

Day 151 Monday February 3, 2014

FI Exploration #185 – Diana Razumny

Standing scan #1, through palpation, bottom up

CD#31/T01 [14 min] DVD#S16-1 Scene 1 [14 min]

With partner, touch, feel tone of calf, feet, arches, Relationship of ankle to leg, compare 2 legs. Sense of tone, texture of 2 legs. Where weight of heel, difference between 2 sides. Tone of front part/back of leg. Relate tone of hamstrings, quads to what you felt in the calves. Feel extensor muscles in lower back. Flatter, tighter, more raised? Go up alongside the spine and alongside the spinous processes. Differences left/right. Both sides of neck. Review what you felt, review by touching. Watch student walk away from practitioner. Walk back towards practitioner. Switch roles. Repeated after ATM.

ATM Lesson #323 – Diana Razumny

Spinal Chain #1, asymmetrical

CD#31/T02 [46 min] DVD#S16-1 Scene 2 [50 min] Source:

1. On back, 5 line scan. Knees bent, feet on floor, rock pelvis so low back lifts/lowers, note head connection. Roll up spine. Areas of interest: feel tissue on one side of spine more? Equal foot pressure? Line of pressure on the floor wiggly/straight? Sections vs. individual vertebra? Jaw/tongue, parts of skull. Bring one arm (your choice) overhead on floor, resting with elbow/back of hand on floor, roll up spine noting diff. Add and repeat with head rolled to side facing away from lengthened arm. Add and repeat with 1 leg crossed over other. Switch legs, compare. Head turned, hand of 'overhead' arm holding side of head, lift head, rolling down spine, lower. Head lifted, lift pelvis, rolling up spine till lowers head, lift head roll down spine to lower pelvis. Return to rocking pelvis to note head connection. Debrief with partners.

Discussion #246 – Diana Razumny

Review Segments 1, 2 & 3 in groups of 4

CD#31/T03 [10 min] DVD#S16-1 Scene 3 [48 min]

First brief discussion about the ATM Lesson. Then categories of Interest during review: FI-not much; ATM teaching-not much; ATMs-have you taught? Is there a series? Would you like to go back? Make star on hard copy if there are things you want to remember to revisit. Any surprises in remembering? Any special memories connected to that segment?

Discussion #247 – Diana Razumny

Reports of Segments 1, 2 & 3 to full group

CD#31/T04 [53 min] DVD#S16-1 Scene 4 [53 min]

Each group reports on Segment 1, 2 and then 3.

FI Exploration #186 – Diana Razumny

Spinal Chain observation

CD#31/T05 [5 min] DVD#S16-1 Scene 5 [34 min]

Observe spinal chain with same partners as morning standing observation.

ATM Lesson #324 – Diana Razumny

Spinal Chain #2, clarifying C7, head/pelvis connection

CD#31/T06 [44 min] DVD#S16-1 Scene 6 [45 min] Source: Diana

On back, 5 lines scan, dots for shoulder/hip joints/C7. Bend knees, keeping lines. Roll pelvis so lower back flattens, note head/chin. Continue rolling up spine, central line to C7. Pause with pelvis down, fingers touching C7, rock pelvis up/down. Fingers of one hand feeling C7, other arm straight forward to ceiling, lengthen arm to ceiling, fingers feel movement at C7. On back, knees bent, roll up spine, note C7. Arms out at shoulder height. Make soft/easy fist at end of straight arms and feel for the arms rolling up/down as you roll up/down. With pelvis down, explore lengthening one arm at a time, away from spine. Take arms straight forward to ceiling, reaching with both at same time. Roll pelvis, roll up spine, sensing connection, clarify C7/head/neck relation. Arms out at shoulder height, roll up spine, keep pelvis lifted, shift side/side, think lengthening one arm/other, note head response, ear to shoulder. Pause, repeat position, pelvis up, soft fist, roll fist up/down, take pelvis little higher/lower to facilitate fist rolling. Knees bent, hands behind low back, overlapped or in line, roll up, lifting pelvis, roll back down, feel for connection from top of sacrum to where imagine T12. Cross one leg over, roll up, note change from the morning. Knees bent, rock pelvis up/down, sense head connection.

Day 152 Tuesday February 4, 2014

Discussion #248 – Diana Razumny

About transition at end of training & other questions

CD#31/T07 [22 min] DVD#S16-2 Scene 1 [23 min]

Behaviors and habits from the beginning of the training may return at the end. End of the training process, transition, importance of noticing the importance. Question about buying materials. Have so many from your training to study. Question about using same theme in FIs for a period. Very common. About AY lessons can purchase index and individual lessons. Why do we revert back to old habits after 4 years? Hopefully an upward spiral. About insecurity and how much you have learned that people do not know. Teaching ATM gets easier with more people once you have the basic skills.

