

Santa Fe 3 FTP • Synopsis: Makeup 3
January 5-8, 2007 • Taught by Diana Razumny

Day 1 January 5, 2007

Discussion #1

Overview and Process

CD TRACK 01 [15 MINUTES]

Movement Observation #1

Squatting

CD TRACK 02 [29 MINUTES] [DV#1 0-27]

Personal reference for workshop.

Movement Observation #2

Walking – soft focus

CD TRACK 03 [26 MINUTES] [DV#1 27-48]

With drawing in response to observing walker.

Movement Observation #3

Walking – head movements

CD TRACK 04 [8 MINUTES]

Observe motions of yes, no, maybe, taller/shorter.

ATM Lesson #1

Carriage of Head – tilting bent legs, on front

CD TRACK 05 [46 MINUTES] SOURCE: ATM BOOK #7

Discussion #2

About ATM Lesson

CD TRACK 06 [18 MINUTES]

Discussion #3

Drawings/impressions of walking

CD TRACK 07 [4 MINUTES]

Instructions given; process not recorded.

Movement Observation #4

Lying on roller – reaching arms, note head

CD TRACK 08 [18 MINUTES] [DV#2 0-17]

FI Practice #1

Intake sheet, lying on roller and ATM moves

CD TRACK 09 [67 MINUTES] [DV#2 17-56]

Use intake sheet, practice observations lying on roller, FI based on morning ATM.

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Day 2 January 6, 2007

ATM Lesson #2

Coordination of Flexors & Extensors

CD TRACK 10 [63 MINUTES] SOURCE: ATM BOOK #5

Discussion #4

Intake form

CD TRACK 11 [61 MINUTES]

Why these intake questions are useful; connection of the inside and outside. EnterView in pairs and then discussion in large group. Comfort, distributed cognition, levels of communication, soft focus. Handout: Guidelines to remember.

Movement Observation #5

Walking – hip-shoulder relationship; lying on roller – lifting foot, note pelvis

CD TRACK 12 [42 MINUTES] [DV#3 0-38]

Observe forward/back in hips and shoulders in walking, then working on roller. Demos Sue and Carl.

FI Practice #2

Walking and lying on roller

CD TRACK 13 [3 MINUTES]

Practice above in pairs.

FI Practice #3

ATM moves

CD TRACK 14 [40 MINUTES] [DV#3 37-46, DV#4 0-11]

Slideshow of all ATM pics to see differences; then slideshow of pics extracted for FI practice based on ATM. FI practice in pairs based on ATM.

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Day 3 January 7, 2007

Movement Observation #6

Walking - sidebending

CD TRACK 15 [5 MINUTES] [DV#3 37-46, DV#4 0-11]

ATM Lesson #3

Crawling, knee and head together on side, on front

CD TRACK 16 [38 MINUTES] SOURCE: ADAPTED FROM AMHERST

FI Demo #1

Full Session

CD TRACK 17 [74 MINUTES] [DV#4 11-END, DV#5 0-33]

Demo with Bob. Intake, walking, roller (reaching arm above head), FI based on ATM.

FI Practice #4

ATM moves

[NOT RECORDED] [DV#3 37-46, DV#4 0-11]

Full session, in pairs (intake, roller observation, FI based on ATM)

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Day 4 January 8, 2007

ATM Lesson #4a

Spinal Chain, on back and various positions

CD TRACK 18 [39 MINUTES] SOURCE: ALEXANDER YANAI #177

FI Demo #2

From ATM

CD TRACK 19 [10 MINUTES] [DV#5 33-41]

Demo with Debbie: FI lying on back, feet standing.

ATM Lesson #4b

Spinal Chain, on back and various positions

CD TRACK 20 [11 MINUTES]

FI Demo #3

From ATM

CD TRACK 21 [12 MINUTES] [DV#5 41-53]

Demo with Mary: FI on hands and knees.

ATM Lesson #4c

Spinal Chain, on back and various positions

CD TRACK 22 [16 MINUTES]

FI Demo #4

From ATM

CD TRACK 23 [21 MINUTES] [DV#5 53-END, DV#6 0-9]

Demo with Erin: FI lying on front and back, legs long.

ATM Lesson #4d

Spinal Chain, on back and various positions

CD TRACK 24 [17 MINUTES]

FI Demo #5

From ATM

CD TRACK 25 [13 MINUTES] [DV#6 9-21]

Demo with Carl: FI on hands and forearms.

Movement Observation #7

Walking – diagonals; lying on roller – lifting arm and opposite leg

CD TRACK 26 [37 MINUTES] [DV#6 21-55]

Diana was demo: observing the continuity of her patterns from walking to lying on roller.

FI Practice #5

ATM moves

[NOT RECORDED]

Working in pairs, drawing from observation in walking and lying on roller, Spinal Chain ATM, and anything else that arises.

Discussion #5

Closure

CD TRACK 27 [20 MINUTES]

Quick overview, closing remarks, personal squatting reference.