

Day 131 Monday August 5, 2013

ATM Lesson #294 – Katrin Smithback

Bending the toes

CD#27/T01 [63 min] DVD#S14-1 Scene 1 [64 min] Source: AY#378

LOB, bend knees, stand feet. *Throughout entire lesson, attention to not changing breathing, no effort in chest, neck, jaw, hands, etc. No difference in breath etc. when acting or not acting. Differentiating LE joints so only bending where asked to.* Lift R leg in air, bend toes (toward shin) then straighten them (towards sole.) *No change in breathe, no effort in jaw, neck, chest.* Do w/L toes. R leg in air, bend ankle w/o bending toes. Repeat w/L leg/foot. R leg in air, bend ankle and bend toes up. Bend toes down, straighten ankle. Attn: breath, jaw, mouth, neck, chest. Repeat w/ L leg. PRONE: Legs spread, bend knees, inside edge of feet (not soles) touching, bend toes up/down. Face L, stand hands, bend toes up/down. Attn: hands, neck, chest, face, breathing. Same position, bend ankles w/o bending toes. Attn: same parts. Add bending toes. Quicker. Do with face to R. LOB. R leg in air. Bend R knee, bringing closer to chest, then straighten toward ceiling. No mvmt in toes or ankles. Do w/L leg in air. R leg in air, bend knee, ankle and toes up and then straighten, bend toes down. Do on L leg. PRONE. Face L, spread/bend knees, touch inside edges of feet, straighten/bend legs. *Make sure ankles do not straighten when straightening legs.* Stay w/feet (touching) near floor about 10–20 cm from floor, bend/straighten ankles w/o toes. Same position, stand hands, bend/straighten ankles, add toes bending up/down. Face R, knees bent, arms on floor, do same mvmts. Then add bending knees, so everything bends/straightens. Stand hands & bend/straighten everything. Extend both legs long and join them, roll pelvis R/middle. Extend R arm, continue. Quickly. Do w/L hand standing. Face L, extend L arm long, stand R hand, roll pelvis L & back to middle. Stand both hands, face L, roll pelvis L/R. Face R, roll pelvis. Quickly w/o disturbance to breath. Stand, walk.

Discussion #215 – Katrin Smithback

FI lesson analysis

CD#27/T02 [69 min] DVD#S14-1 Scene 2 [84 min]

Start with interview: watching person; listening to what they say; activities in their life; positions they sleep in or not and quality and length of sleep; what are their goals, what is important to them, what motivates person; know injury and/or accident history, told by doctor what not to do because of specific problem; what increases/decreases their ease; leave pain and move into different way of looking at action, a different world view.

Then reference movement: in sitting to see what is happening in their spine and the center of themselves;

Find an initial position: sitting, lying, standing; most comfortable or most uncomfortable position?

Primitive spinal movements: flexion, extension, sidebending; rotation, lengthening.

Themes: breathing; relationships between parts related to activities;

Using skeletal connections.

Doing and not doing: can someone allow you to move them without helping?

Going for what is easy and comfortable and moving into more challenging movement.

Helping them to attend to themselves to lead to more self-awareness.

Ask questions, give options without judgment or demands.

Apply to daily life.

Then groups of 3 and talk about what are the things that you would like to work on with FI this segment and for the practicums. Where is the biggest gap in my learning?

Self use and self abuse.

Discussion #215 continued – Katrin Smithback

FI lesson analysis group discussion

CD#27/T03 [32 min] DVD#S14-1 Scene 3 [32 min]

Full group discusses what the small groups discovered.

FI Exploration #151 – Katrin Smithback

Exploring bones of the feet

CD#27/T04 [70 min] DVD#S14-1 Scene 4 [85 min]

Clarify at each joint in your foot. About sensing each joint and don't go to the end range. Start with first joint of big toe. Hold above and below each joint. Flexing, extending, sidebending, rotation. Then move to next joint and so on. Phalanxes and then tarsals. Demo with skeleton. Group discussion. Then with partner, explore the partner's feet as in the self exploration.

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FI Exploration #151 continued – Katrin Smithback

Exploring bones of the feet continued

CD#27/T05 [4 min] DVD#S14-2 Scene 1 [24 min]

Switch roles.

Discussion #216 – Katrin Smithback

About FI Exploration of bones of the feet

CD#27/T06 [23 min] DVD#S14-2 Scene 2 [23 min]

Class discussion about process.

Discussion #217 – Diana Razumny

Structure of practicums

CD#27/T07 [21 min] DVD#S14-2 Scene 3 [25 min]

Groups of 3. Practitioner, support person and observer. Support person: get props, help as directed by practitioner. Observer: notice the practitioner self use and their own breath. Come in early and set up office. 4 lessons with Diana and Katrin each observing 2 lessons. The 5th trio or floating trio available to give extra lessons if extra public people. Floating trio will not be supervised but chance to practice. Person who sent the person will talk with you beforehand. 1 hour time slot but 45-minute lesson. Met in groups of 3 to organize. Observers will meet and greet person into room. Supporting person will listen to interview and come over to supervisor and tell her what was discovered in interview. After lesson groups will meet with supervisor for debriefing.

