

**Santa Fe 3 FTP • Synopsis: Makeup 1**  
January 10–21, 2005 • Taught by Diana Razumny

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**Day 1 January 10, 2005**

## **Introduction**

### **Overview and Process**

CD MU1#1/T01 [36 MINUTES]

Overview of 2 weeks: 1) FI to experience hands-on with supervision; 2) Feedback skills in FI; 3) Observation skills; 4) ATMs to support and feed our FI practice; 5) ATM teaching games; 6) Self Image – head/pelvis/ribs/spine Body Scheme; 7) Walking (thinking functionally); 8) Learning – collect list of beliefs/ideas. A guided exploration of feelings/sensations/words. Think about learning. What is it? What are your beliefs about it? What do you know about yourself in relation to learning? How do you know when you are learning? What is the physical sensation? Think of a time of learning, how did you feel at that time? What gets in your way of learning? What is conducive to your learning? What is the sensation of being: –criticized or judged by self or other? – defensive? Receptive, a kind of listening with whole self? – nervous or anxious? –not knowing? Can it be a “good” thing? Access somatic experience of CURIOSITY. Imaginary walking while lying on back.

### **ATM Lesson #01**

#### **Simple flexion #1, on back**

CD MU1#1/T02 [40 MINUTES]

Before ATM, reference movement/awareness for whole workshop : imagining walking while lying on back. Outdoor exercise after ATM– walk 30 steps, stop, look at something and use focused vision, categorizing, describing the shape, size, color, liking it or not, how you think it could be better, beautiful/ugly. And then switch to look at it like first time of seeing it, take it in through diffuse vision, allowing it to enter you or enter it like becoming it. And then take 30 more steps, stop, look at something else with the focused and defocused attitude. Soft or hard focus.

## **Discussion**

### **About ATM Lesson**

CD MU1#1/T03 [13 MINUTES]

### **ATM Teaching #1**

#### **Observe walking**

CD MU1#1/T04 [40 MINUTES]

*Step 1 of walking experiment* – Groups of 3, watch/imitate walking. 2 follow 1, take on the walk of 1, 1 drops back to watch the other 2 interpretations of the walk. Watch for what is similar between the 2 interpreting your walk. Rotate so all are imitated.

*Step 2 of walking experiment* – 2 groups of 3 come together, 4 observe 2, ea of 4 take a turn in putting into words how to get one to walk like the other. The 2 walkers should be from different trios so they haven't watched each other walk yet. (lunch)

### **ATM Lesson #02**

#### **Simple flexion #2, with diagonals, on back**

CD MU1#1/T05 [48 MINUTES]

### **FI Exploration #01**

#### **Riding along ATM flexion movements, guided**

CD MU1#1/T06 [61 MINUTES]

Starts with breaking into animal groups to create partners. First have students call out what they remember from the morning ATM moves. Primal Spinal Moves (PSM) in walking. Guided: Check in with own “ground of being” (head/pelvis/ribs/spine) sitting at head, observe person lift head. Sit at side w/hands on sides of ribs while they lift head to ride. Ride along on pelvis when they lift head. Supports for head. Have them stand their own feet, roll pelvis up, ride along on ribs/sternum. Then go to pelvis, hands on iliac crest, ride along while they lift shoulders. Hands on knees when they roll pelvis to flatten back, feel direction of knees. At shoulders, ride as they lift, then lift for them. Have them roll pelvis while you lift shoulders.

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**Day 2 January 11, 2005**

## **Discussion**

### **Check in**

CD MUI#1/T07 [15 MINUTES]

What was memorable from day before, dreams, AHAS, realizations; go through check list of objectives. Was that ATM good to teach to the public new to the method?

## **ATM Teaching #2**

### **Review diagonal ATM lesson**

CD MUI#1/T08 [24 MINUTES]

Groups of 3 - Review diagonal flexion lesson from yesterday and come up with the 5 different ways in the lesson that you lifted the shoulder away from the floor. Rather than showing, have the two lie down and give them instructions to do the version you are thinking of. Add to the movement instruction and noticing question or guided awareness. Rotate so everyone gives an instruction at least once. Join another group of 3, compare notes. Each of the 3 instruct the other 3 three different movements. Groups reverse roles, give 3 more instructions. Within group of 6 pair up with different "animal". Remember this partner for the next FI practice. Demo on skeleton of those movements.

## **ATM Lesson #03**

### **Extending through diagonal arm/leg, on front/back**

CD MUI#1/T09 [50 MINUTES] [MIA SEGAL, SAN FRANCISCO 1977]

Partners observe walking before and after one-sided ATM.

