

		CD#01/T14 [Moshe Esalen 1971]	7
<b>DAY 1 APRIL 19, 2004</b>	<b>6</b>	<b>Discussion #04 ~ Diana Razumny</b>	<b>7</b>
<b>Introduction ~ Efreem Razumny &amp; Yvan Joly</b>	<b>6</b>	Vocabulary	7
Welcome to the training	6	CD#01/T15	7
CD#01/T01	6	<b>FI Exploration #03 ~ Diana Razumny</b>	<b>8</b>
<b>ATM Lesson #001 ~ Yvan Joly</b>	<b>6</b>	Observation of sitting rotation ATM	8
Rocking the pelvis	6	CD#01/T16 [DVD#1 Scene 5]	8
CD#01/T02 [London 1974]	6	<b>Discussion #05 ~ Diana Razumny</b>	<b>8</b>
<b>Discussion #01 ~ Yvan Joly</b>	<b>6</b>	About observation	8
Talk about vocabulary and ideas	6	CD#01/T17	8
CD#01/T03	6	<b>Moshe Lecture &amp; ATM Lesson #006 cont ~ Diana Razumny</b>	<b>8</b>
<b>ATM Lesson #002 ~ Yvan Joly</b>	<b>6</b>	Humans and animals	8
Rocking the pelvis, continued	6	CD#01/T18 [Moshe Esalen 1972]	8
CD#01/T04 [London 1974]	6		
<b>Administration ~ Efreem Razumny &amp; Yvan Joly</b>	<b>6</b>	<b>DAY 3 APRIL 21, 2004</b>	<b>9</b>
Transcriptions, Cds etc.	6	<b>Discussion #06 ~ Yvan Joly</b>	<b>9</b>
CD#01/T05	6	Talk about optimal movement	9
<b>FI Exploration #01 ~ Yvan Joly</b>	<b>6</b>	CD#01/T19	9
Skeletal demo doing ATM movement	6	<b>ATM Lesson #007 ~ Yvan Joly</b>	<b>9</b>
CD#01/T06 [DVD#1 Scene 1]	6	Folding forward, on back	9
<b>ATM Lesson #003 ~ Yvan Joly</b>	<b>6</b>	CD#01/T20 [London 1974]	9
Rocking the pelvis, continued	6	<b>Discussion #07 ~ Yvan Joly</b>	<b>9</b>
CD#01/T07 [London 1974]	6	Talk about flexor and extensor muscles	9
<b>Discussion #02 ~ Yvan Joly</b>	<b>6</b>	CD#01/T21	9
About ATM experience etc.	6	<b>ATM Lesson #007 cont ~ Yvan Joly</b>	<b>9</b>
CD#01/T08	6	Folding forward, continued	9
		CD#01/T22 [London 1974]	9
<b>DAY 2 APRIL 20, 2004</b>	<b>7</b>	<b>Moshe Video ~ Yvan Joly</b>	<b>9</b>
<b>Discussion #03 ~ Yvan Joly</b>	<b>7</b>	Medicine Man Series Vol 1, #1	9
Check-in	7	CD#01/T23	9
CD#01/T09	7	<b>Discussion #08 ~ Yvan Joly</b>	<b>9</b>
<b>Groups ~ Yvan Joly</b>	<b>7</b>	About Medicine Man Series #1	9
Vocabulary and ideas	7	CD#01/T24	9
CD#01/T10	7	<b>FI Exploration #04 ~ Yvan Joly</b>	<b>9</b>
<b>ATM Lesson #004 ~ Yvan Joly</b>	<b>7</b>	Following the breath, guided	9
Walking	7	CD#01/T25	9
CD#01/T11 [DVD#1 Scene 2]	7	<b>Discussion #09 ~ Yvan Joly</b>	<b>9</b>
<b>ATM Lesson #005 ~ Yvan Joly</b>	<b>7</b>	Following the breath	9
Foot circles, on front	7	CD#01/T26	9
CD#01/T12 [London 1974] [DVD#1 Scene 3]	7	<b>ATM Lesson #008 ~ Diana Razumny</b>	<b>10</b>
<b>FI Exploration #02 ~ Yvan Joly</b>	<b>7</b>	Holding foot, Flipping knee/elbow inside/outside, on	10
Demos of circling foot	7	back and sitting	10
CD#01/T13 [DVD#1 Scene 4]	7	CD#01/T27 [Moshe Esalen 1972]	10
<b>ATM Lesson #006 ~ Diana Razumny</b>	<b>7</b>		
Sitting rotation (Dead Bird)	7	<b>DAY 4 APRIL 22, 2004</b>	<b>11</b>

<b>Discussion #010 ~ Yvan Joly</b>	<b>11</b>	<b>Discussion #013 ~ Yvan Joly</b>	<b>13</b>
Question & Answers	11	Pain, interpretation, stress and reaction	13
CD#01/T28	11	CD#02/T01	13
<b>ATM Lesson #009 ~ Diana Razumny</b>	<b>11</b>	<b>ATM Lesson #014 ~ Yvan Joly</b>	<b>13</b>
Flipping knee inside/outside elbow, hip rotation, on back and sitting	11	Lifting head/top leg, on side	13
CD#01/T29 [Moshe Esalen 1972]	11	CD#02/T02 [Yvan's version]	13
<b>FI Exploration #05 ~ Diana Razumny</b>	<b>11</b>	<b>FI Exploration #08 ~ Yvan Joly</b>	<b>13</b>
Observing and imitating	11	Observation from ATM	13
CD#01/T30 [DVD#1 Scene 6]	11	CD#02/T03 [DVD#2 Scene 3]	13
<b>ATM Lesson #010 ~ Diana Razumny</b>	<b>11</b>	<b>ATM Lesson #014 cont. ~ Yvan Joly</b>	<b>13</b>
Flipping knee inside/outside elbow, hip rotation, on back and sitting	11	Lifting head/top leg, on side	13
CD#01/T31	11	CD#02/T04 [Yvan's version]	13
<b>FI Exploration #06 ~ Diana Razumny</b>	<b>11</b>	<b>FI Exploration #09 ~ Yvan Joly</b>	<b>13</b>
Flipping trochanter to roll the leg	11	Observation from ATM	13
CD#01/T32 [DVD#1 Scene 7]	11	CD#02/T05 [DVD#2 Scene 4]	13
<b>Discussion #011 ~ Staff</b>	<b>11</b>	<b>Moshe Video</b>	<b>13</b>
Community Meeting	11	Medicine Man Vol 1, #2	13
CD#01/T33	11	CD#02/T06	13
<b>ATM Lesson #011 ~ Yvan Joly</b>	<b>11</b>	<b>DAY 7 APRIL 27, 2004</b>	<b>14</b>
Seesawing breathing #1	11	<b>ATM Lesson #015 ~ Diana Razumny</b>	<b>14</b>
CD#01/T34 [London 1974]	11	Tilting bent legs with variation of head turn, on front	14
<b>FI Exploration #07 ~ Yvan Joly</b>	<b>11</b>	CD#02/T07 [Moshe's ATM Book]	14
Skeletal demo during ATM to show Movement	11	<b>FI Exploration #10 ~ Diana Razumny</b>	<b>14</b>
CD#01/T35 [DVD#2 Scene 1]	11	Recreating ATM, guided	14
<b>ATM Lesson #011 cont ~ Yvan Joly</b>	<b>11</b>	CD#02/T08	14
Seesawing breathing #1 continued	11	<b>Discussion #014 ~ Diana Razumny</b>	<b>14</b>
CD#01/T36 [London 1974]	11	About FI Exploration	14
<b>DAY 5 APRIL 23, 2004</b>	<b>12</b>	CD#02/T09	14
<b>Discussion #012~ Yvan Joly</b>	<b>12</b>	<b>FI Exploration #11 ~ Diana Razumny</b>	<b>14</b>
Questions	12	Piano fingers along spines process and lifting/tilting one leg, on front	14
CD#01/T37	12	CD#02/T10 [DVD#2 Scene 5]	14
<b>ATM Lesson #012~ Yvan Joly</b>	<b>12</b>	<b>ATM Lesson #015 cont. ~ Diana Razumny</b>	<b>14</b>
Seesaw breathing #2	12	Tilting bent legs with variation of head turn, on front	14
CD#01/T38 [Moshe's ATM Book] [DVD#2 Scene 2]	12	CD#02/T11[Moshe's ATM Book]	14
<b>Video &amp; Discussion</b>	<b>12</b>	<b>Discussion #015 ~ Yvan Joly</b>	<b>14</b>
Living with rhythm	12	From experiential into professional of the FM	14
CD#01/T39	12	CD#02/T12	14
<b>ATM Lesson #013 ~ Yvan Joly</b>	<b>12</b>	<b>ATM Lesson #016~ Yvan Joly</b>	<b>14</b>
Walking	12	Seesaw breathing #3	14
CD#01/T40 [London 1974]	12	CD#02/T13 [London 1974]	14
<b>DAY 6 APRIL 26, 2004</b>	<b>13</b>	<b>Discussion #016 ~ Yvan Joly</b>	<b>15</b>
		About ATM Lesson	15
		CD#02/T14	15