ATM Lesson #295 – Katrin Smithback

Leg swings & footprint #1, flexing & extending toes & ankle, on side

CD#27/T08 [52 min] DVD#S14-2 Scene 4 [53 min] Source: AY#380 Pillows & Swings

As ref: walk, sense feet on floor. Notice order of contact w/ parts of feet as walk. LIE ON L SIDE. Think of pad of R little toe –then pad of big toe; then other toes (more difficult). Touch to make clearer: little toe pad; then big toe. Touch each toe/s. Think pad of R heel. Can you sense entire heel, how you would feel floor if standing. Touch bottom of heel. Make circle on pad of heel. Then think of heel and pads of toes. Think along outside edge of foot. Sense line, start at place on heel where outside of heel touches floor when walking, circle up and inward, then down and around entire heel, come back to outside edge of heel and move up outside edge of foot up to pad of little toe, across pads of toes to big toe, circle around big toe to trace back along bottom of pads back to little toe. Like the order that the foot touches the floor when walking. Touch along same path with hand. Do in thought only again. STAND, compare R/L legs, walk. On L side, think again of the heel, outside edge and pads of toes of R foot, of how foot touches floor in walking. Lift R leg, more or less straight, and continue to think of these places –on heel, sole & pad of toes. Flex/ext ankle/toes. Sensing these places. Do quickly. Lift/straighten R leg & as think of places: Flex/ext ankle only. Flex/ext toes only– slow, fast. Extend ankle, keep extended & flex/ext toes, slow then quickly. Flex/ext ankle only again– different? STAND. Walk. On L side, lift/straighten R leg, bring in front closer to face, thinking of heel, outside of foot, pads of toes continuously as you: Keep ankle flexed & flex/ext toes. Note breath, effort in neck, face; Do toe bending slowly, then quickly. Hold ankle extended, flex/ext toes, quick/slow. Flex/ext ankle/toes together. On L side, stand R hand on floor, R leg straight (in front), think of parts of sole as you: flex/ext ankles/toes; add swinging entire leg backward/forward, knee soft (knee can bend as swing leg back). Leg swing w/ankle flexed only, then extended only. STAND, walk. Stand on R leg, swing L leg forward/back. Swing R leg, compare.

Talk about experiment with glasses that turned everything upside down. As far as has been able to be found, the article about the experiment is from Scientific American. The Nov. 1965 Volume 213 pages 84 –95. By Richard Held.

Discussion #218 – Katrin Smithback

Use of reference movements #1

CD#27/T09 [45 min] DVD#S14-2 Scene 5 [46 min]

(Diana first continued discussion of practicums: Person may arrive late. May have to start with extra person, etc. We will not use the kneeling over the table position because of setup time and intimacy. Check in with sponsor.)

Reference movements. General discussion first. Then discussed possible reference movements in the different spinal movements.

FI Exploration #152 – Katrin Smithback

Using reference movements in lesson

CD#27/T10 [24 min] DVD#S14-2 Scene 6 [89 min]

Full ½ hour lesson. Focus on using reference movements. Numbered groups. Group 1 – person’s request is they want to look down with more comfort in their low back (flexion). Group 2 – person’s request is they want to look up with more comfort in their low back (extension). Group 3 – request is to turn with increased comfort in neck (rotation). Group 4 – request is for increased comfort in thoracic/shoulders area (sidebending). Switch roles.

Day 133 Wednesday August 7, 2013

FI Exploration #153 – Katrin & Diana

FI Practicum #1

[No audio] DVD#S14-3 Scene 1 [57 min]

4 practicums supervised by Diana and Katrin. Students in 4 groups of 3 with 1 group floating.

Discussion #219 – Katrin & Diana

Debriefing from practicum

Not recorded

ATM Lesson #296 – Katrin Smithback

Leg swings & footprint #2, supine, legs together

CD#27/T11 [48 min] DVD#S14-2 Scene 2 [48 min] Source: AY#381 Pillows R & L

LOB Legs long, join legs/feet, interlace hands on low belly: Attend to: breathing. Then to little toe pads, then all toes—make sure no change in breathing as attend to toes. *Throughout lesson, when on back legs are joined. Always going back to sensing soles and making sure no change in breathing.* Legs remain joined. In imagination, trace L sole few times: start at outside of heel pad, do circle around heel, then along outer edge to little toe, along top of toes to big toe, around to bottom of pads back to little toe, return to heel pad. Repeat w/R foot. Repeat w/ both. Watch breath—no change. Trace line along root of toes between the L/R little toes, sense length of line. Note breath. As sense soles, breath: Flex ankles many times. Sense length of line from one little toe to other. Flex/extend ankles, quickly, feel through spine to head, without digging heels into floor. Keep ankles flexed, flex/extend toes only, note back of neck. LIE on RIGHT SIDE, L leg straight, straight line from shoulder to foot, lift L leg & keep lifted. Trace sole: from inside edge, around heel, along outside edge to little toe pillows, all toes, along line underneath toes to outside of foot, back down to heel. Flex ankle/toes, swing straight leg a little forward/back. Pause, Extend ankle/toes, swing leg. Swing different flex/ext? Again w/foot flexed, do quickly. Same on L side. Rest on back. LIE on R side, straight L leg lifted: Bring straight leg forward, stay there, attn sole: Foot flexed, flex/extend toes. Quickly. Pause, note breathing. Repeat w/ankle extended. Flex/ext ankle/toes together. Quickly. Pause, think it fast. Repeat all on L side, start w/trace sole, toe pads, distance between little/big toes. Pause. After flex/ext ankle/toes, reverse coordination of toes flex/ext. Repeat on R side, reversed coordination of ankle/toes flex/ext. On R side, swing whole leg forward/back. Faster/smaller. Do on other side. On R side, bend L knee, take leg behind, think sole: Flex/ext ankle. Quickly. Pause, note breathing. Flex/ext toes. Note breathing, back of neck, belly. Ankle flexed – flex/ext toes. Ankle extended – flex/ext toes. Flex/ext ankle while flex/ext toes, then do opposite, quickly. Swing leg forward/back. Rest on back. Repeat on L side. LOB, interlace hands on belly, feel breath under hands. Join legs/knees/feet. Flex/ext ankles/toes together, without interrupting the breath. Note differences from beginning of lesson.