## **Discussion**

### **About ATM Lesson and observing**

CD MUI#1/T10 [11 MINUTES]

## **FI Exploration #2**

### **Structured Feedback with: Head roll & pushing through from foot, on back**

CD MUI#1/T11 [47 MINUTES]

FI feedback structure: (pairs) First read Moshe's quote on curiosity in "organic learning" article. Guided: access feeling of curiosity. Categories of feedback (script hand-out, see at end of booklet): speed, pressure, quality of contact, continuity, rhythm, timing, angle/direction of force (add/subtract categories as we go)

Practitioner says category they want feedback in, they do a little movement, pause and ask the person how it was in that specific category.

The receiver can either say, "I'm curious to feel . . . (ie little slower or faster)" saying curious authentically. Or, "I would like you to stay at the same pace" or "with what you are doing."

Practitioner explores with the new information, then stop, ask, "Would you like to feel it even slower than that?" "I would," or "I would like you to stay with that speed."

Receiver option: "I need to shift categories a moment." "In the realm of pressure, I would like to feel what it would be like if your were to touch lighter."

Practitioner responds by trying it lighter a moment, pauses and says, "Would you like to feel lighter than that?"

FI Exploration - straight leg, push through foot, different angles, look at skeleton hip joint. Explore angle and direction, feel for where the force goes. Intention to feel into hip joint, then move pelvis, then connect to spine, then to head. Just pretend for now without expectations. (ref. Observe walking and them doing ATM move, lengthening/shortening through diagonal arm/leg). Roll head first.

## **ATM Lesson #04**

### **Flexion/Extension, spinal chain & all fours**

CD MUI#1/T12 [40 MINUTES] [MOSHE, SAN FRANCISCO EVENINGS]

**Day 3 January 12, 2005**

**FI Exploration #03**

String of moves/observations, review lifting shoulder, head, leg, guided with demo

CD MU1#1/T13 [61 MINUTES]

Observing walking for pivot point in torso and flexion/extension on all 4s, shoulder lift, sternum ride, head lift with interlaced hands w/pelvis roll, push through straight leg from foot. Stringing together several moves/observations. Give option of jotting down notes of what needs clarifying. Return to yesterday's groups of 6, choose a partner. Watch that person walk. Look for crossing of diagonals, where they pivot the top/bottom of body. Have them on all 4's, watch them flex/ext from yesterday's ATM move. Look for the peak/valley and the level of pivotal point. Then they lie on floor, push through each leg to see how travels through, aim for the crossing point. Watch them lift their head. Place props under head if they feel they need them (like if standing). Rollers under knees. Have them lift shoulders, place your hands under and go along for ride then lift for them, notice sternum/ribs. Pause, lift one shoulder, alternate then add one hand riding sternum with lifting one shoulder. Do other side. Bring their hand to opposite shoulder, lift shoulder, hold upper arm on chest as lift. Go back to lifting each shoulder alternately. •Have them interlace fingers behind head, ride along on elbows then take over for them. (students close ears, explain to practitioners to give verbal instructions to bring leg to standing) •Have them interlace fingers behind head, sit at head, push on elbows to lift head, they start lifting their own pelvis, you feel the pressure into elbows and start lowering head, when pelvis is highest, lift head by pushing elbows, they lower pelvis. alternate pelvis/head lift. Hands behind head again, push elbows, have them lift one foot, bring knee up and direct opposite elbow to that knee. Have them return to hands/knees, flex/ext, look for peak/valley for changes, ride along on peak, giving resistance to push against and then person sinks spine giving little resistance. Switch to valley, follow along on that vertebra. Have them return to back, roller under knees, have them lift head to note changes. Push through each foot to cross through pivot point/diagonal. Have them stand/walk, look for pivot place.

**Discussion**

About FI Exploration

CD MU1#1/T14 [12 MINUTES]

**FI Exploration #03 continued**

Stringing together several movements continued, guided with demo

CD MU1#1/T15 [36 MINUTES]

Switch roles, repeat above.

**ATM Lesson #05**

Hip/shoulder circles

CD MU1#1/T16 [30 MINUTES] [MOSHE, SAN FRANCISCO EVENINGS]

Observe same partner walking before/after, again, focusing on the pivot point in torso.