ATM Lesson #017 ~ Yvan Joly	15	<b>DAY 10 APRIL 30, 2004</b>	<b>19</b>
Pelvic clock #1	15		
CD#02/T15 [London 1974]	15		
<b>DAY 8 APRIL 28, 2004</b>	<b>16</b>		
ATM Lesson #018 ~ Yvan Joly	16	Discussion #020 ~ Yvan Joly	19
Pelvic clock #2	16	Belly awareness and changes	19
CD#02/T16 [London 1974]	16	CD#02/T28	19
Discussion #017 ~ Yvan Joly	16	FI Exploration #014 ~ Yvan Joly	19
Examples of proximal/distal reversal	16	Review of rolling from head, shoulders and hips	19
CD#02/T17	16	CD#02/T29 [DVD#3 Scene 3]	19
ATM Lesson #019 ~ Yvan Joly	16	ATM Lesson #023 ~ Yvan Joly	19
Sitting on heels #1	16	Prayer hands	19
CD#02/T18 [London 1974]	16	CD#02/T30 [London 1974]	19
Discussion #018 ~ Yvan Joly	16	Discussion #021 ~ Yvan Joly	19
Talk about Somatic Education	16	ATM analysis and closure	19
CD#02/T19	16	CD#02/T31	19
ATM Lesson #019 cont. ~ Yvan Joly	17	<b>DAY 11 MAY 3, 2004</b>	<b>20</b>
Sitting on heels continued	17		
CD#02/T20 [London 1974]	17	Introduction ~ Katrin Smithback	20
ATM Lesson #020 ~ Diana Razumny	17	New beginnings and making mistakes	20
Opening the arm to side, on side	17	CD#03/T01	20
CD#02/T21 [Mia Segal San Francisco 1977]	17	ATM lesson #024 ~ Katrin Smithback	20
<b>DAY 9 APRIL 29, 2004</b>	<b>18</b>	Tilting legs side/side, on back	20
		CD#03/T02 [Gaby Yaron June 20, 1978]	20
Discussion #019 ~ Yvan Joly	18	FI Exploration #015 ~ Katrin Smithback	20
Pain	18	Observation without judgement	20
CD#02/T22	18	CD#03/T03	20
ATM Lesson #021 ~ Diana Razumny	18	ATM Lesson #025 ~ Katrin Smithback	20
Shoulder circles	18	Tilting legs and triangle arms	20
CD#02/T23 [Moshe Esalen 1971]	18	CD#03/T04 [Gaby Yaron June 13, 1978]	20
FI Exploration #012 ~ Yvan Joly	18	FI Exploration #016 ~ Katrin Smithback	20
Rolling from the pelvis then shoulder, on side	18	Sliding leg up to standing	20
CD#02/T24 [DVD#3 Scene 1 continued through next	18	CD#03/T05 [DVD#3 Scene 4 continued on DVD#4	20
track]	18	Scene 1]	20
FI Exploration #012 cont ~ Yvan Joly & Diana Razumny	18	<b>DAY 12 MAY 4, 2004</b>	<b>21</b>
Rolling from the pelvis and shoulder, on side	18		
CD#02/T25 [DVD#3 Scene 1 continued from last	18	Discussion #022 ~ Katrin Smithback	21
track]	18	Empathy	21
FI Exploration #013 ~ Yvan Joly	18	CD#03/T06	21
Rolling head, person on back	18	ATM Lesson #026 ~ Katrin Smithback	21
CD#02/T26 [DVD#3 Scene 2]	18	Hand to heel	21
ATM Lesson #022 ~ Yvan Joly	18	CD#03/T07 [Alexander Yanai #407]	21
Foot to head	18	Discussion #023 ~ Katrin Smithback	21
CD#02/T27 [London 1974]	18	Share ways of sabotaging self	21
		CD#03/T08	21
		ATM Lesson #027 ~ Katrin Smithback	21
		Lifting triangle arms, on side	21

CD#03/T09 [Chava Shelhav 1998]	21	ATM Workbook	23
		CD#03/T21	23
<b>Community Circle ~ Staff</b>	<b>21</b>		
not recorded	21	<b>Moshe Video Medicine Man</b>	<b>23</b>
		On Posture	23
<b>ATM Lesson #028 ~ Katrin Smithback</b>	<b>21</b>	CD#03/T22 [Medicine Man Video Vol 2 #1]	23
Rolling pelvis forward/down holding knee, on back #1	21		
CD#03/T10	21	<b>Discussion #027 ~ Katrin Smithback</b>	<b>23</b>
		About video and Moshe's ideas	23
		CD#03/T23	23
<b>DAY 13 MAY 5, 2004</b>	<b>22</b>		
<b>ATM Lesson #029 ~ Katrin Smithback</b>	<b>22</b>	<b>ATM Lesson #032 ~ Katrin Smithback</b>	<b>23</b>
Rolling pelvis forward/down holding knee, on back #2	22	Sit to stand	23
		CD#03/T24 [ATM Book #1 What is good posture]	23
CD#03/T11 [Alexander Yanai #241 Getting to know hip joints]	22	<b>ATM Lesson #032 cont ~ Katrin Smithback</b>	<b>23</b>
		Sit to stand continued	23
		CD#03/T25 [ATM Book #1 What is good posture]	23
<b>FI Exploration #17 ~ Katrin Smithback</b>	<b>22</b>	<b>ATM Lesson #033 ~ Katrin Smithback</b>	<b>24</b>
Tilting legs with knees bent, on back	22	Rolling ball along body	24
CD#03/T12 [DVD#4 Scene 2]	22	CD#03/T26 [ATM Book #11 Becoming aware of unconscious parts]	24
<b>FI Exploration #18 ~ Katrin Smithback</b>	<b>22</b>		
Rolling head and tilting bent legs	22	<b>Discussion #028 ~ Katrin Smithback</b>	<b>24</b>
CD#03/T13	22	ATM favorites or not and conditions for learning	24
		CD#03/T27	24
<b>ATM Lesson #030 ~ Diana Razumny</b>	<b>22</b>		
Minimal lifting	22	<b>DAY 15 MAY 7, 2004</b>	<b>25</b>
CD#03/T14 [ATM Book #3 Fundamental properties of movement]	22		
<b>Discussion #024 ~ Diana Razumny</b>	<b>22</b>	<b>ATM Lesson #034 ~ Diana Razumny</b>	<b>25</b>
ATM Workbook	22	Rolling to sitting #1	25
CD#03/T15	22	CD#03/T28 [Diana's creation]	25
<b>ATM Lesson #030 cont ~ Diana Razumny</b>	<b>22</b>	<b>Discussion #029 ~ Katrin Smithback</b>	<b>25</b>
Minimal lifting continued	22	Importance of sleep	25
CD#03/T16 [ATM Book #3 Fundamental properties of movement]	22	CD#03/T29	25
<b>FI Exploration #019 ~ Diana Razumny</b>	<b>22</b>	<b>Discussion #030 ~ Katrin Smithback</b>	<b>25</b>
Lifting straight leg, on back	22	ATM learning strategies	25
CD#03/T17	22	CD#03/T30	25
<b>ATM Lesson #030 cont ~ Diana Razumny</b>	<b>22</b>	<b>ATM Lesson #035 ~ Katrin Smithback</b>	<b>25</b>
Minimal lifting continued	22	Rolling to sitting #2	25
CD#03/T18 [ATM Book #3 Fundam prop's of mvt]	22	CD#03/T31 [Katrin's creation]	25
<b>DAY 14 MAY 6, 2004</b>	<b>23</b>	<b>DAY 16 MAY 10, 2004</b>	<b>26</b>
<b>Discussion #025 ~ Katrin Smithback</b>	<b>23</b>	<b>Discussion #031 ~ Diana Razumny</b>	<b>26</b>
Moshe's birthday	23	Suggested activities between segments	26
CD#03/T19	23	CD#04/T01	26
<b>ATM Lesson #031 ~ Katrin Smithback</b>	<b>23</b>	<b>ATM Lesson #036 ~ Katrin Smithback</b>	<b>26</b>
Tilting crossed legs with triangle arms	23	Spinal Chain with bent arms	26
CD#03/T20 [ATM Book #5 Coord of flexs/exts]	23	CD#04/T02 [San Francisco Training Year 3]	26
<b>Discussion #026 ~ Katrin &amp; Diana</b>	<b>23</b>	<b>FI Exploration #020 ~ Katrin Smithback</b>	<b>26</b>
		Lifting shoulders forward, on back	26
		CD#04/T03 [DVD#4 Scene 3]	26