Discussion #220 – Katrin Smithback

Use of reference movements #2

CD#27/T12 [62 min] DVD#S14-2 Scene 3 [72 min]

Katrin: trying out different movements from different trainers and as you develop your own style you find new ways of movement people.

Reference movements:

- 1) have person do the reference movement
- 2) you move the person
- 3) combination of them moving and you move them

Definition of action, of good functioning. To use reference movement we have to have a base line, what you are looking for.

Even distribution of movement. Mono-motivation and cross motivation. Big movements done with large muscles.

Groups of 5. Looking at turning to left and right. What are we looking for when thinking about ideal action? Katrin demonstrating sitting and turning. Demo with Joan.

Day 134 Thursday August 8, 2013

FI Exploration #154 – Katrin & Diana

FI Practicum #2

[No audio] DVD#S14-4 Scene 1 [55 min]

4 practicums supervised by Diana and Katrin. Students in 4 groups of 3 with 1 group floating.

Discussion #221 – Katrin & Diana

Debriefing from practicum

Not recorded

FI Exploration #155 – Katrin & Diana

FI Practicum #3

[No audio] DVD#S14-4 Scene 2 [59 min]

3 practicums supervised by Diana and Katrin. Students in 4 groups of 3 with 2 groups floating.

Discussion #222 – Katrin & Diana

Debriefing from practicum

Not recorded

ATM Lesson #297 – Katrin Smithback

Leg swings & footprint #3, with torso rolling same/opposite

CD#27/T13 [45 min] DVD#S14-2 Scene 3 [45 min] Source: AY#382 Pillows continued

LIE ON R SIDE, stand L hand in front of chest on floor. Lift L leg, swing forward/back, knee bends when leg goes back, note torso response. Repeat on OS. ROB. Lift L leg & attend to toe pads of L foot, the heel pad, the outer edge of foot- Trace around foot as in previous lessons. Repeat tracing with L knee bent, foot behind. Swing leg back (not forward), L hand on floor in front of chest. Allow head and L shoulder to go forward. Attend to sole of foot. Quicker. Switch sides, repeat above on OS. LIE on R side, L hand on floor in front, lift L leg, attn to sole of foot: Swing L leg back, take head and L shoulder back. Quicker. Don't do more in neck- entire back bends. Do on other side. Swing leg forward, head/shoulder goes backward. Do on other side. Swing leg forward, head/shoulder forward. Other side. On R side, stay with L leg back bent backwards. With ankle flexed, curl toes down several times. Quickly. Then have ankle extended and lift toes. Quickly. Flex/extend toes/ankle in opposite directions. Slowly increase speed. All on other side. LOB. Extend R leg down, describe circle with heel on floor- don't bend knee or ankle. Other direction. LIE on L side, bend knee backward. Make circles with heel. Swing leg forward & back- straight going forward, knee bends going back. Take head forward as leg goes forward & vv. Other side. LOB, legs straight, rest on heels, lift front of feet and curl toes under & keep curled under, make circles with both heels, legs moving in opposite directions, heels slide on floor. Change direction. Repeat with

Day 135 Friday August 9, 2013

FI Exploration #156 – Katrin & Diana

FI Practicum #4

[No audio] DVD#S14-5 Scene 1 [53 min]

4 practicums supervised by Diana and Katrin. Students in 3 groups of 3 with 2 groups floating.

Discussion #223 – Katrin & Diana

Debriefing from practicum

Not recorded

Discussion #224 – Katrin Smithback

About practicums and more

CD#27/T14 [21 min] DVD#S14-5 Scene 2 [25 min]

Different trainers say things in different ways, have different ways of thinking and teaching the method. That is why you have different trainers in the training. So you think you have never heard something before but probably have in some form. You hear something but it is just background and then suddenly it becomes foreground. So many things are repeated in the training many times but suddenly it becomes foreground and you think you hear it for the first time. Connect things you are doing in FI to a sensory experience so they feel and experience the connection. Discussed experience of giving lessons in practicum. In giving a lesson where you have problems you learn the most. The more curious you can become, you can get many ideas about the person and how to work with them. You are co-creating the lesson with the person. You do not have to be the expert. Find some simple thread for the lesson. At end of lesson connect what you did with their life so they can take it into daily activity.