**FI Exploration #04**

Clarify previous FI then moving shoulder and hip forward/back, sidelying

CD MU1#1/T17 [35 MINUTES]

Skeleton demo: Reviewing/clarifying previous exploration. Sidelying: Sit at head, take shoulder forward/back, first their arm along side and then their hand standing in front, practitioner holding elbow/shoulder blade. Hip forward/back, sitting behind and then from knee in front. Same partner, looking at pivot point in torso while they are walking.

**ATM Lesson #06**

Cross leg tilt with continuous eye movements, on back

CD MU1#1/T18 [40 MINUTES] [ALEXANDER YANAI #266]

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**Day 4 January 13, 2005**

## **Discussion**

### **Check in with learning conditions**

CD MU1#1/T19 [12 MINUTES]

Check to see if list of learning conditions are being met so far in the makeup. Trust and safety, time to explore, impulse, desire, curiosity, feedback, context, application (walking), integrate, experience, digest, willing to be silly, quiet internal judge/critic, memory, recognition, comparison.

## **FI Exploration #5**

### **Sidelying, moving shoulder and hip forward/back with fingers on spine, guided with demo**

CD MU1#1/T20 [93 MINUTES]

Start with everyone rolling balls and grapefruits, flat hand. Guided practice with August as demo. Pairs – Ref–observe stand/turn. Roll from pelvis side/side. Observe, guess which is easy direction for head roll. Roll head (ride first). Stand feet, tilt legs, note relationship of direction of head/pelvis ease of rolling. Leave legs tilted to side (supported). Return to rolling head. Feel difference in rolling ease when they have eyes open/closed/fixed on point in front. Cross arm to opposite shoulder (on side legs tilted to), lift shoulder of crossed arm to take them to side of tilted legs. Keep the shoulder lifted and use your other hand to roll head back towards lifted shoulder a few times, return head, lower shoulder. Come back to simple head rolling while shoulders are flat and legs still tilted. Have student start reaching the arm to ceiling and then angling across so they roll towards tilted-leg side. (take out leg supports) Practitioner can ride along as if pulling arm to bring them onto their side. Stand arm/hand in front of them, sit at head, one hand on elbow, other on bottom side of spine, take for/back between two hands. From behind, near hip, one hand on hip, other on spine, roll hip, support with hand on spine. Bring their top hand to forehead, roll head back/for, take shoulder back, leave upper torso on back, arm down, lift legs, bring them onto back, roller under knees, roll head, alternately lift shoulder, push through foot.

## **Discussion**

### **Check in**

CD MU1#1/T21 [10 MINUTES]

## **FI Exploration #5 continued**

### **Sidelying, moving shoulder and hip forward/back with fingers on spine, guided with demo**

CD MU1#1/T22 [38 MINUTES]

## **Discussion**

### **Check in**

CD MU1#1/T23 [8 MINUTES]

## **ATM Lesson #07**

### **Side bending on front/back**

CD MU1#1/T24 [29 MINUTES] [GABY YARON, SAN FRANCISCO 1977]

## **FI Exploration #6**

### **Side bending on side, observing and riding along on ribs/pelvis/spine, guided**

CD MU1#1/T25 [59 MINUTES]

Observe them stand and slide hands down outside of leg alternately then on back, do side bend from ATM, hand over top of head, take head/shoulder down to side. Repeat on other side. Observe ATM move on front, side bending, ride along on spine with “piano fingers” to feel changing shape of spine once to each side. Have them lie on the side they shortened in ATM, wrap hand over top of head and lift to see/feel movement there. Feel by hands riding along on: ribs, pelvis, spine. Sit at bottom of pelvis to hold top foot with one hand, other hand on trochanter, lift foot, roll pelvis to side bend. Lift spine from under (floor side) with intent to sidebend. At head, have them slide top arm under head, lift arm holding palm of hand and elbow, head gets carried along. Return to reference, observe them side bend while lying on side and then in standing.

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**Day 5 January 14, 2005**

**ATM Lesson #08**

ATM Review movement sequence

CD MU1#1/T26 [42 MINUTES]

Lying on floor, guided through several ATM moves that related to FI practice and ATMs during the week.

**FI Exploration #7**

Review of week plus lifting head

CD MU1#1/T27 [47 MINUTES]

By categories of: Primal spinal moves (PSM), positions and body parts: hip, leg, foot, hand, arm, shoulder, head, spine, ribs.  
Head lifting using balls, grapefruits and melons.