FI Exploration #187– Diana Razumny

Standing scan #2, shifting, walking & head response

CD#31/T08 [12 min] DVD#S16-2 Scene 2 [26 min]

Scan with a partner, standing scan, feeling tonus of calves, thighs, length of back, shift weight to heels holding pelvis noting adjustments of head, shoulders, lumbar. On back, float head, looking for ease. Have person on table stand feet, push from feet to top of head, look for angle/level of head to receive push easily (reverse/passive compression) On side, feel along spine, push from sitbone feeling for transmission through to head. Connect hand at spine to other on knee sitting under pelvis. Sit behind, connect ribs to spine. From head, holding jaw/C7/T1, direct force down through spine to pelvis. Coming out of compression move towards small amount of traction. On back, feet standing, push from feet, compression from head. Roll to sit, bring to stand, hold at ribs to take lower back back. Standing, holding head, shifting weight to one foot/other. Hold at T1/sternoclavicular, shift weight side/side. Think of standing lessons, everything moving together to stack up over support. Think of their 5 lines, think of the plane of their torso. Walking with fingers at first rib ring.

ATM Lesson #325 – Diana Razumny

Five lines #1, with hooking big toes, on back & sitting

CD#31/T09 [43 min] DVD#S16-2 Scene 3 [44 min] Source: AY#342

Sit, soles facing, hook big toes w/index fingers, lift foot from floor. On back, imagine someone pushing from base of spine, feel direction of movement towards head. Arms at shldr height, palms forward, think of movement outward from the spine along arms to finger tips. From lower spine through hip joints down legs to feet. Establish 5 lines. On back, hook big toes w/index fingers, begin lengthening (small unbending) legs, keeping sense of the 5 lines. Recognize if strain, lose the lines. Rpt, think R leg line from spine to knee, then L. Then from knee to heel on each side. Rpt, focus on R arm line from C7 to elbow, then L, extend R to finger/toe, then L. Hooked toes, clarify movement from tail to head, keeping the central line moving upward as continue to lift feet w/hooked toes. Keep lines in mind as come to sit, soles facing, hook big toes, begin to lift the feet small amount until can balance on butt, lines intact. Sit, soles face, lean on L hand, hook R big toes w/R index, lean back, lift foot, keeping all lines long and lengthening. Rpt OS, think line is floating up. On back, toes hooked, lengthen, keep all lines alive. Sit, toes hooked, lift feet keeping lines, switch to lifting R foot, leaning L to make easy, rpt OS. On back, hook R toes, L arm long overhead, L leg long, lengthen/unbend R leg, keeping the lines long. Rpt OS. Hook both toes, lift/lengthen little just so can interact with the lines. Sit rpt 1st mvt. Stand

FI Exploration #187 continued – Diana Razumny

Standing scan #2, shifting, walking & head response continued

CD#31/T10 [37 min] DVD#S16-2 Scene 4 [41 min]

Checking in again with partner. Then discussion of FI Exploration. Then new piece in standing. Finding dot at C7 and dot where leg lines join from 5-lines image. Brandon draws image of lines based on skeleton so more than 5 lines. 5 lines is the more primary image. Some practitioners love the line lessons and some hate them. Very personal also about using it in your teaching. Didn't do new piece before lunch but did after lunch in FI Exploration #188.

FI Exploration #188– Diana Razumny

Standing scan #3, exploration with 5 lines

CD#31/T11 [11 min] DVD#S16-2 Scene 5 [23 min]

Practiced new piece from before lunch. Clarify 5 lines and location where arms/legs branch of central line. Partner place fingers to sides of C7 and sternoclavicular joints while person takes forward/back. Locate where leg lines start, place one hand behind, other in front, direct that part of back, back. Observe partner standing/walking while they go in/out of 5 lines. Observers go in/out of five lines.

ATM Lesson #326 – Diana Razumny

Standing #1, taking back backwards

CD#31/T12 [43 min] DVD#S16-2 Scene 6 [43 min] Source: AY#234

Stand feet, note standing and arms/hands hanging. Arms hanging, overlap hands in front, hand holding the other, head lowered. Take pelvis back, note weight on heels. Head stays lowered w/o relative mvt, eyes are looking down. Neck soft. Clarify, note tail, whole pelvis. Note quads. Arms stay hanging in front. Walk. Stand, R foot/leg forward small step, rpt above, pelvis back, head hangs, knees don't bend. Chest/shldrs soften/chg in order to go back. Whole of self mvs back over heels. Chg hands, cont. Play w/breath. Chg legs, rpt. Weight in heels, toes lift. Stand, legs spread a bit, feet parallel (inside), hands hang/holding, take pelvis back/to R/L corner (side/side). Walk. Chg? Stand, feet parallel, take pelvis back, lift arms forward/shld height, hands overlap. Eyes on hands. Take R shldr bld back. What stops? Weight mvs over L heel. Walk. Cont switch hands/shoulder. Toes don't lift or grip. Stay w/L shldr back, add taking L hip back. Rpt above w/R shldr back. Walk. Arms hang/hold, 1st mv, pelvis back. Tuck chin, look forward, take head/neck back. Have to take lower ribs/chest back. Weight on heels, toes light, arms hang. Walk. Stay w/head/neck back, take pelvis back. Lift arms shldr hght, hug self, elbows up in front shldr hght, look at elbows, take whole back backwards, mv to extreme R then L in arc behind. Head up, knees straight. Turn whole body R, face/front go L w/pelvis back. Feel belly work, weight on heels. Chg in chest/knees. Rpt OS. Walk. Arms hang, feet normal, take everything back several times, take R/L in arc while back. Find extreme backward. Note arms/hands hanging. Walk.