FI Exploration #157 – Katrin Smithback

Class FI Lesson with Margie

CD#27/T15 [82 min] DVD#S14-5 Scene 3 [83 min]

Katrin talked through lesson with Margie. Worked with Margie on back with head, neck and shoulders and arms. Then worked with legs standing, ankles and feet. Finishing with working on standing. Group discussion.

FI Exploration #158 – Katrin Smithback

Sitting on table, shifting weight and walking with pelvis

CD#27/T16 [17 min] DVD#S14-5 Scene 4 [17 min]

Sitting on table. Shift weight left and right. What do you have to do with your head, C7/T1? Can you let your spine bend? When is it possible to lift one leg? Shift weight to one hip and slide other hip backwards and forwards. Stepping forward and backwards with hip. Feel how head and neck organize over weight bearing hip. Switch sides. Easier to shift on one side or the other? Keep feet flat on the floor. Keep knees over feet. In partners with practitioner standing in front of sitting students, from C7/T1 follow student moving from one hip to the other hip. Switch roles.

ATM Lesson #298 – Katrin Smithback

Leg swings & footprint #4, bending lower leg with leg behind

CD#27/T17 [52 min] DVD#S14-5 Scene 5 [52 min] Source: AY#383 With Holding Knee

Throughout lesson watch for changes in breathing, tensing in back of neck- do without effort there. LOB, legs joined, hands on belly, note breathing: Contract legs, note what happens to breath, position of chin, tension in neck. Flex/ext toes/ankle (same direction)- no neck tension, easy breathing. Do with power in feet, to limit of mvmt- note breath, neck. Then do softer so won't disturb breath. Flex/ext toes/ankle in opposition (bend ankle up, curl toes under). Join legs together at feet, knees & do flex/ext toes/ankles- Quickly. Do only R foot, only L, both. Do both the opposite way. LIE ON R side, L hand in front on floor. Extend L leg long, swing back/forth. Head/shoulders towards leg, so torso flex/ext bends; Continue swing of leg but change direction of head to move opposite leg; Flex ankle & bend toes up as swing. Ankle flexed, toes curled under; Ankle extended/toes curled down. Leave ankle extended, bend toes up; Continue, change head/shoulders towards leg again; Ankle extended, toes bent up as continue to swing. Swing light/easy, ankle/toes free. ROB. Repeat on other side. LIE ON R side, L hand on floor. Bend L knee, keeping it bent, swing leg back/forth, head/shoulders same direction as leg. Repeat on other side. Breath so exhale as body bends, inhale as extends & leg goes back. Quicker. On R side, lift/bend L leg, foot behind, take heel towards butt; keeping knee in same place, straighten/bend knee, heel to/away from butt. Faster. W/ heel close to butt, flex/ext ankle/toes w/ no knee mvmt. Faster; Heel close to butt, make circle w/ heel. LOB, R foot standing, L leg long. Bend L knee slightly, keep bent & Circle

heel w/out bending L knee. Change direction. LIE ON R SIDE, bend L leg backward. Move heel in circle. Thigh stationary, mvmt in tib/fib. Bend L leg backward, keep knee in same place & bend/straighten knee, lower leg moves. Do with the ankle bent. (No force, be careful w/ knee). Do w/ ankle extended. Repeat OS. *Circle R heel on floor if necessary.* Add bending/straightening knee w/ ankle bent and toes curled down. Then toes lifted. Do a few mvmts w/ toes up, then toes down. Do mvmt quickly, in free manner. ROB. LIE ON R SIDE, legs bent, R arm extended above head, L hand holds near L ankle. Lift/lower leg/head. *L elbow bends, L knee/foot stay at same height when lifting.* Faster. Other side. Swing leg freely forward/back- compare to beginning.

Day 136 Monday August 12, 2013

ATM Lesson #299 – Katrin Smithback

Leg swings & footprint #5, hold lower leg, roll to belly, roll to sit

CD#28/T01 [66 min] DVD#S14-6 Scene 1 [66 min] Source: AY#392 Continuation With Holding Knee

LIE ON R SIDE, legs bent. Imagine soles of both feet at same time: the circle around the heel, the base of the toes, etc. (as in previous lessons). Then think of one foot, the other, both. Note breath, neck, eyes. *Return to these things throughout lesson, is in background of entire lesson.* Thinking of feet, lift L leg, swing leg for/back, freely. Do with leg straight, then bent. Do with head/shldrs in same direction, then opp. All variations. Do on other side. Extend R arm long overhead, L hand holds front of middle of lower L leg, lower leg stays parallel to floor, lift & lower L leg towards floor. Then lift head as lower leg & vv. When head lifts, L leg touches R, like teeter-totter; Use R hand to help lift head as leg lowers as if to sit (but don't sit). Do on other side. Hold lower L leg w/L hand, swing leg forward towards stomach & back behind self. Add head moving: first with the leg so head moves closer to knee, then back as knee moves back. Then opp, so head goes forward as leg swings back & back as leg swings forward. Think of pivoting around the R hip joint on floor. Do on other side. Hold lower L leg closer to knee & swing L leg forward/back, rolling towards belly when leg swings back-pull belly forward so it gets close to floor as foot moves as if to touch back of head. *Must be able to return- don't just roll onto belly.* Do on other side. Hold lower L leg under kneecap, straighten R leg forward, take L leg backward, lifting the head, to come towards sitting. L knee lowers to floor, legs spread more (R leg farther forward) as come to sit, & L heel goes to touch butt. Do on other side. L hand on floor, swing straight leg forward/back, head moving opposite to leg. Then moving towards leg. Then do variations with knee bending & straightening. Do on other side. At end, use leg swing to swing up to sitting.