**ATM Lesson #09**

Rolling from front to back, continuous

CD MU1#1/T28 [47 MINUTES] [ALEXANDER YANAI]

**Discussion**

About ATM Lesson & Closure

CD MU1#1/T29 [5 MINUTES]

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**Day 6 January 17, 2005**

**FI Exploration #08**

Walking observation

CD MU1#2/T01 [11 MINUTES]

Observe partner walking before ATM. Look for stride, how long on one foot. Where is head when over each leg? When taller?

**ATM Lesson #10**

Lifting head/arm on belly, knee up to side

CD MU1#2/T02 [45 MINUTES] [GABY YARON, SAN FRANCISCO 1977]

After ATM went back to partners watching walking.

**Discussion**

About ATM Lesson

CD MU1#2/T03 [13 MINUTES]

**FI Exploration #09**

Lifting hip, sliding bent knee up to side, on belly, guided with demo

CD MU1#2/T04 [81 MINUTES]

Observe person sliding leg up to side that they were doing in ATM. Ride along on leg. Observe them lift head/arm, then foot w/head/arm, then knee. Go to other side which was not done in ATM, slide leg up, starting by lifting hip backwards to prepare leg. Have them lift head/arm on this side, observe hip. Join by lifting foot while they lift head. Lift foot by itself, note pelvis. Sit behind at pelvis, bring hip back/forth, sliding knee forward/back. Go to front of knee, push from knee through leg to hip to roll hip back and lift knee. If feels right, go for ride while they lift head/arm while facing elbow of arm that's under head.

**ATM Lesson #11**

Pelvis lift towards diagonal shoulder, arm cradles head, roll to side from back

CD MU1#2/T05 [59 MINUTES] [ALEXANDER YANAI]

**Discussion**

About ATM Lesson

CD MU1#2/T06 [9 MINUTES]

**FI Exploration #10**

Demo with Betsy W

CD MU1#2/T07 [42 MINUTES]

On back, sliding leg/foot up to standing, bending knee out to side.

**Day 7 January 18, 2005**

**ATM Lesson #12**

Sliding sternum/ribs, twisting from side

CD MUI#2/T08 [41 MINUTES] [ALEXANDER YANAI #217]

**Discussion**

About ATM Lesson

CD MUI#2/T09 [14 MINUTES]

**FI Exploration #11**

Roll/lift head while twisted; feeling ribs/sternum/spine, guided

CD MUI#2/T10 [57 MINUTES]

Guided exploration in duos. Repeating ATM moves but on "undone" side. Start with person on back, rolling head, lifting shoulders, rolling pelvis side/side, standing feet, tilting knees. Holding knees, bring arm across body and roll person to lie on side. Have person stand hand, sliding elbow forward, turning face to look to floor then behind bottom shoulder. Sit behind, follow along on ribs then ribs/spine. Sit at head, watch them take top arm behind them, then take hand to head, roll head together with arm backwards, find comfortable place for arm behind, roll head, note sternum. Have them bring their fingers to sternum/ribs, press down and ride along on their fingers, squishing ribs back/down to floor towards lifted side. Lift head, noting sternum/ribs. Have them return to standing hand in front of chest, roll them from shoulder, sliding elbow forward, then have them look around bottom shoulder. Sit behind at ribs/spine and feel if they do it differently. Have them on back again, reverse checking in, pelvis, shoulders, head. Stand, return to reference of turning around themselves to see behind.

**Discussion**

About FI Exploration

CD MUI#2/T11 [29 MINUTES]

Joe about head support. Frank about talking between hands. August's question about going to the limit. ATM & FI teaching growing out of ATM experience.

**FI Exploration #11 cont**

Roll/lift head while twisted, ribs/sternum continued

CD MUI#2/T12 [44 MINUTES]

Switch roles.

**Video - Mark Reese**

Components of walking

NOT RECORDED

Watched 20 minutes of Advanced Training (1991) taught by Mark Reese on walking. Mark is explaining about the primal spinal moves in walking.

**Discussion**

About Video

CD MUI#2/T13 [2 MINUTES]

**ATM Lesson #13**

Hand to heel, side bending, on back

CD MUI#2/T14 [45 MINUTES] [MOSHE, SAN FRANCISCO EVENINGS]

One-sided lesson. On second side, students review other side by voicing instructions in their head as though teaching imaginary class. End, hands behind head, sliding head/shoulders to side, looking to elbow moving up/away

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**Day 8 January 19, 2005**

### **FI Exploration #12**

**Stand leg/foot, lift side of pelvis, guided**

CD MU1#2/T15 [39 MINUTES]

Start with pushing through straight leg (review). Bring one foot to standing, hold knee upright, lift pelvis on same side to roll towards opposite side, opening hip in front. Either sit at foot or sit across from hip you are lifting and have one hand on knee, the other hooked around pelvis, coordinate two hands to lift pelvis and direct force from knee into foot in direction toes are pointing.