		CD#04/T17 [DVD#4 Scene 4]	30
<b>Discussion #32 ~ Katrin Smithback</b>	<b>26</b>		
About FI Exploration	26	<b>FI Exploration #024 ~ Katrin Smithback</b>	<b>30</b>
CD#04/T04	26	Lifting shoulders, connecting to ribs, on back	30
		CD#04/T18 [DVD#4 Scene 5]	30
<b>ATM Lesson #037 ~ Diana Razumny</b>	<b>26</b>		
Four points to sitting and rolling on back	26	<b>ATM Lesson #042 ~ Diana Razumny</b>	<b>30</b>
CD#04/T05 [Moshe at Esalen 1972]	26	Rolling up to sit, lengthening hamstrings, on back/sit	30
		CD#04/T19 [Amherst 7/81]	30
<b>FI Exploration #021 ~ Katrin Smithback</b>	<b>26</b>		
Describing sensations	26	<b>Moshe Video Medicine Man</b>	<b>30</b>
CD#04/T06	26	On Breathing	30
		CD#04/T20 [Medicine Man Vol.2 #2]	30
<b>ATM Lesson #038~ Katrin Smithback</b>	<b>26</b>		
Rolling arms with fists up/down	26	<b>ATM Lesson #043 ~ Katrin Smithback</b>	<b>30</b>
CD#04/T07 [Esalen #10]	26	Henpecking continued, various positions	30
		CD#04/T21	30
<b>DAY 17 MAY 11, 2004</b>	<b>28</b>		
		<b>DAY 19 MAY 13, 2004</b>	<b>31</b>
<b>Discussion #033~ Katrin Smithback</b>	<b>28</b>		
Breathing and Carl Stough	28	<b>ATM Lesson #044 ~ Katrin Smithback</b>	<b>31</b>
CD#04/T08	28	Bridging arm by head, on back	31
		CD#04/T22 [Esalen #29]	31
<b>ATM Lesson #039 ~ Katrin Smithback</b>	<b>28</b>		
Breathing, imagining lungs	28	<b>FI Exploration #025 ~ Katrin Smithback</b>	<b>31</b>
CD#04/T09 [ATM Book #12 Breathing/Thinking]	28	Review hands-on from the segment	31
		CD#04/T23	31
<b>Discussion #034 ~ Katrin Smithback</b>	<b>28</b>		
Breathing lesson	28	<b>Discussion #36 ~ Katrin Smithback</b>	<b>31</b>
CD#04/T10	28	FI Exploration between segments	31
		CD#04/T24	31
<b>FI Exploration #022 ~ Katrin Smithback</b>	<b>28</b>		
Following breath	28	<b>ATM Lesson #045 ~ Diana Razumny</b>	<b>31</b>
CD#04/T11	28	Tail wagging, on hands and knees	31
		CD#04/T25 [Yvan's Santa Fe #2 makeup]	31
<b>Discussion #035~ Efrem Razumny</b>	<b>28</b>		
Details of venue, attendance and makeup	28	<b>Discussion #37~ Staff</b>	<b>31</b>
CD#04/T12	28	Materials	31
		CD#04/T26	31
<b>FI Exploration #022 cont ~ Katrin Smithback</b>	<b>28</b>		
Following breath, switch roles	28	<b>ATM Lesson #046 ~ Katrin Smithback</b>	<b>31</b>
CD#04/T13	28	Spinal Chain	31
		CD#04/T27 [Esalen #7]	31
<b>ATM Lesson #040 ~ Diana Razumny</b>	<b>28</b>		
Circling bottom arm, on side	28	<b>DAY 20 MAY 14, 2004</b>	<b>32</b>
CD#04/T14 [Alexander Yanai #495]	28		
		<b>ATM Lesson #047 ~ Katrin Smithback</b>	<b>32</b>
<b>FI Exploration #023 ~ Katrin Smithback</b>	<b>29</b>	Feldenkrais Crawl, hands and knees	32
Describing position and movements	29	CD#04/T28 [Esalen #26]	32
CD#04/T15	29		
		<b>FI Exploration #026~ Katrin Smithback</b>	<b>32</b>
<b>DAY 18 MAY 12, 2004</b>	<b>30</b>	Three positions, three scenarios for practice	32
		CD#04/T29	32
<b>ATM Lesson #041 ~ Katrin Smithback</b>	<b>30</b>		
Henpecking, on back, front, sitting	30	<b>ATM lesson #048 ~ Katrin Smithback</b>	<b>32</b>
CD#04/T16	30	Standing at the wall	32
		CD#04/T30 [Elusive Obvious by Moshe]	32
<b>Discussion #036 ~ Katrin Smithback</b>	<b>30</b>		
Sensing and observing	30		

## *Day 1 April 19, 2004*

### *Introduction ~ Efrem Razumny & Yvan Joly* *Welcome to the training*

CD#01/T01

### *ATM Lesson #001 ~ Yvan Joly* *Rocking the pelvis*

CD#01/T02 [LONDON 1974]

On back, scan, sense/create a line between: back of head and tailbone; shoulder to finger tips; hip to foot. Creating 5 lines with 2 arms, legs and spine. Bend knees, stand feet. Half of class sits up, observe other half to see how they are lying with the legs bent. Roll pelvis up/down. Repeat, push/pull from feet. Vary position of feet to find where movement transfers up to head. Feel rocking movement on back of sacrum/head. Lengthen legs a little, front of foot lifted, push/pull from heels. Note knees bending or not and push going through to head. Palms on floor by sides and help a little with hands.

### *Discussion #01 ~ Yvan Joly* *Talk about vocabulary and ideas*

CD#01/T03

Vocabulary list: Self; Cardinal directions; trajectory; attention; points of view; perception; sensorial emersion;

Feldenkrais Ideas: Lying, cardinal lines; options/variations; push/pull; attention/variations; points of view/perspective;

### *ATM Lesson #002 ~ Yvan Joly* *Rocking the pelvis, continued*

CD#01/T04 [LONDON 1974]

On back, 5 line scan, bend knees, stand feet, push/pull from feet. Stand R foot only, push/pull from foot. Repeat with L leg standing. Cross R leg over L, push/pull. Note breath. Stand both feet, push/pull. Cross L leg over R, repeat. Sense rolling of pelvis and effect through spine to head. Stand R foot, L arm long overhead, push and roll to side, head on L arm, R hand standing on floor in front, push/pull from R foot, R knee stays to ceiling. Same position, L palm on floor, hold L temple with R hand from over top of head, lift head a little and push/pull from R foot. On back, stand feet, push/pull, compare to beginning. Roll to R side, stand L leg, head resting on long R arm, palm down, stand L hand in front of chest, push/pull from L foot. Use L hand to help push back down. Hold head with L arm/hand over top of head, lift head a little and push/pull from L foot. On back, stand feet, push/pull. Roll head up/down a little, feel for effect through spine to pelvis. Continue movement of head: by pushing from feet; then by rolling pelvis; by pushing hands at sides.

### *Administration ~ Efrem Razumny & Yvan Joly* *Transcriptions, Cds etc.*

CD#01/T05

### *FI Exploration #01 ~ Yvan Joly* *Skeletal demo doing ATM movement*

CD#01/T06 [DVD#1 SCENE 1]

Skeleton on back, knees bent, showed movement from ATM of pushing from feet to go up through spine to head. Showed also from head nodding and how ideal spine would respond. Also ideal movement of jaw with the pushing through the spine movement. Worked with Holli, after her question, to show movement up through head.

### *ATM Lesson #003 ~ Yvan Joly* *Rocking the pelvis, continued*

CD#01/T07 [LONDON 1974]

On back, 5 line scan. Pull down from feet, let go, note rolling of head/pelvis. Then push and stop, note head/pelvis. Note jaw. Lie on front side, note breath and movement of spine. Stand hands at shoulder height, forehead or chin down, elbows in air, plant toes to push from the toes. Feel movement through spine to head and when the head would lift easily. Repeat, add pushing down from hands, alternating with pushing from toes. Note rolling towards hairline and top of pelvis when pushing from toes. Oscillate from pushing from toes and allow the elbows and shoulder blades oscillate and flop. Repeat, keeping knees lifted, extend out/down through the heels to oscillate. Push without oscillating, note push of spine through skull. Extend L leg overhead, stand R hand with elbow in the air, push with R toes, note lengthening of L arm. Add having head resting on L arm. The R knee and R side of pelvis lifts. Continue but have R hand wrapped around the top of the head, allow head lift a little with the push from the toes. Repeat on other side. Stand both hands, toes of both feet, elbows in the air, imagine pushing from toes. Note breath. Hands standing, turn face to R, resting on L ear, push with toes, alternate L/R toes. Turn face to other side and repeat. Forehead down, push R/L alternately from toes. Continue alternately pushing from toes and coordinate turning head side/side. On back, stand feet, push/pull. Feel spine sliding up through to skull. Lift pelvis high and continue. Stand feet, interlace hands behind head, lift head, push/pull from feet. Head/arms down, simple push/pull from feet, emphasize push then pull. Stand, feel 5 lines.