FI Exploration #159 – Katrin Smithback

Spinal extension

CD#28/T02 [49 min] DVD#S14-6 Scene 2 [68 min]

Start sitting and go to sidelying. People only move neck to look up but doesn't mean they can't move their spine. Many times it is the idea of how to do something more than limits to your movement. Demo with Sofia. Talked about scoliosis. Every spine is unique as we all have variations from the ideal and interested in how the person uses the spine so you don't have any discomfort. Move them away from cause and effect. Sense spine in sitting. Then Sofia on side. Padding for head to be comfortable. Look at spine and feel shape again in this position. Where is it easiest for person to extend? Demo with skeleton. Usually do not start at neck but with thoracic and lumbar spine. Not making her extend but asking her to extend. Partners practice.

FI Exploration #160 – Katrin Smithback

Class FI lesson with Karin

CD#28/T03 [71 min] DVD#S14-6 Scene 3 [71 min]

Discussion after lesson.

FI Exploration #159 continued – Katrin Smithback

Spinal extension continued

CD#28/T04 [25 min] DVD#S14-6 Scene 4 [67 min]

Explained how to keep wrist straight so the force goes through from your arm to your fist. Important when pushing through. Demo with Carol. Review feeling spine while sitting by running hands down spine. Then lying on side. Feeling spine for shape, muscle tone, where is the spine. Different partners. Group discussion at end of practice.

Day 137 Tuesday August 13, 2013

ATM Lesson #300 – Katrin Smithback

Leg swings & footprint #6, prone–hold lower leg & lift head; supine–bridge on top of head

CD#28/T05 [56 min] DVD#S14-7 Scene 1 [56 min] Source: AY#393 Continuation With Holding Knee

LIE ON R SIDE, L hand on floor in front. Review sole tracing of L foot, swing leg forward/back freely. Variations: leg w/head tog/opp, straight legged, ankle flex or extended, toes curled/uncurled. Repeat on L side. ROB. Hold L leg w/ L hand in middle of L leg. Lift & lower leg– with head. Then without head. Do quickly. Do on other side. Hold L leg close to knee. Bring knee towards face then away, behind self. Let R leg straighten down & remain long. As take L leg back behind, push belly out, roll to belly. Do on other side. Hold L leg close to knee, roll on to belly & lean on R hand w/ elbow in air. Lift head & lower. Lift head & leg, pushing belly forward. Go slowly. Repeat OS. PRONE. Hold both legs from behind, lift head/legs from floor, look up with head/eyes, back of head falls back. Pull belly in (just stomach muscles), lifting from floor, many times then quickly. *Lower vertes will move backward as do.* Pause, turn head to side, repeat pulling in belly, turn head to other side, repeat w/belly. Hold R leg w/R hand, L hand in pushup position, lift/lower head/leg– let head fall backward –*no force or stretching.* Bring hand closer to knee & roll to L side, return to belly. Do on other side. Rest forehead on hands, open knees to sides, slide knees up towards elbows so body will be in middle between legs, & come onto knees/elbows. On knees/elbows, extend R leg up backward & lift head. Leave leg in air & bend knee, ankle & toes, then straighten them, leaving knee at same place in space (don't lower). Lift up so on hands and knees instead of elbows. Lift leg high in air behind, leave knee lifted, bend/straighten knee/ankle/toes, keeping knee in same place in space. Add head dropping forward w/straightened leg, lifted & looking to ceiling, head dropped back, w/bent leg. Do other side. LIE ON BACK. On back, stand feet, push belly out, push into elbows, lift shoulders, slide onto top of head.

FI Exploration #161 – Katrin Smithback

Bringing person from sitting to standing in FI

CD#28/T06 [68 min] DVD#S14-7 Scene 2 [68 min]

About ATM lesson in sitting. Bring person forward on table. Demo with skeleton. Find base of pubic bone. Structure of pelvis. Want to sit on full triangle of pelvis. How to sit on chairs. Distance of knees and legs apart. Weight shift. Position of knees. Partners practice. Can they keep their knees from moving forward? Are they using momentum?

FI Exploration #162 – Katrin Smithback

Class FI lesson with Matt

CD#28/T07 [72 min] DVD#S14-7 Scene 3 [72 min]

Lesson with Matt. Full class discussion after lesson. Demo with Kim of spiraling ribs.

FI Exploration #161 continued – Katrin Smithback

Bringing person from sitting to standing in FI continued

CD#28/T08 [68 min] DVD#S14-7 Scene 4 [88 min]

Bring partner from sitting to standing. Bring them up by the head. Demo with Rita. Bring hands to base of skull and not the neck. Standing in front with hands not touching with hands around the side of the head near the cheekbones. Then bringing person to standing from sitting while you are at their side with one hand on neck this time. Demo with Carol. Showed book with pictures of postures. Then sitting on table with one leg crossed over other and sit to stand and back down.