Discussion #249 – Diana Razumny

Dennis Leri recordings on competence & 5-lines

CD#31/T13 [64 min] DVD#S16-2 Scene 7 [65 min] Source: RM1 S16: 11/8/09 D1 Disc#202 CD31T03 & 11/9/09 D2 Disc#203 CD31T07

Listened to Dennis answer questions from students. Beginning of discussion on competency and all of discussion about 5 lines.

Synopsis of 5 lines discussion: If you think about our skeleton, it's just an image. It's a good intermediary between you and the 5 lines. Like thinking of tubes, it's an interim thing. Abstract: length and direction. All the presumptions of embodiment, cycling around sites of motion, emotion, intellection, that we anchor ourselves – being not here is a way of being here. It has survival value or there wouldn't be so many people in denial. 5 lines are not your muscles, bones, pains pleasures. Ray: Why C7, why not T1? Dennis: There's a point where rib cage will dampen. As you're moving, you're carrying these lines along with you. You can reside in the lines and the movement will come along. The lines move to move you. Movement challenges the stability of the lines. AY lessons 333–359, deal with self-image and are 5 lines lessons. You also find it at Esalen, San Francisco. Marge: this isn't making sense making sense. Dennis: We notice an amputee as missing something. This is basic to a human being. Pattern trumps the muscles. Which pattern trumps all patterns? Deconstruct to the most basic level. So basic we don't even take it into consideration. Your self-image can change (feel bigger, smaller, etc). 5 lines is home base, invariable. Feldenkrais won't make you a happy person, it will make you a person. You play with the marbles you are given. Shira: People have pain. In a lesson there becomes a possibility, pain can change. Dennis: In Israel, Moshe would never ask "what's going on," when someone was having emotion on the table. You had no idea what they had gone through and they would be insulted if you pried. Many people when they get their back belt stop. The black belt, "sho-dan" means first step, it's when you start practicing. There's a point where the energy centers shift over. A good teacher can recognize this and change the focus of your training. True also in Feldenkrais. Value of community – taking this voyage on your own. You need to feel connected. In ATM book, Feldenkrais said when you get it, you realize you're not in this world alone.

Then our class discussion.

Day 153 Wednesday February 5, 2014

ATM Lesson #327 – Diana Razumny

Standing #2, taking back backwards

CD#31/T14 [44 min] DVD#S16-3 Scene 1 [44 min] Source: AY#235

Stand, arms/hands hang in front, holding, think of taking diff. parts backward as in last lesson, parts in sequence. Start at knees, tail, top of pelvis/lumbar, upper back, between shld blds, back of neck. Go up/dwn few times. Pause, take whole pelvis back, arc L/R. Add arms lifted to ceiling, eyes forward, think lengthening. Walk. Stand, R foot/toes on floor, crossed in front of L leg to the L for balance. Take whole pelvis back in arc from R to L, eyes to floor. Cont w/R toes on floor little farther back to L, R leg touching L. Walk, compare legs. Rpt. OS. Stand, legs spread a bit, feet parallel (inside), eyes forward, lift/drop heels. Note knees. Now only R heel, L leg on tiptoes for balance. Light/quick. (Banging to head?) Rpt OS. Walk. Chg? Rpt, alternate L/R heel bang. Same bang to head? Cont quickly, note path of knees, line forward. Image-parallel wires, thru knees back/front, knee glide on that line. Pause, lift/fall w/both heels same time. Note head bang. Walk. R leg/foot straight forward, tips of toes touch floor, tap L heel. Which part of foot stays planted, has most pressure? Space between big/2nd toe. Shift weight onto R foot, L toes behind for balance, tap R heel. Hands/arms spontaneously hang w/palms facing back, shldrs/breath easier. Rpt OS. Walk. Stand, lift toes. Leave toes lifted, lift/drop heels. Note arms, breath, area of pressure on front of foot. Walk w/toes lifted. As if normal walk, note what tightens? Allow heels to move away from ea other. Hands soften? Walk "regular". Stand, lift/drop both heels. Note diff in shldrs, head, chest. Pause, lift fronts of feet from floor, standing on heels. Attn to sm finger, chest. Step in place, walk forward, back, L/R. Attn knees straight/bent, try both. Walk. Lift R toes, lift/drop R heel w/knee straight, pelvis tilts R/L. Rpt OS. Stand, note leg muscles. Walk, attn to parallel legs. Walk on heels, front of foot lifted, as if normal. Knees move forward, back/pelvis move back. Stand, feet parallel, lift arms, overlap hands, take whole of back backward like beginning, note all parts, if more moves back. While back, take whole of back R/L. Note head/chin. Stand, cross R leg in front of L, R toes to floor L of L leg, rpt above mv, use toes for balance. Move R foot back so R leg touches L, cont. Rpt OS. Stand, arms up in front, taps both heels. Walk, note hands, arms, shldrs, breathing, org of chest. Note chgs.

Discussion #250 – Diana Razumny

About Standing ATM series

CD#31/T15 [9 min] DVD#S16-3 Scene 2 [9 min]

Discussion #251 – Diana Razumny

Review Segments 4, 5 & 6 in groups of 4 & report to full group

CD#31/T16 [49 min] DVD#S16-3 Scene 3 [94 min]

Then categories of Interest during review: FI-not much; ATM teaching-not much; ATMs-have you taught? Is there a series? Would you like to go back? Make star on hard copy if there are things you want to remember to revisit. Any surprises in remembering? Any special memories connected to that segment? Each group then reported on Segment 4, 5 and then 6 to the whole group.