### *Discussion #02 ~ Yvan Joly* *About ATM experience etc.*

CD#01/T08

## *Day 2 April 20, 2004*

### *Discussion #03 ~ Yvan Joly*

#### *Check-in*

CD#01/T09

Mary shared about not sleeping well. Story about running teacher, running when can't sleep. Sue shared about C1 being locked and burning down to C7. Opportunities to learn. Gyana shared about sleep: conscious sleeping or not sleeping? Awareness while sleeping. Local activities announcements.

### *Groups ~ Yvan Joly*

#### *Vocabulary and ideas*

CD#01/T10

Groups of three talk about new vocabulary words or ideas. Returned to large group and give directions to put collected words on board during lunch or breaks. If you have a question about that word, put a question mark after. If it's a phrase it's an idea. Described neuro-vegetative.

### *ATM Lesson #004 ~ Yvan Joly*

#### *Walking*

CD#01/T11 [DVD#1 SCENE 2]

Walking in circle with some guided awareness. Not actual ATM, guided awareness while walking more for purpose of recording for future viewing.

### *ATM Lesson #005 ~ Yvan Joly*

#### *Foot circles, on front*

CD#01/T12 [LONDON 1974] [DVD#1 SCENE 3]

On back, 5 line scan. Demo/video showing where hip joint is. On back, roll long leg, hand on hip in front/back to find where it is. Feel line of leg from heel to hip of with each leg. Lines of arms, line of spine. On front, face to each side, arm bent in front of face, arm on back side of head is down along side. Bend knee of leg on face side so foot is in the air. Stay with foot towards ceiling, guess orientation of sole of foot. Extend/flex ankle. Keep sole parallel with ceiling, turn foot so front end of foot goes to middle then to the outside. Note heel goes opposite direction of toes. Return to flex/extend ankle, note change. Return to turning foot in/out with sole parallel with ceiling, attention to heel and toes moving opposite directions. Attention on big toes, circle foot, imagining a clock at end of foot, 12 at top, 6 at bottom, 3 to L, 9 on R. Circle big toe from 12 to 1, then 12 to 11. Rest with leg long. Bend leg, imagine clock at heel, circle heel from 12 to 1 and so on. Circle big toe on clock, imagine the circle of the heel on the heel clock. Track the numbers on the clock of big toe and it's relationship of the heel clock. Create the heel clock such that when the big toe is on the 3 of the toe clock the heel is on 3 of the heel clock. Rest, leg long. Knee bent, sole parallel to ceiling, tilt foot so inner/outer edge of foot comes to/away from

ceiling. Rest, return to first movement of flex/extend ankle. Rest on back, note 5 lines. Roll head, roll to sit, stand, shift weight, walk.

### *FI Exploration #02 ~ Yvan Joly*

#### *Demos of circling foot*

CD#01/T13 [DVD#1 SCENE 4]

Skeleton on front, bending knee, bringing lower leg vertical. People's habits of doing things that are difficult. Showing ankle joint with flexion/extension. Pointing of toes when foot is relaxed for many people. Turning foot, like in lesson, lower leg bones moving. Describing circle with big toe on clock moving whole foot. Tilting inner/outer edge of foot towards ceiling.

Demo with Gyana, ankle problem. Her on front. Everyone lie on front, feel how face-side leg is more accessible with our attention. Return to Gyana, working with her easy side, bending her knee, holding at ankle. Addressed issue of working with "problem". Expand the "feel good" feeling with idea of spreading it to the other side, the "problem" side. Showed her preference of having outer edge more towards ceiling. Working with toes, folding in direction she likes and then spreading them the other direction. Her foot ended up in a more "neutral" place. Asked her to recreate how she held her foot in the beginning. Went to head/shoulders a little, then came to sitting and standing.

### *ATM Lesson #006 ~ Diana*

#### *Razumny*

#### *Sitting rotation (Dead Bird)*

CD#01/T14 [MOSHE ESALEN 1971]

Partners face each other, look at faces, go between smiling and not smiling, observe to compare at end. Side sit, feet to R, R hand in front of face, turn L, stop where easy, look at point on wall, ref. point. Stay where it's easy, move just head to front. Stop head, move just eyes. Pause, Ref Move. Stay in new place, take eyes/head to front. Ref.Move. Stay to L, move only eyes L, sense through to hip. Stay to L, move eyes/head L, sense pelvis. Stay to L, R palm on head, tilt head R/L. Both hands on floor to L, move shoulders to front, note hip. Add head moves with shoulders - Head opposite shoulders Ref Move. Stand, walk, turn around. Observe partner's face again to compare sides.

### *Discussion #04 ~ Diana*

#### *Razumny*

#### *Vocabulary*

CD#01/T15

*FI Exploration #03 ~ Diana Razumny*

*Observation of sitting rotation*

*ATM*

CD#01/T16 [DVD#1 SCENE 5]

Demo. Groups of 4 to observe sitting rotation. Have model put hands on floor to side like in lesson and watch shoulders move side/side. Stop shoulders, have them lift lower pelvis on side that's already lifted and then return to shoulders to note change. Return to hand in front of face and turning around self.

*Discussion #05 ~ Diana Razumny*

*About observation*

CD#01/T17

*Moshe Lecture & ATM Lesson #006 cont ~ Diana Razumny*

*Humans and animals*

CD#01/T18 [MOSHE ESALEN 1972]

After poor quality tape of Moshe and Yvan clarifying, Diana taught the other side of sitting rotation in the imagination.



*Day 3 April 21, 2004*

*Discussion #06 ~ Yvan Joly  
Talk about optimal movement*

CD#01/T19

Optimal movement. What's the norm. Evolution of humanity. Growing brain through movement and experience. Endangered species, endangered movements. Careful not to judge yourself. Our perception is constantly evolving so the optimum of today is the error of tomorrow. Trusting your own experience rather than scientific studies. Paradox is you can't trust your experience. Way to respond to paradox, use experimenting and educating yourself from exploring different ways that what feels "right" to you.

*ATM Lesson #007 ~ Yvan Joly  
Folding forward, on back*

CD#01/T20 [LONDON 1974]

On back, 5 line scan, stand feet, lift head. Note how high and easy. Repeat: on exhale; on inhale; while holding breath. Interlace hands behind head, lift head with hands/arms. Explore with elbows open to sides compared to bringing elbows forward. Lift head with elbows forward, stay up, note elbows with inhale and exhale. R hand behind head, lift R foot, hold R knee with L hand, bring elbow/knee together/apart. Note pressure against floor, angle of elbow to knee. Switch hands, hold same knee, repeat elbow to knee. Return to holding knee with L hand, R behind head. Sit, stand feet, hands behind head, elbows towards knees. Bring elbows to sides of R knee, add lifting R foot, hold knee between elbows. On back, R hand behind head, hold R knee with L hand, elbow/knee together/apart, add rolling little to one side then other when folded.

*Discussion #07 ~ Yvan Joly  
Talk about flexor and extensor  
muscles*

CD#01/T21

Flexors/extensors. Simply, flexors close joints, extensors open. Example of elbow. In the torso, flexors generally thought of as muscles that fold forward. Extensors erect. Co-contraction when both are happening at same time. Agonist and antagonist. White meat is flexor muscles, can contract fast but not for long. Extensors are red meat and move slow but can last a long time. The use of flexors and extensors is flexible. Michelle asked question about gramps. Sue about scar tissue. Question about temperature. Stretching and warming up as actually attending to yourself more than changing temperature of muscles.

*ATM Lesson #007 cont ~ Yvan  
Joly*

*Folding forward, continued*

CD#01/T22 [LONDON 1974]

On back, stand feet, L hand behind head, hold L knee with R hand, elbow/knee together/apart. Switch arms, continue. Hands behind head, lift head and R leg, elbows to knee, stay, make quick movement of R knee towards R elbow. Repeat with L elbow to R knee. Change hands to non-habitual interlacing of fingers, lift head. Keep head forward/lifted, take R knee to R elbow then L elbow. Then repeat but alternating elbows moving to R knee. L leg lifted, L knee to elbows, elbow s to knees. Repeat variations with this leg. Hands behind head, catch one knee then other with the two elbows and then catch each elbow with the knees. Partners feeling each others back

*Moshe Video ~ Yvan Joly  
Medicine Man Series Vol 1, #1*

CD#01/T23

Watched video then Yvan commented on video and Moshe. Moshe was in the Jewish resistance was training people. Coming to the states at Esalen was an interesting experience for Moshe. History of trainings, starting with Isreal with 13, then San Francisco with 65 and Amherst 220. Today's population of practitioners. Moshe's strokes and recovery.

*Discussion #08 ~ Yvan Joly  
About Medicine Man Series #1*

CD#01/T24

*FI Exploration #04 ~ Yvan Joly  
Following the breath, guided*

CD#01/T25

Touch as communication. Touch for learning rather than correcting. Informative touch. Touching so the person feels. Something like early parental touch. The person's experience is at the center of the touching. Partners: one person lies on front, other person sits to side they face. Person lying, pay attention to breath, other observes. Note area that moves more. Place hand in area of movement, note quality and weight of hand. Note if you get entranced with their breath. Keep your own rhythm of breath. Move to another place, notice your own comfort in sitting, quality in your hand. Note length of inhale/exhale. Share with each other your experience from the point of view of your experience. Switch roles.