Day 138 Wednesday August 14, 2013

ATM Lesson #301 – Katrin Smithback

Leg swings & footprint #7, standing at chair, leg swings

CD#28/T09 [56 min] DVD#S14-8 Scene 1 [56 min] Source: AY#394 With Holding Knee

LIE ON R SIDE, lean on L hand. Extend L leg down, bring attn to sole of foot as in previous lessons. Swing leg forward/back: Do all variations: as leg goes forward head/shoulder goes back; as leg goes forward head/shoulder goes forward. Then add flex/extend toes; flex/ext ankle; combine toes with ankle in same direction and then opposite. Do on other side. Hold L lower L leg w/ L hand, bring knee/head forward towards each other and then backwards & away from ea other. Belly comes forward when you bend backwards. Repeat with hand closer to knee. Do on other side. PRONE, hands on floor near shoulders. Lift R leg backward, when it's back, bend knee so heel comes towards pelvis, & flex the ankle at the same time. Lean on hands, elbows in air. Make smooth and soft. Do with L leg. Stand hands, bend knees and ankles, lift upper body, straightening elbows, head falls back. Bring head forward then repeat, allowing not forcing, front lengthening. STAND, at R side of chair, L hand on the backrest. Lift R leg, hold R leg just below knee w/ R hand & take it backwards, -the leg comes a little out to side rather than straight back- as take head lower toward floor. Lift R arm and head, allow both to go backwards, falling back, no effort. (Legs standing). Add taking the R leg back with head/R arm, Think of heel coming towards your hand, easy swinging mvmt. Do it quickly. Bend over so the head is at the height of the pelvis & take head, arm & leg backward. Put L hand on seat of chair so easier. Return to hand on backrest, R hand holding below R knee, direct leg backwards. Add head going back loosely with leg. Stop, walk, note differences in sides. Stand on other side of chair and repeat the sequence on OS. Stand with L side to back of chair, L hand on backrest, swing leg forward/back, take head towards knee in front, let head hang back when leg goes back. Add R arm swinging also, bringing hand towards foot in front and back. Think it free and easy, breathing. Rest. Repeat but take R arm down to floor in front when R leg is up behind and reverse so body moves more as one piece, the arm is a continuation of the body, like a stick from the hand down to the knee, the knee can be soft and bend at end of movement. Rest. Turn to L, repeat on OS.

FI Exploration #163 – Katrin Smithback

Class FI lesson with Michelle

CD#28/T10 [87 min] DVD#S14-8 Scene 2 [87 min]

Discussion #225 – Katrin Smithback

About ATM teaching

CD#28/T11 [24 min] DVD#S14-8 Scene 3 [49 min]

Groups of 4 talking about ATM teaching. Doing any? Problems? Gap in teaching that needs to be addressed? Want to learn something to improve your teaching? If not teaching, is there something that would help you start teaching? Then full group discussion.

FI Exploration #164 – Katrin Smithback

Accessing spine through rotation, in sidelying #1

CD#28/T12 [55 min] DVD#S14-8 Scene 4 [85 min]

Accessing spine in different positions: sitting, sidebending, prone, hands and knees, elbows and knees, kneeling on the table, etc. Demo with Betty. Start in sitting how muscles are working on each side of spine. Sensing spine through contacting person's head. In front, turning head and notice what happens in weight shifting and other things. In sidelying: hands on pelvis moving forward and back. Then at head with hands on shoulder moving forward and back. Sitting at back and contacting spine above the lumbar spine in the thoracic spine to access twisting more easily. Various ways of rotation in spine. Later coming back to neck to see movement of rotation. Sitting behind, palpating vertebra as move pelvis backward feeling rotation and work way along spine.

Day 139 Thursday August 15, 2013

ATM Lesson #302 – Katrin Smithback

Leg swings & footprint #8, standing at chair, leg swings, hand to floor, prone – holding leg, lift with head