FI Exploration #189– Diana Razumny

Head rolling & lifting – path of ease #1

CD#31/T17 [46 min] DVD#S16-3 Scene 4 [74 min]

Demo with Craig. Lying on back. Lifting head forward, finding the path of ease. With new partner, check them from side, back, walking before lying on back and exploring lifting head.

ATM Lesson #328 – Diana Razumny

Five lines #2, with hooking big toes and a smile, on back & sitting

CD#31/T18 [32 min] DVD#S16-3 Scene 5 [32 min] Source: AY#343

On back, sense/image 5 lines, hook big toes w/index fingers, lift/lengthen both then alternately. Hold toes again in easy length, smile/let go, cont w/the smile while opening/closing legs. Stop, lengthen arms/legs, sense 5 lines, sense smile. Hook toes, sense central line, smile, after while, shift to 4 limbs. R arm long overhead on floor, stand feet, hook R big toes w/L index, smile, bend/straighten R knee, visit the lines, smile, ease. Recognize any critical voice and do something different. Rpt OS. Hook both toes w/index, lengthen/bend legs, feel direction of central line upward, on/off smiling. Sit, soles facing, lean on L hand/arm, hook R big toe w/R index, lift/lower foot, visiting the lines. Rpt OS. Sit, lean on R hand/arm behind, hook L big toe w/L index, lift/lower, visit lines and smile. Switch hands, same toe. On back, hook both toes, focus on lines, smiling occasionally, movement continues in background. Slowly come to stand, staying with lines.

Day 154 Thursday February 6, 2014

FI Exploration #190– Diana Razumny

Head rolling & lifting – path of ease #2

CD#31/T19 [46 min] DVD#S16-4 Scene 1 [100 min]

Checking in about yesterday's exploration. Demo with Maija. More discussion. Demo with Carol. More discussion. Switch roles. In middle demo with Carolyn.

ATM Lesson #329 – Diana Razumny

Five lines #3, with knots & strings, on back & front

CD#31/T20 [44 min] DVD#S16-4 Scene 2 [44 min] Source: AY#337

On back, 5 lines then imagine string around knee with knot, slide knot around 1/4 circle, continue, return to beginning, adding 1/4 turn until full circle of knot. Circle opposite direction. Repeat with other knee. Same idea with each elbow. Repeat while lying on front side. On front, string around head at level of bridge of nose, eyes, top of ear, circling knot. On back, string around pelvis at level of pubic bone, hips. Circle knot around pelvis and head at same time. Add elbow and knee strings circling all one direction.

Discussion #252 – Diana Razumny

Review Segments 7, 8 & 9 in groups of 4 & report to full group

CD31/T21 [48 min] DVD#S16-4 Scene 3 [103 min]

Categories of Interest during review: FI-not much; ATM teaching-not much; ATMs-have you taught? Is there a series? Would you like to go back? Make star on hard copy if there are things you want to remember to revisit. Any surprises in remembering? Any special memories connected to that segment?

ATM Lesson #330 – Diana Razumny

Standing #3, taking back backwards

CD#31/T22 [29 min] DVD#S16-4 Scene 4 [29 min] Source: AY#236

Stand, legs spread, not necessarily parallel, take parts backward, attn weight onto heels – in sequence: knees, tail, top of pelvis, lumbar, lower chest, btw shld blds, C7. Walk. Stand, feet wide, take L side pelvis back in arc to R, then alt side/side, attn to hip joints, diff of muscles in legs R/L, knees. Rtrn to only going to R. Wide stance, arms out in front, hands overlapped/limp, take L hip back, turning around R hip joint, eyes stay to front. Walk. Rpt OS. Arms lowered, alt R/L. Listen for asym use of muscles/mvt. Lift arms, take lower chest & upper pelvis back. Take that area back relative to rest. Weight in heels, arms don't lower. Walk, legs, pelvis? Stand, feet wide, lift arms, eyes to hand, lift/turn R heel outside to R w/straight leg, take to floor to outside. Attn to mid R side goes backward. Bring weight onto R heel. Rpt w/arms down, quickly. Rpt, coming onto R heel, shift body to R, take heel to floor, lift heel, pivot on front of foot quickly. Rpt OS. Attn to keeping L shldr/hip in line while turning back to L, front turns to face R. Rpt w/arms down. Bend leg at first then with straight leg. Arms in front, lift R heel, turn out to R, lift L heel, L toes stay on floor, lift R heel, bring back to place, turning around R axis as one piece several times. Attn to the mid back backward. Cont, add lifting L toes. Rpt, quickly, drop on heel, almost like a hop, R toes stay connected to floor. Rpt OS. Alt side/side.

