arms rolling. Pause, arms down, shift onto one sitbone then other. Arms out, turn one up, one down, feel shoulders, one forward, one back. Pause. Repeat, turn R arm up, L down, shift weight onto the R sitbone, lengthening R arm as turn up. Pause, everything the same except shift onto L sitbone, compare to shifting R. Return to R sitbone, lifting L. ROB, note shoulder blades. Lift shoulders alternately, note ease, compare sides. Sit, switch leg crossing, arms at shoulder height, soft fists, turn L up, R down, lengthen L as it turns up. Think R arm turning down pushes you onto L sitbone. Alternate side/side, look at upward turning lengthening arm, lift sitbone of arm turning down. ROB. On back, feet standing, arms out to sides, roll both arms down/up, note base of neck, chin/throat relation. Kneel on both knees, arms out to sides, roll soft fists down, look down, roll up, look up. Pause sitting. On knees, roll arms down, look up. Switch to roll arms up but look down. Easy. Pause. Roll up and look up, roll down, look down. ROB Sense shoulder blades, spine. Stand feet, push from feet, slide spine up/down. Feet standing, arms out to sides, roll arms up/down. Roll up, leave up, lift pelvis to roll up spine, roll arms more as pelvis comes high. Arms roll down as pelvis is coming down and lift head. Alt head/pelvis lifting w/arms rolling up/down. Rest. Stand feet, arms at shoulder height, bend elbow, lower arms vertical, lift pelvis, backs of hands towards floor overhead, lower pelvis, lift arms, head comes up as palms come to floor down by sides. Alternate. Pause. On knees, stand one foot, half kneel, R arm in front, L back, turn/lengthen R arm/fist, shift forward, L arm rolls down. Shift to back arm (L) turn up/lengthen and look towards L hand. Pause. Rpt. OS ROB. On back, stand feet, push one foot to roll pelvis, then other side. Note head. Pause, roll head, feel spine. Sit, soles tog. Note ease. Arms at shoulder height, bend elbows, bring forward, touch palms and elbows in front, take hands up, note spine. Check for reaching back to scratch like beginning. Stand, note arms, look around.

### Discussion #156 – Diana Razumny

#### About public teaching of Candelabra arms ATM & more

CD#20/T18 [44 min] DVD#S10-9 Scene 2 [45 min]

About today's public lesson. Yesterday's activities, ATM Teaching, eye patch FI.

### FI Exploration #105 – Diana Razumny

#### Review first week

CD#20/T19 [3 min] DVD#S10-9 Scene 3 [79 min]

Groups of 4.

### Discussion #157 – Diana Razumny

#### Videos of running

CD#20/T20 [13 min] DVD#S10-9 Scene 4 [20 min]

### Discussion #158 – Diana Razumny

#### Check in about commitment

Not recorded

## ATM Lesson #244 - Diana Razumny

### Walking #8, crawling, taking arm under

CD#20/T21 [42 min] DVD#S10-9 Scene 5 [42 min] Source: AY#512

On front, L arm down along side, R arm up by head, Face L. bend/straighten L knee like crawling. Leave L leg bent up, face L. Stand R elbow over hand, circle L arm under belly, chest, head. Back of hand on floor. Both arms near head, bend/straighten L leg. Leave L leg bent up to side, circle L arm again, other direction. L leg bent up to side, reach L arm long overhead, pull along floor as for crawling. Crawl on L side only. ROB, Stand, walk note R/L. On belly, repeat all above OS. ROB. On front, on elbows/forearms, alternate crawling movement of legs. Quickly, note head turns L/R. Slowly, attn to head/spine turning. Repeat but with hands/elbows standing. Quickly. On front, R hand/arm by head, face to L, L arm down, bend/straighten L leg. Alternate bending legs. Bend legs equal amounts, smaller, quicker. Now only R leg, quickly. Then only L leg, quickly. Alternate again. Switch arms/head, repeat OS. Stand hands, crawl legs, quickly. On elbows/forearms, repeat. Try once w/elbows standing, once w/elbows down, compare speed/ease. On back, knees bent up over belly, arms in air overhead, bring elbows towards knees, have knees move away so hips/knee straighten a little. Think if you were on belly you would be crawling. On front, crawl like you were on your back. Crawl 2xs forward/backward. Try on back again. Stand, walk.