CD#28/T13 [55 min] DVD#S14-9 Scene 1 [55 min] Source: AY#395

LIE ONE R SIDE. Swing leg forward/back in all preceding ways, combine head going towards or away from leg, the foot, the toes. Then, while swinging, have the leg straight while the leg swings forward, and then when the leg swings back, after the thigh goes to the end of the mvmt, let the knee bend more & the heel goes higher. Do on other side. STAND, put L hand on backrest (by right edge). Take R arm/R leg/head backward- everything swinging backwards, light and easy. Add bringing everything forward, head/arm down in front, leg/knee up in front. Go back/forth. Rest standing. Hold chair with R hand and swing R leg & L arm the same way- Softly, from your middle: belly pulls in when forward, pushes out when backward. Return to holding chair with L arm, swing R arm/leg as before and compare. At end of mvmt backward, R knee continues to bend so heel goes higher. ROB. Hold chair w/ R hand, swing L leg/arm. Center (pelvis/stomach) goes forward/back opposite the arm/leg. Think all limbs while moving. Think sole of L foot. Pause. Stand, lift L hand & L foot a little, think of L sole in detail. Think back of L leg from heel to knee, from knee to hip, from hip to neck/head. See if can allow head to fall back. Think L fingers, hand, arm. Think of other R leg up through front. Then do whole swinging move again, note difference. Pause, just imagine doing swinging mvmt 5 times, thinking off entire self, how the mvmt joins the arm & leg. Do few moves. Rest standing. Change other side of chair, swing R arm/L leg forward/back. Get feeling of swing. Pause, swing and stop during some point of the movement and hold that position while thinking of full swing. Do a few moves, pause, think it, do it again. Other side of chair, swing L arm/leg again. ROB. Stand, lean on seat of chair (R side?) with L hand, L knee bent a bit, & take the R arm, R leg & head backwards- hold this shape & holding body as one piece, take the leg back & up while head & R arm go down. Stand, lift R arm up, R knee behind, head behind, keep this shape, bring L hand down to seat of chair, lift R leg more & more, bringing R hand closer to floor- all mvmt is around L hip joint. The R arm remains behind the head, the head back- entire R side remains extended. *You need to be able to place the shldr on the L knee to do.* Other side of chair, do same thing with L arm, R leg & head- hold shape, move around L hip joint again & take L hand toward floor. Return to back of chair, L hand on backrest, R arm/leg swing back/forward, bending in middle like before. ROB. Stand, repeat on other side, but when do R arm & L leg, imagine the mvmt many times. PRONE. Bend the L leg in the air & hold it somewhere w/ L hand. Lift head & leg. Hold the L leg with the R hand & lift. Hold w/ both hands & lift L leg & head. Bend the L leg in the air & hold with L hand near foot & put R hand above L (closer to knee) & lift. Then move L hand above R & lift. Keeping moving one hand above other & lifting w/ head so get closer to knee. STAND, swing L leg & R arm. PRONE. Hold R leg w/ L hand & lift head & leg high. Then put L hand above R & w/ each lifting mvmt pass one hand higher than the other (toward the knee). *Must lift the head really high or won't be able to do.* "Now just lift one and hand stand the other.... And the opposite." (?) Bend both legs. W/ the L hand hold the L knee from the inside and the R hand holds the R knee from inside. Lift the head & both legs. Cross the arms so the R hand holds the L knee & vv & lift. *Could also do crossing the legs, but it demands an extraordinary flexibility.*

FI Exploration #165 – Katrin Smithback

Class FI lesson with Rita

CD#28/T14 [67 min] DVD#S14-9 Scene 2 [67 min]

Rita injured her shoulder last night. Working with an injury. Group discussion at end of lesson.

Discussion #226 – Katrin Smithback

About Leg swings ATM series

CD#28/T15 [38 min] DVD#S14-9 Scene 3 [64 min]

Talk about the 8 lessons of the legs swings ATM series. What was the same, difference, where did it go? Repetition? What was your experience and what did you learn? Large group discussion.

FI Exploration #166 – Katrin Smithback

Accessing spine through rotation, in sidelying #2

CD#28/T16 [27 min] DVD#S14-9 Scene 4 [30 min], [10 min not recorded] & Scene 5 [23 min]

Switch roles. Then ad on rolling of spine by rolling leg while lengthening to roll person. Then on floor to roll them all the way over. Then go back to sense of spine and pelvis.

Day 140 Friday August 16, 2013

ATM Lesson #303 – Katrin Smithback

Bumping knees, on stomach

CD#28/T17 [62 min] DVD#S14-10 Scene 1 [62 min] Source: Esalen #24

PRONE, arms on floor overhead. Flex & extend feet– gradually simple & fast. R ear on floor, do flex/ext with L foot only L ear on floor, do with R foot. Head in middle, flex/ext both feet– tog, then alternately. Go back & forth between tog & alt. Then immobilize whole body, so just the feet. Do alternately, as fast as can. Can you do as fast tog? Hands in push-up position. *Head anywhere*. Flex feet & push floor with them so body is pushed forward. *Don't rock– just straighten & lift knees*. Do feet alternately, so knees bump alternately on floor. Head in middle. Move R leg to the L & back. Change head to R, then L & do. Do with L leg. Compare how ea. leg does mvmt. Hands in push-up. Hold legs tog. & take R. Then L. Feel middle. Spread legs equidistant from middle. Lift & lower knees. Lift the knees & rock the body forward. Keep the knees lifted & rock back & forth. Lift the head & do. *Feel if R/L chest feels same*. R ear on floor L arm overhead. Lean on toes of R foot, push with R foot to push L arm upward on floor. Do quickly. Turn head other way & do. Put R hand standing & do. Alternately turn head as do– which way is easier? *With L ear on floor can put L armpit on floor, making body longest it can be*. Hold yourself long, then put R ear on floor, feel difference. Keep changing head till it feels same. Put L hand palm upwards (everything else the same)– push with R foot so palm can lie upwards. Keep doing mvmt till can rest on stomach with palm up. Then do mvmt with palm down & feel diff. L hand standing, R arm overhead. Flex L foot, push on foot to lengthen body (not intentionally rotating whole body)– stay at longest & turn head L/R until both sides same. Then turn R hand palm upwards, turning body until whole back of hand lies on floor. Keep back of hand on floor as roll body back to belly. *Disassociate arm from rest of body*. Both hands above head, lean on toes. Lift head, push with toes so knees come off floor, body slides forward & arms lengthen. Continue & lift pelvis off floor too. Lift knees & pelvis (no rocking)– make simple, fast. Do on R: lift pelvis & R knee. Then on L. Then both. Alternate lifting R pelvis & knee, then L, keeping knees off floor entire time. Hands in push-up position. Lean on toes ,push self forward. Change head from side to side as do. Put L arm down, palm upward, head to R. Lift head, push with both legs. Push with R leg only. Turn head to L & push with R leg. Change hands & do. Change head to R & do. (All combo's). Both hands in push-up. Lift head off floor–move eyes forward, looking up wall toward ceiling (watch mouse crawl up, then down.) Do with R eye only, then L, then both again. Lean on both feet, hands in push-up. Lift pelvis as high as can. Do with L ear on floor. R ear. Alternate. Rock forward & back, look ahead with eyes. Follow mouse with eyes– different? Lie on back. Interlace hands behind head. Lift head & legs over chest. Rock so everything moves in same direction. (If can do w/out rocking & come to sitting, have well-developed abs).