Day 155 Friday February 7, 2014

ATM Lesson #331 – Diana Razumny

Standing #4, taking back backwards

CD#31/T23 [37 min] DVD#S16-5 Scene 1 [37 min] Source: AY#238

Stand, hands overlapped hanging in front, take whole pelvis back, weight to heels, knees straight. Chg hands, cont. Back of R hand behind on lower back to feel the movement backward of pelvis/lumbar. Put both hands behind, cont. Head stays in place, belly pulls in. Walk. Arms straight out in front, hands limp/overlapped, take base of neck/C7 backward. Imagine hook screwed into vert, someone pulling back on hook. Repeat, take knees back, weight to heels, top of pelvis back, lower chest/lumbar, belly in, exhale. Chg hands, take C7 back. Pause, take just below head/top of spine back. Take whole back backward. Walk. Same position/movement, w/tucked chin. From there, part by part, go down adding each part going back. Think of corresponding activity in front – chin, chest, belly. Walk. Hug, elbows up in front, take R shoulder back, weight shifts to L heel. Stay w/R shoulder back, take R hip and lower ribs back, L leg straight. Rpt. OS. Alt R/L. Feet parallel from inside, back of L hand on lower back, R arm extended overhead to ceiling, take all backward, arm fixed in space. Chg arms, cont. Both hands on low back, then both arms up. Hug, elbows in front, cross R leg in front of L, R toes touching floor, take pelvis back, both shoulders/back of neck, arc R/L. Walk. Rpt OS. Cont, alt R/L. Hang arms in front, take back from bottom up then top down: knees, pelvis, back, C7, neck. Arms to ceiling, explore back back. Pause w/arms hanging, slowly lift arms to shoulder height, note weight shift to heels. Stay w/arms up, take everything back, arc R/L.

Discussion #253 – Diana Razumny

What to charge for an FI lesson

CD#31/T24 [36 min] DVD#S16-5 Scene 2 [36 min]

What to charge for an FI lesson. From giving free lessons to charging a lot. Sliding scale. Process of deciding.

Discussion #254 – Diana Razumny

Review Segments 10, 11 & 12 in groups of 4 & report to full group

CD#31/T25 [42 min] DVD#S16-5 Scene 3 [85 min]

Categories of Interest during review: FI-not much; ATM teaching-not much; ATMs-have you taught? Is there a series? Would you like to go back? Make star on hard copy if there are things you want to remember to revisit. Any surprises in remembering? Any special memories connected to that segment?

ATM Lesson #332 – Diana Razumny

Five lines #4, bending leg to side, on back

CD#31/T26 [25 min] DVD#S16-5 Scene 4 [25 min] Source: AY#344

Looked at skeleton.

On back, imagine lines with dots at shoulders, elbows, hands and hips, elbows, feet. Very slowly start bending R knee out to side, keeping sense of all lines staying long whole time bending then straightening leg. Bend again and lift knee to be over foot very slowly. Reverse 2 or 3 times. Lengthen leg, rest. Bend knee out to side, 1 time lift whole bent leg, knee/foot lift same amount. Lengthen, rest. Bend R leg, stand foot slowly, tilt knee in slowly, keeping lines. With leg bent out to side, extend opposite arm to ceiling, reaching with arm, think C7, then add lifting bent leg with arm reaching. Repeat on other side. Slide R leg up, tilt knee L, tilt R and lengthen leg, slide it up to stand, tilt knee inward/L, repeat. Note weight on foot shifting to inside/outside edge. Repeat w/L leg. At end, both arms to ceiling, reach once with each arm for opposite knee, lifting head. Pause, both knees bent out to sides, repeat both arms forward, 1 move only taking arm to opposite knee.

FI Exploration #191– Diana Razumny

FI Demo with Hannah

CD#31/T27 [13 min] DVD#S16-5 Scene 5 [57 min]

Gave FI lesson to 9-month-old Hannah. Then group discussion about the lesson.

ATM Lesson #332 continued – Diana Razumny

Five lines #4, bending leg to side, on back continued

CD#31/T28 [30 min] DVD#S16-5 Scene 6 [30 min] Source: AY#344

Day 156 Monday February 10, 2014

ATM Lesson #333 – Diana Razumny

5 lines #5 – Diagonal image, bending knee/hip/ankle, on back

CD#32/T01 [51 min] DVD#S16-6 Scene 1 [51 min] Source: AY#345

On back, sense contact, while bending R knee out to side, include bending R ankle, toes towards chin, flexing hip/knee/ankle same time, noting back, shldr, chest. Switch to L leg. Both legs same time, attn to lower ribs. R arm overhead on floor, palm forward, L arm down along side, palm back, slide R arm along floor overhead, lengthening, switch to L arm lengthening down then both arms at same time opp dir; add sliding back of head on floor to L, L ear to L shldr. Rtrn to bending both knees/ankles out to sides noting changes after asymmetrical arm exploration. Rpt OS w/arms. Read #7 fr AY notes. Think someone pushing headward at sitbones. Access & track 5 lines for following moves, rtrn to bending R ankle/knee/hip, keeping all lines, add bending L ankle, lengthen L heel down along floor, both legs move at same time; then do ea indiv, cont w/ea leg but alternately. Rpt OS. Add: R arm down, L up, slide arms as before, back of head slide R, think of standing on L heel. All along bringing in 5 lines. Switch arms, rpt arm/head move, keep legs doing same, R leg bending up, L heel extending down. Rpt OS. Slide both legs up lengthening central line, think back going back, pushing upward from sitbones to head.

Discussion #255 – Diana Razumny

Video of dancers and about balance

CD#32/T02 [14 min] DVD#S16-6 Scene 2 [14 min]

Video of Georgian dancers. About balance and the vestibular system. Assimilate gravity by pushing through skeleton, even though the person is lying down.