*Discussion #09 ~ Yvan Joly  
Following the breath*

CD#01/T26

Share with the large group at end. How to give feedback. Experienced a lingering feeling of the hand still being there.

## *ATM Lesson #008 ~ Diana*

### *Razumny*

*Holding foot, Flipping knee/elbow  
inside/outside, on back and  
sitting*

CD#01/T27 [MOSHE ESALEN 1972]

Sit, soles together. Hold outside edge of R foot w/L hand, lean on R hand, lift/lower foot. Switch hands, repeat. Return to holding w/L hand. Start w/soles facing, stand R knee, hold foot w/ R hand from outside of the leg, lift/lower. Then with the L hand. Rest on back, note hips. On back, stand feet, L hand behind head, R hand to R foot from outside. Lift head/foot. Foot in air, take knee outside elbow. Lift/lower head/foot, take elbow inside/outside. Note : breath, twist, L leg, tongue, mouth, eyes soft, face broadened, corners of mouth/eyes towards ears. Head lifted, rapid in/out of knee. Sit, soles facing, hold R foot w/R hand outside, knee in/out elbow. Hold foot, roll to back, continue, compare ease on back to sitting. Sit, soles facing, R hand/R foot. Slide R foot back to R (towards side sit) Do quickly. Roll to back, repeat, foot stands on hand for hold. Sit, switch to L hand, repeat sliding R foot back to R. Same on back. Stand, walk

*Day 4 April 22, 2004*

*Discussion #010 ~ Yvan Joly*

*Question & Answers*

CD#01/T28

*ATM Lesson #009 ~ Diana Razumny*

*Flipping knee inside/outside elbow, hip rotation, on back and sitting*

CD#01/T29 [MOSHE ESALEN 1972]

Repeating yesterday's lesson to other side.

*FI Exploration #05 ~ Diana Razumny*

*Observing and imitating*

CD#01/T30 [DVD#1 SCENE 6]

Groups of 4, one person models the side sitting position, another one imitates, the other 2 verbally guide the imitator on how to refine imitation. Then model does one of the movements from the knee in/out elbow ATM, one that either was easy or difficult or interesting. Rotate rolls. Ended with groups "spooning" lying on side with knees/hips bent at 90 degrees, lift the foot, pivot over the knee and the person behind place hand on trochanter to feel movement there.

*ATM Lesson #010 ~ Diana Razumny*

*Flipping knee inside/outside elbow, hip rotation, on back and sitting*

CD#01/T31

Short continuation of lesson, holding both feet and flipping both knees to one side and the other.

*FI Exploration #06 ~ Diana Razumny*

*Flipping trochanter to roll the leg*

CD#01/T32 [DVD#1 SCENE 7]

Partners, one person on back, other at side of pelvis, finger tips behind trochanter, lift and roll trochanter to roll the whole leg.

*Discussion #011 ~ Staff*

*Community Meeting*

CD#01/T33

*ATM Lesson #011 ~ Yvan Joly*

*Seesawing breathing #1*

CD#01/T34 [LONDON 1974]

No notes

*FI Exploration #07 ~ Yvan Joly*

*Skeletal demo during ATM to show*

*Movement*

CD#01/T35 [DVD#2 SCENE 1]

*ATM Lesson #011 cont ~ Yvan Joly*

*Seesawing breathing #1 continued*

CD#01/T36 [LONDON 1974]

## *Day 5 April 23, 2004*

### *Discussion #012~ Yvan Joly*

#### *Questions*

CD#01/T37

What about oscillations? Question about sit-ups and exercise. Working out on machines. Marathon runners strategies of association or disassociation. What makes a complete ATM. Difference between integrating what you feel and what you don't feel. Making distinctions. The brain makes meaning. Talking about experience after a lesson. The power and limitations of language.

### *ATM Lesson #012~ Yvan Joly*

#### *Seesaw breathing #2*

CD#01/T38 [MOSHE'S ATM BOOK] [DVD#2 SCENE 2]

On back, note breath. On knees and head, hands on floor to sides of head, circle top of head. Roll on top of head up/down. Inhale as you roll to top of head, exhale as you roll down. Reverse pattern of breath and head rolling. Video demo with skeleton to show top of head. Rest on back. On front, hands to sides, feel breath against the floor. Variations of belly and chest expanding and flattening with the inhale/exhale. Feel breath into back. Bring hand to back to feel the breath there. Rest on back. Note taker got busy with other things at this point. More explorations of breath on back.

### *Video & Discussion*

#### *Living with rhythm*

CD#01/T39

### *ATM Lesson #013 ~ Yvan Joly*

#### *Walking*

CD#01/T40 [LONDON 1974]

Stand, shift weight. Turn one heel outside, pivoting on front of foot. Raise the arm on that side to ceiling, repeat pivoting. Rest on back. Stand, lift heel/forefoot alternately. Hand on fold of hip joint, lift forefoot and bend in hip. Lift heel, allow knee to bend. Alternately lift heel/toe. Walk, then walk on heels, walk backwards on heels.

*Day 6 April 26, 2004*

*Discussion #013 ~ Yvan Joly  
Pain, interpretation, stress and  
reaction*

CD#02/T01

General check in. Article in Newsweek about spinal X-rays and pain. Pain is an interpretation of sensation. John Sarno says emotional stress causes back pain. Seeing, finding things. We can choose our reaction.

*ATM Lesson #014 ~ Yvan Joly*

*Lifting head/top leg, on side*

CD#02/T02 [YVAN'S VERSION]

On back, 5 line scan. Arms out at shoulder height, legs spread, define lines of arms /legs coming into spine. On side, knees bent, extend top leg, move lower foot to support under top knee, lift/lower top leg. Bend knees, one on the other, lift/lower knee keeping feet together. Lift the foot, keeping knees together. Top leg extended down again and lift/lower. Leave top leg extended, lift/lower heel, pivoting over toes on floor then lift toes pivoting over heel creating a rolling in hip in/out. Continue, allow whole torso to roll as a result of leg rolling. Reverse relationship of torso to leg by taking top shoulder back when rolling onto toes and then shoulder comes forward when rolling onto the heel. Let the head roll in direction of foot while shoulder continues to go opposite. ROB On side, extend top leg, lift/lower, note change. Bend knees together, lift heel only pivoting over toes. Then lift little toe from other, one at a time lifting toes until the forefoot lifts and heels remain touching. Alternate lifting heel/forefoot. Lift knee and toes then knee and heel, alternate. On side, top leg extended, bottom leg bent, bottom arm extended under head, top arm holding over top of head so hand holds side of head near floor, lift/lower head with help of arm. Lift head and top leg at same time. Return to lifting top leg by itself to feel ease. Lift straight top leg and head at same time. Leave head/leg lifted, turn toes to ceiling then to floor, rolling so face goes towards ceiling and floor. Then take foot and face in opposition. Return to simply lifting top straight leg to note ease/change.

*FI Exploration #08 ~ Yvan Joly*

*Observation from ATM*

CD#02/T03 [DVD#2 SCENE 3]

Groups of 3, on person lying, other two look at person lying. Note their: midline, each arm, each leg, comparing. Guess which side they will roll to. Person lying, start the rolling to side and stop. Continue to come onto side, bend bottom leg, extend top leg, lift top leg. One person lie behind and imitate the person in front of you, third person compares the two. Third person note what is similar and different. The two on floor get up, other lie down and show them what is similar and what is different. Repeat with different

roles between the three. Observe when lying, the direction of leg in relation to the torso/spine. Whole class observing all the men and how the leg lines up with torso. Then a demo with Robert.

*ATM Lesson #014 cont. ~ Yvan Joly*

*Lifting head/top leg, on side*

CD#02/T04 [YVAN'S VERSION]

On other side, top leg extended, lift. Arm over top of head, lift. Then just imagine lifting head then leg then both. Then lift just the leg to note ease/difference. Standing, sliding arm down outside of leg.

*FI Exploration #09 ~ Yvan Joly*

*Observation from ATM*

CD#02/T05 [DVD#2 SCENE 4]

In pairs, student lifts leg while practitioner has hand on trochanter. Lift just the knee. Person touching, press a little down leg towards knee from trochanter to feel along the outside of the upper leg bone and then return to trochanter. Person lying, lift knee again while person touching has hand on trochanter. Person touching, go to the feet, lift the top foot. Then just lift the heel. Lift only the little toe to side. Go to next toe and move it away from next, continue through toes. Then lift forefoot a little from the other. Alternate, lifting heel and forefoot. Return to hand on trochanter, person lying lift knee. Then lift just heel then just the forefoot. Remove hand from trochanter. Person lying, extend top leg down and then lift whole leg and note changes. Lie on back, feel sides. Roll each leg in/out to compare. Person lying, roll to lie on other side. People touching go to another person and repeat. Addition: When at trochanter, have other hand on iliac crest, person lying then rolls pelvis little forward/back while knees are bent. Person lying, straighten top leg, roll leg so foot goes from heel to toes, partner has hands on trochanter and iliac crest. Sit behind back, one hand on pelvis, one on ribs, person lying, roll straight leg again.