FI Exploration #167 – Katrin Smithback

Accessing spine in sidelying through rotation #3, techniques into actions

CD#28/T18 [50 min] DVD#S14-10 Scene 2 [50 min]

Based on rolling from yesterday's FI exploration. Talk about techniques versus process. Thinking about an action. Looking to move with pattern. Demo with Craig. Practice in partners. To get rotation movement it is a coordination of movement through the joints. Demo with Karin.

Discussion #227 – Katrin Smithback

About exploration and other questions

CD#28/T19 [27 min] DVD#S14-10 Scene 3 [27 min]

Giving the same ATM lesson several times. Cultural differences in teaching ATMs. In FI not much difference, more based on the individual. You have the minimum to start to learn. Yes, you can charge when you graduate. You know a whole lot more than people who come to you. Pick one thing to practice, to use in FI, to focus on. Watch explaining too much and being the expert.

FI Exploration #168– Katrin Smithback

Accessing all of person through head with intention and action

CD#28/T20 [35 min] DVD#S14-10 Scene 4 [51 min]

Demo with Maija. In sitting, holding head from front, leading her through turning. Looking for the whole action through all of her. Thinking about head and neck turning, shoulders, ribs, pelvis, weigh shifts. Rotate partners and think of an action to move them from the head. At end Katrin lifted each person up by the head from lying to standing.

ATM Lesson #304 – Katrin Smithback

Circle with leg swing

CD#28/T21 [45 min] DVD#S14-10 Scene 5 [45 min] Source: AY#108

SIT, Z SIT, R leg back, L leg bent in front. Lean on hands. Take the two legs, straighten them and bring them to the front. *Make a big arc with the feet. Have to lean back Do in one mvmt.* Do to L. Alternate. *Make smooth, so no delay in middle. Can lift feet off floor.* Sit in Z, R leg back. Lean on L hand. While transferring legs to other side, switch weight to other hand. Move legs side to side, lean on one hand then other- make mvmt larger, lean whole body to one side then other. Z to R. Put both hands on front on floor. Lift hands, swing legs to other side, put hands down in front. Put the two hands to the L, lean on them. Swing the legs to the L and move the hands to the R. *One hand comes to the floor first, then the other comes to the floor next to it.* Gradually move the hands closer to the middle until both hands are in front of you on the floor, lifting off floor as swing legs. Z to R. Both hands in front on floor. Push the R leg backward, straightening it. Then push the L leg back, to lie on stomach. *Lean on hands, elbows in air.* Return to sitting same way: roll to L side, bend L leg, then R. Z to R, hands in front. Straighten the L leg back, making room with the R leg (lifting the knee) to roll to belly. Bend the L leg to come back to sit. Do mvmt bending & straightening the L leg. Do to L- moving R leg. Do mvmt so it is a roll, not a rub. On stomach, lean on hands. Bend L leg and swing legs to R to sit, then straighten L leg to go back to stomach and bend R leg to sit to L. Go side to side. Z to R. Lean on L hand. Swing the legs in front in arc to the L, then straighten the R leg back to come to the belly w/ both hands in front on floor, then return the same way to sit to R. *Make smooth- a swing, a circle, a roll.* Do to L. *Make sure hands in front on belly, legs out straight behind.* Z to R. Lean on L hand. Swing legs in front to L, push R leg back to roll to belly, then bend L leg up to sit to L. Make 2 complete circles in same direction. *Make large mvmt with feet. Roll, not rub. Hands (& head) always come back to middle.* Do to L. Z to R. Lean on L hand, bring R hand to L & lean on it also. (Both hands on L side.) Straighten the L leg to lie on the belly, lying to the L (not middle). Do on L. Z to R. Lean on L hand. Swing feet in front to L, lean on R hand (bring L next to R), straighten R leg back to lie on belly facing R- come back to sit, swing legs to R, lean on L hand, straighten L leg back to lie on belly facing L. Go back and forth, thru belly, head facing R then L. Do above, but have hands in front, so head in middle when on belly. Side to side thru belly. *Could go back to bringing legs R/L thru front to engage abs.*