

**Santa Fe 3 FTP • Synopsis: Makeup 2**  
January 6-10, 2006 • Taught by Diana Razumny

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**Day 1 Friday January 6, 2006**

**ATM Lesson #01 - Diana Razumny**

**Bell hand, sitting**

CD SFE3MU2#1/T01 [ MINUTES]

Start in sitting, hand on thigh, lift/lower center of palm, eventually fingers draw together and lift from leg. Jellyfish image. Continue hand movement as you go from sit to lying. Continuing the hand moves, imagine what you want from the 5 day workshop. Continue hand, slowly come up to sitting again.

**Overview - Diana Razumny**

**Overview of week**

CD SFE3MU2/T02 [ MINUTES]

Themes to be woven throughout the 5 days with picture board presentation. 1. Mobius to represent self/other, inside/outside, internal/external, me/you. 2. Four part body image - skull, ribcage, pelvis, spine. 3. Skeletal scan. 4. Spinaline - curves of the spine. 5. Sitting and sit to stand. 6. Joints. 7. Carriage of head 8. Transitions and changing levels.

**Art Exercise - Diana Razumny**

**Drawing**

CD SFE3MU2/T03 [ MINUTES]

Draw on butcher paper on wall, eyes closed, simple drawing of your head, spine, pelvis then rib cage with eyes open.

**ATM Lesson #02 - Diana Razumny**

**Skeleton Scan**

CD SFE3MU2/T04 [ MINUTES]

Systematically go through skeleton while lying on back.

**ATM Lesson #03 - Diana Razumny**

**Sit to stand**

CD SFE3MU2/T05 [ MINUTES] SOURCE:ATM BOOK#1

Public lesson. Notes supplied at end of booklet

**Discussion #01 - Diana Razumny**

**About ATM Lessons**

CD SFE3MU2/T06 [ MINUTES]

**FI Demos - Diana Razumny**

**Sit to stand**

CD SFE3MU2/T07 [ MINUTES]

All students observing each other practicing sit to stand with Diana's guidance.

**ATM Lesson #04 - Diana Razumny**

**Foot to head, roll to sit, on back and sitting**

CD SFE3MU2/T08 [ MINUTES] SOURCE: ESALEN TAPE

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**Day 2 Saturday January 7, 2006**

**ATM Lesson #5 – Diana Razumny**

**Pelvic Clock**

CD SFE3MU2/T09 [ MINUTES] SOURCE: ATM BOOK

Public lesson. See notes at end of booklet.

**Discussion #2 – Diana Razumny**

**About ATM, Anatomy handouts & Body Image Drawing**

CD SFE3MU2/T10

About ATM and others for teaching this spring in the training. Handouts from David Gorman's "Body Movable." Handouts of skeleton, hyoid bone, Skull/occiput, atlas/axis, pelvis, hip joint, jaw. Back to drawing & refining your pelvis, hip joints, sacrum on the butcher paper.

**FI Practice #1 (guided) – Diana Razumny**

**Hip joint, jaw and eyes**

CD SFE3MU2/T11

Sitting observation of circling clock with interest in 4 part body image. On back, lift/hold leg, circle in hip joint. Legs resting bent open to sides on soft roller. Roll head. Cup head with both hands behind skull, have them roll pelvis up/down while practitioner rides along, thinking of atlas/skull connection. Hold head as before, person does pelvic clock, sense for head clock while holding head. Pelvis moving 12/6 on clock, holding head again, have them move eyes with then against movement of pelvis. Return to pelvic clock, riding along on head as before, compare transfer of movement from pelvis through spine to head. Return to circling leg and hip joint to compare. Return to holding head, have them open/close mouth. Leave mouth open, take jaw side/side. Make circle with jaw. Hip joint circles. Return to head. Repeat 4 directions of jaw – open/close, side/side and incorporate eyes with jaw, same/opposite directions. Can also have circling of jaw be in sagittal plane. Return to hip joints. Return to head, have them do pelvic clock to note changes. Sit and circle clock, note changes. The two guided practices were different.

**Discussion #3 – Diana Razumny**

**About pelvic clock FI practice**

CD SFE3MU2/T12

**FI Practice #1 continued – Diana Razumny**

**Hip joint, jaw and eyes**

CD SFE3MU2/T13

Switch roles. Similar to above with some new variations.

**ATM Lesson #6 – Diana Razumny**

**Folding, head to knee, sitting on chair**

CD SFE3MU2/T14 [ MINUTES] SOURCE: LONDON #24

See notes at end of booklet.

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**Day 3 Sunday January 8, 2006**

**ATM Lesson #7 – Diana Razumny**

**Spinal Chain**

CD SFE3MU2/T15 [MINUTES] SOURCE:MOSHE SAN FRANCISCO?

See notes at end of booklet.

**Discussion #4 – Diana Razumny**

**About ATM, Anatomy handouts & Body Image Drawing**

CD SFE3MU2/T16 [MINUTES]

Handouts: Mabel Todd *Thinking Body* Spinal curves and angles at transitions between curves. Gorman's *The Body Moveable* Degrees of freedom of spinal column in flexion, extension, rotation and side bending. More on the hips joint and pelvis and range of motion of the leg. Ida Rolf's book for psoas and hip joint. Same from Gorman's. Shoulder girdle and joints from *Anatomy of Movement* by Blandine Calais-Germain. For drawing, added side view, a new circle for head, ribs and pelvis, curving spine connecting them all plus the angled lines at the transitions between curves.