Discussion #256 – Diana Razumny

Review Segments 13, 14 & 15 in groups of 4 & report to full group

CD#32/T03 [36 min] DVD#S16-6 Scene 3 [68 min]

FI Exploration #192 – Diana Razumny

Compression from C7/head/sitbones, on back (trios)

CD#32/T04 [62 min] DVD#S16-6 Scene 4 [110 min]

Demo with Joan and Margie. Demo with skeleton. Trios – one on back, knees bent, one sitting to push from sitbones, other at top of head and C7 to receive push. Extensive demo with Rita. Not put into exploration.

ATM Lesson #334 – Diana Razumny

Standing #5, head/shoulders in opposition, on back & standing

CD#32/T05 [36 min] DVD#S16-6 Scene 5 [36 min] Source: AY#239

On back, scan 5 lines, legs spread, hip/shldr dots & diagonal lines connecting. Bend knees, lift R shldr, simple/light. Add: turn face/eyes to L. Switch, turn face R. Turn L again, switch to R. Stand, turn face/eyes to L, then R, take shoulders w/head. Pause, face forward, R shldr forward, L shldr stays. Switch so head turns L w/R shldr coming forward. Cont w/R shldr forward, turn head/eyes R. Rtrn to head/shldr turning L/R. On back, feet standing, lift L shldr. Add rolling head/eyes R. Switch, roll head L towards lifting shldr. Stand, rpt OS (from above). Pause, R shldr forward, L back, head/eyes turn L. Pause, switch head/eyes go R as shldr turn L. Head/eyes forward, shoulders turn L/R. On back, feet standing, rpt above combos w/shldr/head. Stand, head/shldr to R. Cont shldr to R, turn head L. On back, feet standing, rpt head/shldr combo from above (standing). On back, legs long/spread, R arm on floor overhead/L arm down, backs of hands on floor, lengthen arms indirection of fingers, lift L hip from floor, look up at R hand, back of head to L. Rest, compare sides/diagonals. Rpt OS. R arm overhead, L down, palms towards floor, rpt above. Rpt OS. Standing, turn shldr/head to L. Shldr L/head R. Head/shldr to R, switch, head L opp shldr.

Day 157 Tuesday February 11, 2014

ATM #335 – Diana Razumny

Crawling, taught to the public

CD#32/T06 [67 min] DVD#S16-7 Scene 1 [67 min] Source:

Discussion #257 – Diana Razumny

About ATM lesson taught to the public

CD#32/T07 [13 min] DVD#S16-7 Scene 2 [13 min]

Discussion #258 – Diana Razumny

Videos of Moshe Physics in Cern & Olympic skaters physics

CD#32/T08 [37 min] DVD#S16-7 Scene 3 [37 min]

FI Exploration #193 – Diana Razumny

Standing scan #4, feel tonus of legs & back, spine in sidelying, head compression

CD#32/T09 [68 min] DVD#S16-7 Scene 4 [64 min] & Scene 5 [69 min]

Scan with a partner, standing scan, feeling tonus of calves, thighs, length of back, shift weight to heels holding pelvis noting adjustments of head, shoulders, lumbar. On back, float head, looking for ease. Have person on table stand feet, push from feet to top of head, look for angle/level of head to receive push easily (reverse/passive compression) On side, feel along spine, push from sitbone feeling for transmission through to head. Connect hand at spine to other on knee sitting under pelvis. Sit behind, connect ribs to spine. From head, holding jaw/C7/T1, direct force down through spine to pelvis. Coming out of compression move towards small amount of traction. On back, feet standing, push from feet, compression from head. Roll to sit, bring to stand, hold at ribs to take lower back back. Standing, holding head, shifting weight to one foot/other. Hold at T1/sternoclavicular, shift weight side/side. Think of standing lessons, everything moving together to stack up over support. Think of their 5 lines, think of the plane of their torso. Walking with fingers at first rib ring.

ATM Lesson #336 – Diana Razumny

Standing #6, taking back backwards, rotate around axis

CD#32/T10 [49 min] DVD#S16-7 Scene 6 [49 min] Source: AY#242

Stand, legs spread little, hands to ceiling, take back backward, turn whole back L/R. Arms up in front, take only pelvis R, L hip moves back, lower chest w/it. Rpt OS. Alt L/R. Arms in front, take L hip back. Add turn head L w/hip. Pause, take head R when L hip goes back. Alt, head once R/L when L hip goes back. Walk. Rpt OS. Arms in front, R shldr back/L forward, only shldrs turn to R. Add head turns L. Cont above, add L hip moves back. Pause, only shldrs R. Pause, only L hip back. Combine, L hip back/shldrs to R. Cont, add head turns L. Then head R, then alt head R/L, going once w/shldr, once w/hip. Walk. Rpt OS. Take everything back, turn L/R. ROB. Stand on R leg, L toes for balance behind, lift/lower R arm, switch legs, cont w/R arm. Stand, take L leg back, lift R arm, lengthen back, weight over R heel, bring weight back onto L heel, alt R/L heel, finding that place of really standing over each leg. Stand, lift R arm to ceiling, L toes behind, take L hip back, add L shldr, L hip/shldr go back, turning around R axis of R arm/leg. Pause, same position, take L shldr forward/back, R arm/shldr stays in place, leave L shldr back, bring L hip to meet L shldr, then tog, L shldr/hip return then move back, rotating around R axis. Same position, switch arms, L lifted, take L hip/shldr back, rotate around R axis. Lift both arms, turn chest/arms L/R. Walk. R leg back, L arm up, rpt above variations on this side. Stand, legs spread little, arms up, whole back backward, take L/R. Lift R arm, turn around R axis of arm/leg, L shldr/hip go back, stay over the R hip joint, R shldr stays in place. Rpt OS. Walk. Standing, turn R heel out, bring weight over the R hip/heel, L leg free, head forward/up. Hop, heel outside/return, L leg free/lifted, whole self turns. Rpt. OS. Lift both arms, alt hopping on one heel then other.