## Day 100 Friday August 24, 2012

### ATM Lesson #245 – Diana Razumny

#### Walking #9, alternate crawl legs, head side/side

CD#20/T22 [43 min] DVD#S10-10 Scene 1 [43 min] Source: AY#513

Alternate crawl legs, head side/side. Head on hands, bend both legs up middle, pelvis lifts. Repeat w/legs together, touching. Hands/arms on floor in order to pull body, pelvis lifts a little, pull/drag body to hands. Add lifting head/shoulders, don't lift pelvis like before. Arms extend then bend to pull body. Repeat pulling body w/arm, helping w/feet. Push w/toes without bending knees or lifting pelvis. Side sit, hands on floor forward, pull body forward, arms straight, change knee in front. Pull forward. Stop, walk. ROB LECTURE (piece on side sitting to show how legs differentiate) Pull w/arms and bend knees under body LECTURE goes into crawl like reptile. Crawl on belly w/R arm/leg then L arm/leg like lizard, head in middle. ROB Hands/knees, crawl w/same side hand/knee exactly same time. Feel timing changes to arm starts first. LECTURE Hands/knees, R arm/L leg. Try exactly same time. Notice lag tendency. Both arms forward, drag both knees. Now with knees spread coming to sides of knees. Go back to knees between hands. Stand, walk, note relation of arms/legs.

### Discussion #159 – Diana Razumny

#### Videos

CD#20/T23 [11 min] DVD#S10-10 Scene 2 [11 min]

Rhino dancing; Lizard walking on water; Man walking; toddler in Nikes.

### Discussion #160 – Diana Razumny

#### ATM teaching

CD#20/T24 [20 min] DVD#S10-10 Scene 3 [43 min] & Scene 4 [17 min]

2 groups. Sources for lessons taught. Did you like the lesson & would you teach it again? Plans you would like to make for yourself between segments. Group discussion about what groups worked on about their teaching and plans to teach.

### FI Exploration #106 – Diana Razumny

#### Squatting observation & standing on rollers

CD#20/T25 [35 min] DVD#S10-10 Scene 5 [80 min]

Demo w/Sofia. Stand at wall on roller, squatting. Squatting observation trios from 1st day, slide show w/ music.

### ATM Lesson #246 – Diana Razumny

#### Butt Walking

CD#20/T26 [59 min] DVD#S10-10 Scene 6 [59 min] Source:

On back, shift weight onto L side of pelvis. Feel pattern through whole R side. Think just of pattern on R side without idea of shifting weight to the L pelvis. Feel difference. Note R heel, buttocks, shoulder. Feel whole L side & note knee & foot. Sit, legs in front, knees bent softly to sides. Shift weight to L sitbone. Note torso. Do you move as 1 piece or does 1 side shorten? Try w/head tilting L, then tilting R, then having it stay in middle. Lift R buttock & feel how your intention changes movement. Is it easier to feel long & short side of torso? Think of both pressing into L & lift R side of pelvis. Rest on back. Shift weight to L hip & note difference. Sit the same, think of lifting R pelvis by sliding it back 1st so you brush sitbone along floor before it detaches. Have rotational movement of lower spine & pelvis initiate lifting of R buttock. Note head & shoulders. Look around to R, R shoulder back. Try opposite, look L & L shoulder back. Same, slide back, lift, bring sitbone forward, sit it down to beginning point. Make this 1/4 circle a few times then reverse direction. Slide back, lift & step over midpoint, forward then back, creating 1/2 circle. Take step with R butt then slide it along floor backwards, passing through middle & continue. Note head & shoulders, knees. Rest on back. Sit, step w/ R hip forward & rotate leg inward & straighten. Step backwards & let leg rotate out, knee softens. Pause. Step forward w/ L side a few times then back a few times then a full step. Pause. Step forward w/L side & internally rotate & straighten L leg. Then step forward with R leg in same way. Walk backwards allowing leg on stepping side to rotate out, dragging outside edge of foot along floor. Rest on back. Walk forward on butt. Have each lifting of a buttock start with a small backwards movement of hip. As you straighten leg & internally rotate, feel other hip is behind & leg is externally rotated with a bent knee. Note head & shoulders. Continue & extend & internally rotate arm on side of straight leg. After that is clear, emphasize other arm bending at elbow & allowing palm to rotate up through an external rotation of lower arm. Keep head in middle, facing forward. Stand, shift weight to L foot, feel R hip retreat, look R & take R shoulder back. Shift R & look L, noting L hip & shoulder retreating. Include same movement of arms out in front, lengthening & internally rotating while other retreats & externally rotates, mimicking legs. Slowly lower arms & make movement more subtle. Slowly take 1 step then another feeling this exaggerated movement. Stop. Walk in place & make a bicycling motion with arms, hands lightly fisted out in front of torso, elbows bent. Bicycle hands backwards. Feel coordination of the hands & arms with feet & legs. Walk & feel memory of lesson in your walking.