**FI Practice #2 (guided) – Diana Razumny**

**Touch sides of spine with finger tips, sitting on chair, head leaning on table**

CD SFE3MU2/T17 [MINUTES]

Have person sitting on table. Apply pressure down from top of shoulders to note any tendency to collapse towards flexion or extension. Watch the person flex/extend while sitting. Notice the 4 transition areas of spine where the curves switch directions. Sitting on chair with head on props on table to rest head and arms. Practitioner sits behind, placing fingertips to the sides of the spinous process at each vertebra, giving resistance for the person to push against (through flexion) and help them define that vertebra. Then practitioner follows the spine in, keeping the same amount of contact as much as possible while the person extends in the spine.

**FI Practice #2 continued – Diana Razumny**

**Touch sides of spine with finger tips, sitting on chair, head leaning on table**

CD SFE3MU2/T18 [MINUTES]

Switch roles for above.

**ATM Lesson #8 – Diana Razumny**

**Four points, stand to sit to lie**

CD SFE3MU2/T19 [MINUTES] ESALEN NOTES #4

See notes at end of booklet.

**Discussion #5 – Diana Razumny**

**About the week so far**

CD SFE3MU2/T20 [MINUTES]

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**Day 4 Monday January 9, 2006**

**ATM Teaching – Diana Razumny**

Practice short instruction from sitting rotation lesson

CD SFE3MU2/T21 [MINUTES]

Notes issued to everyone with a section highlighted to practice and put into own words. Handed notes in and then taught the short section to 2 other students.

**ATM Lesson #9 + ATM teaching – Diana Razumny**

**Sitting Rotation**

CD SFE3MU2/T22 [MINUTES] SOURCE: ESALEN TAPE

In sequence, take turns teaching each step of lesson. See notes at end of booklet.

**Discussion #6 – Diana Razumny**

**Anatomy handouts & Body Image Drawing**

CD SFE3MU2/T23 [MINUTES]

Knee and elbow joints from *Body Moveable*. Added to drawing

**FI Practice #3 (guided) – Diana Razumny**

**Rotation**

CD SFE3MU2/T24 [MINUTES]

Observe person sitting and turning to look around. Sit in front of them with index and thumbs in front of knee at top of tibia to give feedback of direction knee is moving. Have them push forward with one knee few times. Then withdraw the other a few times then combine the two so pelvis is turning. Repeat, reversing which knee is coming forward/backward. Can play with side bending to help clarify being able to move one side more easily. Have them lie on side, hold top of fibula with thumbs, index and middle fingers to roll it, suggesting to the pelvis to roll back and forth, similar to pushing through front of knee into hip joint. Think through the whole of them with the different references to the skeletal scan, 4 part body image, curves and transitional points of spine. Go to head, have them place their palm (top arm) on their forehead, fingers pointing down towards table. Hold your hand on their hand and your other hand on their elbow, roll them back towards their back from their head. Reverse it so they roll to look down towards the table. Have them do it, you ride along and assist in holding the head and turning it. Again, watching, sensing through the whole of them twisting. Return to the sitting and holding at front of knee while they look around side to side, pushing forward with one knee, withdrawing the other. Switch roles

(track?)

**ATM Lesson #10 – Diana Razumny**

**Tilting legs, prone – Carriage of the Head**

CD SFE3MU2/T25 [MINUTES] SOURCE: ATM BOOK #7

See notes at end of booklet.

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**Day 5 Tuesday January 10, 2006**

**ATM #11 - Diana Razumny**

Holding foot, lengthening leg, on back and sitting

CD SFE3MU2/T26 [MINUTES] SOUCE: ESALEN NOTES#11

See notes at end of booklet.

**Discussion #7 - Diana Razumny**

Anatomy handouts & Body Image Drawing

CD SFE3MU2/T27 [MINUTES]

Appreciating the sphenoid bone in the skull. Wrist and ankle joints. Plus the Arthrometric Model of joints on a circle with zones for each kind of joint. Quote "Let the beauty we love be what we do." Rumi

**Discussion #8 - Diana Razumny**

Closure

CD SFE3MU2/T28 [MINUTES]

**FI Practice #4 - Diana Razumny**

Full lessons

CD SFE3MU2/T29 [MINUTES]

Use loose structure to give a full lesson. Start with observing sit to stand. Look at the 4 part body image, look for the spinal curves and transitions. Have this observation stimulate interest in what you would like to do with the person. Choose from spinal moves of flexion, extension, rotation or side bending. Choose from positions: lying on back, front or side. Sitting, sit and lean on table, kneel and lean over table, all 4s, on knees with head down. Let your interest guide you and use anything you have learned from training or this 5 days. Include somewhere along the way working with the eyes, pelvis, hip joints, skull, ribcage, and spine. End with sit to stand, finding a way to bring awareness to the process and notice if it's different from the beginning. Continue throughout to refer to self/other. Using bell hand to stay with quality of touch.

**Discussion #9 - Diana Razumny**

About FI Practice

CD SFE3MU2/T30 [MINUTES]

**ATM Lesson #12 - Diana Razumny**

Compilation of transitions from lessons during the week

CD SFE3MU2/T31 [MINUTES]

Not a real ATM. Just a collection from all of the ATMs taught during the 5 days.

Quote written on board the first day and stayed the whole time until last day:

**"We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us  
-- how we can take it, what we do with it -- and that is what really counts in the end."**

**-- Joseph Fort Newton**