Day 158 Wednesday February 12, 2014

FI Exploration #193 continued – Diana Razumny

Standing scan #4, feel tonus of legs & back, spine in sidelying, head compression cont.

CD#32/T11 [1 min] DVD#S16-8 Scene 1 [69 min]

Switch roles.

Discussion #259 – Diana Razumny

About FI exploration

CD#32/T12 [12 min] DVD#S16-8 Scene 2 [12 min]

Discussion #260 – Diana Razumny

Video of "Sitting kills, moving heals"

CD#32/T13 [46 min] DVD#S16-8 Scene 3 [46 min]

Video of Dr. Mercola interviewing Dr. Joan Vernikos, "Sitting kills, moving heals."

Discussion #261 – Diana Razumny

Videos, gravity baby & Moshe audio about

CD#32/T14 [36 min] DVD#S16-8 Scene 4 [36 min]

Video of Gravity baby at 9 months old. Video with voice of Moshe talking about feet and head and going into ATM touching the top of the head but mainly talk for 15 minutes. Diana compared to martial arts. At end talk about graduation tonight, which will be at the Chautauqua Community House in Boulder.

ATM Lesson #337 – Diana Razumny

5 Lines #6 – Strings and knots around knees and crotch with smile, on back

CD#32/T15 [50 min] DVD#S16-8 Scene 5 [50 min] Source: AY#346

On back, cross bent legs, tilt side/side. Change crossing, repeat. Stand feet, interlace fingers, create hoop with arms, take arms/head to one side and back to middle. Repeat to other side. Take head/arms opposite directions. Arms on floor resting, slide one leg up/down, bending out to side but not completely then leave the leg standing, imagine strings and knots, one above, one below the R knee, slide the knots a quarter turn to R and back to middle. Pause, smile showing teeth, add knots sliding around to R. Have the centerline and R leg line, slide the knots and smile. Circle knots half way around, return, add smiling and central and leg line. Continue on to 3/4 turn of knots. Then full circle of knots. Slide both legs up/down to compare. Leave legs standing, tie string around top of leg, have the knot start between anus and genitals, slide knot forward to front, continue adding the 1/4 turns until full circle. Have the smiling and the central and leg line. With knot circling, smile and lines start lengthening L leg and bring it back. Both legs standing, have L thigh string in place, the two strings around R knee and slide both legs down to straighten. Legs straight, start with string at upper end of R thigh/crotch and two strings on L knee, repeat circling strings, smiling, slide legs up with knots circling. Continue with the strings, smiling, leg lines, come to stand. Stand and have all knots circling and walk.

Day 159 Thursday February 13, 2014

ATM Lesson #338 – Diana Razumny

Standing #7, walking

CD#32/T16 [37 min] DVD#S16-9 Scene 1 [37 min] Source: AY#243

1. Stand, legs/feet tog/touch. Feel balance. Spread feet/legs a little, keep parallel, lift R heel very slowly. Stand only on L leg, R leg has no weight at all, "like a limp rope". Pelvis doesn't move. Walk. Rpt OS. Then alt. R/L. No rocking nec. 2. Stand on L leg, soften R knee, sm step forward w/R foot, just touch toes lightly, rtn to place, no weight transfer. Walk Rpt OS. Alt. Whole foot to floor same time, directly forward. 3. Stand, legs parallel, soften R knee, bring forward, limp leg, whole foot in contact, then transfer weight. L leg becomes limp, rvrs. No up/dwn mvt., no straightening knee back. Rpt OS, alt. slowly, walking, feet parallel. Never time when on both legs, only one at a time. 4. Imagine rope on floor, walk on rope, ea moment of bringing weight onto leg, other has no weight. Arms out to sides. 5. Rpt, rope walk forward/back, head forward/up. Walk. 6. Stand, parallel legs/feet, slight spread, step in same manner sideways, one step/rvrs. Attn to R heel moves out to R to keep foot parallel. Just L heel lifts few times, then all but L toes lifted. Same to L.