### **ATM Teaching #3**

**Teaching in groups of 3 using hearing aides**

CD MU1#2/T16 [2 MINUTES]

Few minutes of instruction was recorded but the actual process was not. Three students lying on floor, one listens with hearing aid to two steps of sidebending lesson from end of yesterday then put it into their own words to lead two students. Each person has a chance to hear, do and teach two instructions of lesson.

### **Discussion**

**About ATM Teaching**

CD MU1#2/T17 [15 MINUTES]

### **ATM Lesson #14**

**Tilting bent legs, hands on head, on belly**

CD MU1#2/T18 [37 MINUTES] [MOSHE LONDON]

### **Discussion**

**FI Review**

CD MU1#2/T19 [13 MINUTES]

Used list of Monday and Tuesday ATMs to stimulate thinking of FI practice for those two days.

### **FI Exploration #13**

**Tilting legs while on belly, guided with demo**

CD MU1#2/T20 [41 MINUTES]

Observe walking for diagonals. On back, roll head, roll pelvis. On front, lift foot (face-side) slowly, bending knee, noting pelvis. Bend knee more so foot is towards ceiling, tilt towards/across midline. Bend other leg and tilt out to side away from midline. Bend both knees tilt legs to side. Then legs straighten, sit at back-of-head side, lift foot on face-side, tilt leg towards you, lift same-side pelvis, note rotation through torso. Feel along spine, bring fingers to face-side of spinus processes, shorten muscles and pull towards you starting at lower spine, moving up towards head. Return to tilting leg and rolling pelvis and feel how you sense movement going through torso. They return to back, you roll pelvis side/side then roll head. Have them walk again and look for diagonals.

### **FI Exploration #13 continued**

**Tilting legs while on belly continued**

CD MU1#2/T21 [32 MINUTES]

Switch roles.

### **Discussion**

**About FI Exploration**

CD MU1#2/T22 [13 MINUTES]

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**Day 9 January 20, 2005**

**ATM Lesson #15**

Sliding sternum, tilting crossed legs, on back

CD MU1#2/T23 [54 MINUTES] [ALEXANDER YANAI #218]

**FI Exploration #14**

Lifting spine on side and lifting bent leg on back

CD MU1#2/T24 [14 MINUTES]

A few moves that got dropped out along the way. While person is on their side, go along bottom side of spine and lift individual vertebra or clusters. Can be either in the "gutter" along the side of the spine nearest the floor or pick up more tissue farther away from spine, shortening muscles between your two hands/fingers and then lift up towards spine. On back: slide person's leg up to standing and then repeat but continue on so foot comes away from the floor and you are holding their bent leg up in approximately 90 degrees in hip and knee. Make small circle of hip joint within easy range.

**FI Exploration #15**

FI card game as review

CD MU1#2/T25 [3 MINUTES]

Colored cards with body parts and positions, pick one from each category, come up with FI move and show it to whole group. Rotate through everyone systematically. Clarify whatever comes up as unclear. Diana was subject for demonstration to allow for refining touch and technique.

**ATM Lesson #16**

Sitting back on heels from all 4s with cross knee crawl

CD MU1#2/T26 [40 MINUTES] [ALEXANDER YANAI]

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**Day 10 January 21, 2005**

**ATM Lesson #17**

Twist pelvis/leg to side, rolling/lifting head, on back

CD MU1#2/T27 [48 MINUTES] [ALEXANDER YANAI]

**Discussion**

About ATM lesson

CD MU1#2/T28 [9 MINUTES]

**FI Exploration #16**

FI Review using printed scenarios

CD MU1#2/T29 [10 MINUTES]

Handing out notes. Dyads using printed scenarios of FI explorations from the two weeks of makeup. Choice of 4 scenarios: #1 Flexion with shoulder, head, leg and spine on back. #2 Rotation: Head roll, shoulder lift, tilt legs from back to side. #3 Sidebending on side. #4 Rotation on side. Each person explores for 45 minute FI with partner then switch. (See printed scenarios at back of booklet.) Discussion after each exchange.

**Discussion**

Closure

CD MU1#2/T30 [17 MINUTES]

**ATM Lesson #18**

Continuous rolling back to belly #2

CD MU1#2/T31 [26 MINUTES] [ALEXANDER YANAI]