Demo with skeleton to clarify hands-on. Switch roles and repeated. Did a little experiment of grasping wrist with thumb separated from fingers then with thumb together. Added sensing ribs and breathing.

*Moshe Video*

*Medicine Man Vol 1, #2*

CD#02/T06

*Day 7 April 27, 2004*

*ATM Lesson #015 ~ Diana Razumny*

*Tilting bent legs with variation of head turn, on front*

CD#02/T07 [MOSHE'S ATM BOOK]

Partners check profile before and after ATM. Name that tune: pet name and descriptive name.

LOS, hands on top of each other, forehead on hands, feet apart hip width, knees bent, tilt legs R, L foot slides along R leg. Legs back to middle, feet touch, slide foot along leg. Observe elbows, turning through spine. Rest. L hand on top of R, face L, R ear on hands, knees bent and tilt them R and to middle. Observe ribs on floor, vertebra and how far legs go. Different with the head turned? ROB. Roll head, note R/L. Twisting evenly? LOS, L hand on R, face R, L ear on hand and continue tilting bent legs R. The L foot slides along R leg again. Observe degree of twist in spine with head turned R. Inhale or exhale during tilting. Track vertebrae. ROB LOS, face L, R ear on floor and interlace fingers on top of L ear, elbows on the floor. Knees together and bent, tilt R, keeping knees and ankles tied together. L knee and thigh leave the floor. Note exhale with leg movement, twist in spine, chest, elbow. ROB. LOS, face R, L cheek on floor, interlace fingers non-habitual way, hands on R ear, knees bent together and tilt R as before. ROS (or stand and walk noticing differences) head, eyes, torso, legs, pelvis. LOS, forehead on hands, tilt bent legs R to compare to beginning. Pause. Recall the movements then do the same taking the legs to the L. Actually do the movements a few times and compare the ease of going both directions.

*FI Exploration #10 ~ Diana Razumny*

*Recreating ATM, guided*

CD#02/T08

Groups of 4 recreate the sequence of movements in morning ATM.

*Discussion #014 ~ Diana Razumny*

*About FI Exploration*

CD#02/T09

*FI Exploration #11 ~ Diana Razumny*

*Piano fingers along spines process and lifting/tilting one leg, on front*

CD#02/T10 [DVD#2 SCENE 5]

Pairs: one person lying on front, bend one leg, foot to ceiling, face to side away from bent leg, tilt leg to middle, person sits on side opposite bent leg, all fingertips along side of spine nearer to bent leg, takes a ride while person tilts leg towards middle, facing opposite side of bent leg where foot is tilting towards.

*ATM Lesson #015 cont. ~ Diana Razumny*

*Tilting bent legs with variation of head turn, on front*

CD#02/T11 [MOSHE'S ATM BOOK]

Repeat earlier lesson on other side with variation of sliding foot along lower leg while tilting.

*Discussion #015 ~ Yvan Joly*  
*From experiential into professional of the FM*

CD#02/T12

In order to become a professional of this work you have to have the experience first. Experiential/immersion is very important. Another mode we use is the expression mode. Another mode, conceptualization, helps bring us more to the profession. All people in training are in a different modes at different times for different lengths of time. Grounding ideas in experience. Story of Moshe about being in group of psychologist and the topic of depression. Having other hands-on profession can be tricky while learning the Feldenkrais Method. While in training room, stay with what we are offering, keeping it distinct from other modalities. The FM is elusive. It has the potential to help us understand life.

*ATM Lesson #016 ~ Yvan Joly*  
*Seesaw breathing #3*

CD#02/T13 [LONDON 1974]

On back, 5-line scan. Bend knees, stand feet, one hand on belly, other on chest, sense movement of breath. Inhale expanding chest. Inhale, expand chest, exhale keeping chest expanded, wait for the inhale. Both hands on belly, inhale, expand belly, flatten/compress chest. Expand belly on inhale, fatten on exhale, chest does opposite. Inhale, expand belly, hold breath, move the expansion up/down between belly and chest until you have to exhale again. Repeat seesaw movement with the breath with legs long. On front, arms extended overhead, forehead on floor, do seesaw breathing, inhale, hold and then expand chest/belly alternately. Turn head to R, expand chest up to R then belly down to L, diagonal seesaw movement. Repeat on other diagonal. On side, knees/hips bent at 90 degrees, top arm over top of head, lift head, leave head up and do seesaw breathing. Same lying on other side. On back, prop up on elbows, seesaw breathe. Try with head hanging back then return to chin near chest. On

knees and hands, bring top of head to floor, elbows stay up in air and repeat seesaw, then quickly. On elbows and knees, top of head on floor, seesaw breathe. On hands/knees, L knee forward to R knee, bring head to floor, seesaw. Change legs, repeat. On back, arms hugging self, seesaw. Sit, soles of feet together, seesaw.

### *Discussion #016 ~ Yvan Joly*

#### *About ATM Lesson*

CD#02/T14

### *ATM Lesson #017 ~ Yvan Joly*

#### *Pelvic clock #1*

CD#02/T15 [LONDON 1974]

Sit, lean on hands, explore direction of fingertips. Lean on hands, soles of feet together, roll pelvis forward/back. Imagine you are sitting on a clock with 12 towards feet, 6 behind, 3 to R, 9 to L. Roll pelvis to 12 pushing belly forward, pull belly in when rolling back to 6. Note when getting taller. Lean back on elbows, soles together, knees hanging open to sides, roll pelvis 12/6. Then roll to 3 then 9. Note head/face/nose. Go between 9 and 3. On back, soles together, knees open, roll pelvis 12/6, note knees. Feel if there is a small clock behind your head on the floor. Switch the two clocks, pelvis goes to 12, head goes to 6 as the un-spontaneous relationship of head to pelvis. Return to allowing head to respond to pelvis. Then roll just the head 12/6 and feel response of pelvis.

## Day 8 April 28, 2004

### ATM Lesson #018 ~ Yvan Joly

#### *Pelvic clock #2*

CD#02/T16 [LONDON 1974]

On back, scan 5-lines. Slide each leg up, soles of feet together, roll pelvis 12/6. Lift/lower knees a little while soles are together, note connection to lower back and pelvic roll. Add rolling pelvis with movement of knees lifting/lowering. Same position, roll pelvis 12/6, note resonating movement of head moving 12/6 and eyes looking up/down. Add pushing lower belly forward/down and back/up with rolling of pelvis. Interlace hands behind head, repeat rolling. Sit, soles touching, lean on hands behind, note orientation of fingers, roll pelvis 12/6. Note chest, chin, belly. Push belly towards 2:30. Belly towards 10:30. Alternate between two. Propped on elbows, soles together, repeat going to 2:30, then 10:30 passing through 12. Note head/face making similar circling of another clock. Note back. Lean on hands behind, soles together, move to 12, 1, all the way to 6 and return via the R side, through 3. Repeat but on L side through 9. Stop, talk about proximal/distal reversal. Insertions and origins of muscles. Demonstration of bending elbow, hand coming towards compared to triceps or if someone holds hand on knee while he's sitting and he contracts the same muscle then the whole torso moves towards hand. By reversing the use like this can circumvent what would otherwise be painful. Example of brushing teeth using distal, the hand moving, or proximal, hand stays still and head moves. Sit, soles together, lean on hands, roll pelvis from 12 around R side, L side, compare ease. Make full circle in each direction. On back, soles together, circle clock. Note back of head circles. Sit, soles together, lean on hands, circle clock. Include belly movement. Note chin, think of clock under chin and note chin circling that clock along with the pelvis circling clock. On back, soles together, circle clock, note head circling. Smaller/quicker.

### Discussion #017 ~ Yvan Joly

#### *Examples of proximal/distal reversal*

CD#02/T17

What are examples of reversing proximal/distal. One example of head on floor, fixing head and the rest of body moves around head is a change of orientation in space added to it. Expression in arts, piano, theater. Eyes fixed, turning head around eyes. Example of cutting hair and moving the barber's chair or a potter using a wheel. Spotting to turn in dance or sea sickness and fixing on a point. Concrete experience of an idea can help generate from that idea. Reducing to technique or limited system is not what we are doing. In FM we're looking for principles that are generative.