FI Exploration #194 – Diana Razumny

Head hanging off table, on front

CD#32/T17 [73 min] DVD#S16-9 Scene 2 [96 min] & Scene 3 [58 min]

Demo with Mischul. First on front and then on back in preparation for head hanging off the table. Lying on front, roller ankle support, head turned to one side. Sit at head, feel along spine, hand holding back of neck/head, thumb wrapped at C7/T1, lift a little to roll head so face/nose comes towards table little more, other hand on side of face/jaw to help roll a little. Fingers on back of head side of spine, directing towards face side to prep for turning head to other side. Return to previous hold, feel for turning head, then turn. Return head to original side, stand to side, full hands on back, sometimes on sacrum, roll a little to side away from face, walk to other side, same but roll towards face side. Have them turn their head, repeat press to roll torso. Have them slide to bring head/shoulders off end of table, hold head, turn a little, take little side/side, lift to connect into spine. Backs of knuckles lifting from T1/shoulders, directing down spine to pelvis. Hands on shoulder blades, directing towards pelvis, feeling through spine to head. Same with hands lower on ribs then lower back. Return head/shldrs to table. Hold/turn head, sensing down spine. Fingers on occiput, suggesting length. Head/shldrs off end again, lift shoulder towards spine on each side. Hold, turn head little side/side, create little compression. Head/shldrs on table again, pause there, roll to back, lift head/neck, look for top of spine, compression from top of head. Can access thoracic spine by sliding hands under and lifting, allowing head to hang back. Head in neutral, compression from T1. Connect through spine from pelvis. Sitting, connect with ribs, weight through sitbones, stand, shift weight. Demo with Michelle.

ATM Lesson #339 – Diana Razumny

5 lines #7 – Lengths and fist, on back

CD#32/T18 [59 min] DVD#S16-9 Scene 4 [59 min] Source: AY#347

Short discussion at beginning.

On L side, knees bent, R leg forward of L, L arm overhead, head resting on L arm, R arm forward. Take straight R arm up then back following with head/eyes. Fist R hand. On L side, both arms forward, fist hands, take R arm back keeping fists. On back, think through other side then do. Think of lines. On L side, fist hands equally, take R arm back. On back, L arm overhead, R arm forward, roll L keeping R arm relation to torso ending up on L side with R leg in front, R arm out in front, head on L arm. Pause on L side, lengthen R leg down through heel, flexing ankle, R arm bent in front w/fist, take arm back behind, thinking 5 lines. While R arm is back behind, straighten/lengthen R leg out in front, feel length between R fist/heel. Keep arm/leg long like this, rocking so fist/foot lifts/lowers alternately w/o touching floor. Rpt OS.

Day 160 Friday February 14, 2014

Discussion #262 – Efrem Razumny

Guild Certification

CD#32/T19 [19 min] DVD#S16-10 Scene 1 [19 min]

Talked about initial certification form submission, making an assessment and a study plan.

ATM Lesson #340 – Diana Razumny

5 lines #8 – Holding knee with diagonal hand, rolling, on back

CD#32/T20 [51 min] DVD#S16-10 Scene 2 [51 min] AY#348

Started with story by Betty.

On back, knees open, soles facing, 8 inches apart, R hand to L knee, roll L/R very small amount, straight arm. Pause, think of central line, hold knee again, tiny shift R/L. Switch to other diagonal. Return to R hand to L knee, L arm long overhead on floor, fist L hand, think of arm lines. Rpt OS. Other side again, keep R knee still so that the rolling of pelvis/torso L/R is very small so movement is in the hip joint. Pause, return to same and allow knee to move this time. After few moves, stop knee from moving. Repeat OS. Return to other side, L arm overhead, holding L knee w/R hand, R leg long, think all lines lengthening, roll of torso R/L. think L arm/R leg lengthen. Rpt OS. Both arms overhead, R knee bent to R, roll on outside edge little, pelvis rolls little, whole torso rolls little L/R. Bend both knees, stand both feet keeping length of all lines come to stand. Stand, arms hanging little forward, take back back, feel for arms rotating little inward. Stay like that, bring weight onto L leg, pivot on ball of R foot so the whole R side is one piece turning w/back back, movement is in the L hip joint everything else as one piece turning around it. Rpt OS. Both arms overhead, back back, repeat the turning everything around one hip joint.

Discussion #263 – Diana Razumny

Closure Circle

Not recorded

Group shares about their experience of the training.

Discussion #264 – Diana Razumny

Imagining self and others as successful practitioners, guided

CD#32/T21 [50 min] DVD#S16-10 Scene 3 [51 min]

First Diana talking about deepening the process you have started in the training. Discussion for 32 minutes. Then guided process.

ATM Lesson #341 – Diana Razumny

Scan & Roll

CD#32/T22 [43 min] DVD#S16-10 Scene 4 [46 min] Source: Diana's Good bye

LOB Scan focus on bones: hands/feet; wrists/ankles (dots); lower leg/lower arm; knee /elbow (dots); upper leg/upper arm; pelvis/shoulder girdle; ribs; spine bottom to top; 5 lines. On side, arms/legs folded/stacked 90°, lengthen top arm, slide in large arc above/around/behind, rvrs. Keep hands and feet close to floor. Comfortable easy range. Stay w/arm behind (twisted), slide top leg down, roll to back, rvrs. Combine, start w/arm arc, then leg length, rvrs leg/arm to side again. Add unbending bottom leg then arm, then rvrs all 4 limbs in own time to come onto side again. Rpt several times then roll across back to other side. Keep sequence of arm, leg, leg, arm. Stay on new side, rpt sequence of arms & legs several times then alternate side to side. Folding/Unfolding. Fold on preferred side, bring knees and elbows close. Keep top knee bent and slide leg down bottom leg, so that top knee comes towards / over bottom foot. Allow movement of top leg to bring to side sitting rvrs. Leg as a handle on the pelvis. Keep head low to the floor.