### ATM Lesson #019 ~ Yvan Joly

#### *Sitting on heels #1*

CD#02/T18 [LONDON 1974]

On hands/knees, move up/down (head/tail). Demo of hands being too far apart. Find position for hands under shoulders. Same exploration of knees under hips. Continue going down so pelvis goes towards heels then up. Note distance between ankles and floor. Have toes turned in a little. Look down with head when pelvis goes towards heels. Overlap toes, continue. ROB. On hands/knees, feet separated, take pelvis towards heels, separating heels as pelvis come close. Switch to aim pelvis towards R heel then L heel, alternate. ROB. Hands/knees, take pelvis towards heels, between heels. Allow head/eyes to move with pelvis then switch eyes to look opposite head moving up/down. Switch to lifting head as pelvis goes towards heels and have eyes go down when head looks up. Return to simply taking pelvis towards heels, note ease/change. ROB. Take pelvis to sit to R of R leg. Move knee to make it easier. Continue, move R knee little forward as pelvis goes back to R. Try variations of where the knee goes. Idea of reversibility. Return to moving, this time taking pelvis to L. Stop, reverse, stop, continue. Return to going to L. Return to original move of pelvis going towards heels. Note movement throughout self. Stand, walk.

### Discussion #018 ~ Yvan Joly

#### *Talk about Somatic Education*

CD#02/T19

The FM of Somatic Education. Survey showed: 1/3 sensory education; 1/3 movement education; 1/3 somatic education. Soma: Physical/bodily is commonly used. In Greek history it meant the body alive. We are a whole alive biological system. The point of view of the person being alive. The "I" as experienced from within. How do I experience myself from being myself. Sociology studies from the "outside". The body as experience from within is more what we are about. Thomas Hanna, FM practitioner developed his own work called Hanna Somatic. He created magazine *Somatics*. What fits in the category of Somatics? Yoga, Rosen, Body-centered psychotherapy- Gestalt, Reichian, Psychomotor, Hakomi, Synergy; Martial Arts; Bodywork- Rolfing, massage, orthobionomy, PT?; contact improve; meditation; Somatic Education. Somatic Education- Gerta Alexander's Eutony; FM; Alexander, Laban, Lulu Sweigardt's Idiokinetics; What they have in common an interest in the learning of awareness through movement of the living soma in space/environment. Learning compared to therapy. Therapy has idea of what is pathology and you deal with that. Somatic Education is aware of the pathology but our center of intervention is on learning, not therapy, on developing the possibilities/resources rather than treating the symptoms and ailments. The process of awareness- the way you know that you know. Goes through person's experience, it's at the center of the process.



Address soma, doesn't stop at posture or static ideas, we're interested in movement. Not via observation but experience. There is a relationship with the world and environment, not only belly button gazing. What about the viscera? Moshe's greatest discovery, you catch everything through movement.

## *ATM Lesson #019 cont. ~ Yvan Joly*

### *Sitting on heels continued*

CD#02/T20 [LONDON 1974]

On hands/knees, keep hands fixed on floor turn arm/elbows in/out. Knee, arm forward, turn elbow in/out without moving hand. Return to hands/knees, turn arm/elbows allowing hands to move. Turn elbows in/out, note chest/shoulders. When would you lift/lower head? Hands/knees, take pelvis towards /away from heels. Then take pelvis towards R heel. Stop, reverse, stop, continue. Faster without hurrying. Explore movement of knee in conjunction with taking pelvis side/side. ROB. On hands/knees, keep face oriented to front, take knees side/side. Vary where knees go, one comes forward between hands while other extends backwards or taking both knees to side so there is more torque in torso. On hands/knees, cross R knee behind the L, take pelvis towards L heel, come forward then go back towards R heel, alternate. Separate feet so you can sit back between feet. Repeat with knees in other crossing.

## *ATM Lesson #020 ~ Diana*

### *Razumny*

### *Opening the arm to side, on side*

CD#02/T21 [MIA SEGAL SAN FRANCISCO 1977]

On L side, bend knees/hips 90, arms straight out in front, lift R arm to ceiling, continue behind, note range. Leave R arm to ceiling, lengthen. R arm to ceiling, rotate arm, head follows, ref move. R arm continues to floor behind: eyes/head follow; leaving head facing forward; head/arm in opposition. Leave R arm behind on floor: roll head; leave face to R and take eyes R/L; roll head/eyes together. Stand, walk, stand: compare sides, turn head/shoulders R/L; shift weight to sense stability; lift/lower each arm. On R side, repeat all steps. On L side, R arm to floor behind, face to ceiling. R hand behind head, lift head/arm to see R hip, exhaling. Repeat, OS. On L side, R arm back to R, stay, slide R hip/knee forward. Staying twisted as before, L hand behind head, lift/lower head/arm to see R hip; switch to interlace hands behind head and lift. Repeat OS. On back, compare sides, roll head.

## Day 9 April 29, 2004

### Discussion #019 ~ Yvan Joly

#### Pain

CD#02/T22

Story about keynote speech at back pain conference. Story of Mackenzie. Fatigue as a signal from your system that you want to stop what you are doing. Pain is how you interpret a situation or sensation. Pain is an indication that the system is about to transform itself. In the training, don't take yourself to pain when doing the ATM. Speaking from our experience about pain. What has been proven in the medical system with what percentage of the people?

### ATM Lesson #021 ~ Diana Razumny

#### Shoulder circles

CD#02/T23 [MOSHE ESALEN 1971]

On R side, R arm under head, knees bent, L hand on floor in front: L shoulder forward/back, quickly. Slide L hand forward, note pelvis/head/tailbone, front comes towards floor. Take L hip backwards. Allow head to move. L hand in front: move shoulder (ref) clarity/change. ROB, note shoulders/hips. On side, shoulder backwards, quicker. L hand behind on floor: move hand backwards Hand overhead on floor, palm down: Slide upwards. Leave hand/fingertips up, move shoulder back/L. Ref move of shoulder forward/back. Slide hand forward on floor ROB. On R side, hand in front: L shoulder towards ear. Arm overhead, fingers on floor, slide upwards, allow body move. Stay, hand overhead, take R/L, Quickly. Up/down quickly. Arm/hand in front, shoulder to ear, note change. Lift head, L ear to L shoulder. Slide hand/arm down: L hand on L hip; Hand on floor, slide along R thigh towards knee. Head slide/roll; Hand behind on floor, head/eyes can roll to R or L as hand slides. Which is easier? ; Hand on L hip, slide down, note change. Circle shoulder: L hand on hip comfortably, 4 cardinal points, faster. ROB. On side, reverse circle. Faster. L hand/arm behind on floor. Reverse direction of circle. Hand in front, circle each direction quickly. ROB. On R side, arm/hand overhead, slide upwards: Take hand L/R; Continue until hand comes to knees in front, reverse. Rest on side. Ref move: shoulder forward/back. Slide hand forward on floor, note change.

### FI Exploration #012 ~ Yvan Joly

#### Rolling from the pelvis then shoulder, on side

CD#02/T24 [DVD#3 SCENE 1 CONTINUED THROUGH NEXT TRACK]

Demo with Patty on side, knees bent, head supported, sitting behind, hand on iliac crest, go for ride as she moves forward/back. She stops, he takes over

movement of pelvis rolling forward/back. Repeat with other hand then do with both hands on pelvis. Then guided FI practice in pairs. Demo of rolling from shoulder with skeleton then Patty. Guided pairs rolling from the shoulder.

### FI Exploration #012 cont ~ Yvan Joly & Diana Razumny

#### Rolling from the pelvis and shoulder, on side

CD#02/T25 [DVD#3 SCENE 1 CONTINUED FROM LAST TRACK]

Partners: One person on side, other sitting behind, one hand on hip, other on shoulder. Person on floor takes other for a ride by rolling hip/shoulder forward/back. Then person does it for them. Repeat same kind of sequence ride and guide with following variations: take hip forward; take shoulder forward; take each back; take one forward, one back; then reverse which goes forward/back; then both at same time one forward, one back. Switch roles.

### FI Exploration #013 ~ Yvan Joly

#### Rolling head, person on back

CD#02/T26 [DVD#3 SCENE 2]

Each person on back, hand on forehead, roll head. Partners: One on back, other sit at head, roll person's head with "flat" hand.

### ATM Lesson #022 ~ Yvan Joly

#### Foot to head

CD#02/T27 [LONDON 1974]

Sit, soles together, hold R foot with both hands, R hand under heel, L hand holding front of foot from outer edge. Slide foot forward on floor. Lift foot. Lift foot and make circle with foot in air in three different planes. ROB Sit, hold R foot again in same way, lift foot, circle around in plane of the floor. Then in the plane forward/back/up/down. Then circle in the plane up/down/side/side. Lift foot and take side/side, go around to R side so L knee comes over so the inside of the knee comes to floor like side sitting. On back, hold foot in same way, roll up to sit and back onto back. Stay sitting, foot lifted, turning around to R so L knee comes to inside on floor. Reverse so you take the foot to the L, L knee comes to floor and R foot can come over L leg. Holding foot on back, roll to R, roll up to sit and reverse. Stay seated, take head/mouth forward to lower leg/knee, going from foot to knee with face or head. Sit, lift foot towards head, head towards foot, take foot above and behind head. Sit and think through on other side.

*Day 10 April 30, 2004*

*Discussion #020 ~ Yvan Joly*

*Belly awareness and changes*

CD#02/T28

Yvan read a letter he wrote to Robert Black's wife.  
The issue of holding in your belly.

*FI Exploration #014 ~ Yvan Joly*

*Review of rolling from head,  
shoulders and hips*

CD#02/T29 [DVD#3 SCENE 3]

Sit at person's head while they lie on the back.  
Observe and then bring hand to their forehead and  
roll head. Person on side, sit at their back, roll them  
from pelvis and shoulder together and in opposition.

*ATM Lesson #023 ~ Yvan Joly*

*Prayer hands*

CD#02/T30 [LONDON 1974]

On back, note breathing. Kneeling, palms together,  
take hands towards ceiling, lower hands. Note head,  
look at hands as they move up/down. Pause, return to  
prayer hands up/down, note coordination of breath.  
Note pelvis responds. Pause, repeat, turn toes like for  
running, note difference. Allow pelvis to move with  
movement of hands. (notes missing a little) On back,  
prayer hands moving up/down. Kneeling, continue  
movement, note bending/unbending of knees. Move  
eyes opposite head movement. Then switch so eyes  
and hands go together and the head moves opposite.  
Return to original coordination. Raise hands to  
ceiling and move pelvis backwards. Stop intentional  
movement of pelvis, allow it to follow as it will with  
hands. Bring hands down, pelvis back and look up  
with head and eyes then reverse. Return to  
coordinated looking up/down with head/eyes, allow  
pelvis to move down/back. Decide to have toes flexed  
or extended. Move hands side/side. Kneel on one  
knee, one foot, take hands side to side but up in  
middle. On both knees again, when arms go up,  
leave face to front. ROB

*Discussion #021 ~ Yvan Joly*

*ATM analysis and closure*

CD#02/T31

Analyzing ATM variations. Final questions and  
closure.

*Day 11 May 3, 2004*

*Introduction ~ Katrin  
Smithback*

*New beginnings and making  
mistakes*

CD#03/T01

New beginnings . Vow to makes mistakes. David Bowie statement.

*ATM lesson #024 ~ Katrin  
Smithback*

*Tilting legs side/side, on back*

CD#03/T02 [GABY YARON JUNE 20, 1978]

On back, scan, bend knees, stand feet, tilt legs side/side one at a time, compare legs. Tilt both legs L/R, leave to R, use your R hand to roll your head L/R. Stop rolling head, tilt legs L/R, not if change. Tilt legs L, leave them L, roll head with R hand again, sense differences. Switch to L hand rolling head, note differences. Arms along side, tilt legs side/side. Add head rolling with legs then gradually change to rolling head opposite legs. Leave legs to L, R hand behind head, lift head w/arm to look towards feet. L arm long overhead, R down along side, palms up, lengthen R arm down, look down towards R arm, rolling head R, allow legs to tilt L/R. Switch to lengthening L arm, looking up at L hand. Lengthen both arms at same time. Reverse arm position, repeat movements.

*FI Exploration #015 ~ Katrin  
Smithback*

*Observation without judgement*

CD#03/T03

Joyce: When observation moves into expression of that observation there is more possibility to be misunderstood. "Observing without evaluation is the highest form of human intelligence." Krishna Murti. Charlotte related statement to fear and defenses. Kyle on the "good" side. Shelia, the quote as a criticism; observing and evalutating. Sharon: Maslow and surviving. Kilian: prior to making evaluation or judgement, seeing what is. Three groups observe 3 people and describe without evaluating.

*ATM Lesson #025 ~ Katrin  
Smithback*

*Tilting legs and triangle arms*

CD#03/T04 [GABY YARON JUNE 13, 1978]

Short follow-up statement about last exploration of observing. On back, imagine bending legs to stand them. Slide one leg up to standing, how did you choose which leg to stand? Cross R leg over L, tilt legs R/center. Cross L leg over R, tilt legs L. Stand R foot, L leg long, palms together in front, fingers

towards ceiling, arms straight, take triangle to the L. Leave triangle to L, seesaw breathing. Tilt arms again. Return to having one leg crossed over and tilt legs, note any changes. Switch leg crossing and tilt. Note which direction is easier. Stand L leg, R leg long, triangle arms tilting R/center. Switch leg crossing, tilt L, note if different. Switch back to R over L, tilt R, note differences. Allow head to roll with then opposite leg tilting. Explore same on other side. Stand both feet, roll head small amount.

*FI Exploration #016 ~ Katrin  
Smithback*

*Sliding leg up to standing*

CD#03/T05 [DVD#3 SCENE 4 CONTINUED ON DVD#4 SCENE 1]

Demo with skeleton. Groups of 3 observe each other slide leg up to standing. Explore doing the movement for the person. Person whose leg is being moved gives feedback. Instructions about giving feedback and feeling incompetent. Demo to clarify sliding foot up to stand. At end, everyone lie down and return to sliding own leg to stand and tilting legs.

*Day 12 May 4, 2004*

*Discussion #022 ~ Katrin Smithback*

*Empathy*

CD#03/T06

What is empathy. Felt sense, understanding versus sympathy and pity. Have to have had a similar experience. Universal emotions. Boundary with empathetic compared to sympathy were you end up without boundary and get drawn in and involved. Empathy you don't get totally identified with the feeling. Responses to a difficulty: sympathy; fixing; advising; taking their story; ignore/discount; reassuring; denial; educating; corrected; explaining; story, integrating. As a first response, empathetic has more options then can go into other possibilities. You allow them to have their experience rather than trying to stop it. Empathy requires being present. Respectful understanding of what others are experiencing. Preconceived ideas and judgments interferes with having empathy. Relates to how you treat yourself in ATM. Expectations interfere. Using "should" is an indication of interfering with possibilities. Intellectualizing. Fear. Sabotaging your experience in ATM and being in the present.

*ATM Lesson #026 ~ Katrin Smithback*

*Hand to heel*

CD#03/T07 [ALEXANDER YANAI #407]

On back, stand R foot, push R foot to roll pelvis, note head. Back of R hand on floor, slide hand towards R heel, allow head to roll towards R, looking towards hand/heel. Repeat on other side. Continue so that L hand comes to heel and slide hand under heel. Switch back to R leg standing, taking R hand under R heel. Once heel is in hand, lift/lower heel/ball of foot. Repeat on other side. On R side again, slip hand farther under foot so thumb comes up through/between big and second toe, palm to sole, push foot into hand, lifting/rolling pelvis. Stay with pelvis lifted, move knee in/out. Repeat on OS. Both feet standing, lift pelvis, thinking of knees moving down/away over feet to help whole pelvis to lift. Leave pelvis up and glide it side/side. Return to R foot standing, lifting R side of pelvis, note ease compared to beginning of lesson.

*Discussion #023 ~ Katrin Smithback*

*Share ways of sabotaging self*

CD#03/T08

Groups of 6 share experience of ATM and how they sabotaged themselves. Reconvene in larger group to share from smaller groups. Clarify about "awareness through movement" versus "movement through awareness." The movements are a vehicle for the

awareness. Story about knee injury. Duncan shared about use of intellect during ATM. And, what about the idea of a goal. Going for the embodied experience for the basis of intellectualizing about the ATM. The goal is a way to organize your intension. What is said and not said? Example of book written in five ways and giving ATM in different ways depending on how you guide the attention. Difference between fear and fearful expectations. Importance of experiencing ATMs that you can't do so you can relate to your future students who can't do movements you are teaching. Katrin's story about hurting her ribs and doing ATM. Staying with experience and not getting ambitious. Trying harder doesn't work for discovering something new.

*ATM Lesson #027 ~ Katrin Smithback*

*Lifting triangle arms, on side*

CD#03/T09 [CHAVA SHELVAV 1998]

On back, scan, stand feet, tilt legs in/out. Cross R leg over L, tilt legs R. Switch crossing/tilting, compare. On R side, knees/hips bent, palms together, arms straight out in front at shoulder height, lift triangle arms so fingertips go towards ceiling. Go only as far as you can keep knees together. Lift only L straight arm up to ceiling and then behind, head/eyes follow hand. ROB. On R side, L leg on floor in front of R, take straight L arm towards ceiling and behind again, following with head/eyes. Change so L hand is on forehead and roll head back to L so face is looking towards ceiling. Keep face towards ceiling, interlace hands behind head, lift head/arms to look at L hip. Stay with face towards ceiling, R hand under head, L hand on L ribs, lift head/R arm and feel ribs moving under L hand. ROB. On R side again, L leg on floor in front of R, twist to face ceiling, hands interlaced behind head, tilt head at neck side to side, face towards ceiling or L hip. Straighten R leg down, hands interlaced behind head, lift head/arms and R leg all at same time. Return to original movement of lifting triangle arms from side towards ceiling. Pause, stand, walk. Lie on L side, repeat everything on this side mostly in imagination. (notes are missing a variation near beginning of arm straight up to ceiling and circling whole arm in each direction) At end, on back, tilting legs side with legs crossed.

*Community Circle ~ Staff*

NOT RECORDED

*ATM Lesson #028 ~ Katrin Smithback*

*Rolling pelvis forward/down holding knee, on back #1*

CD#03/T10

On back, stand feet, tilt each leg in/out. Stand feet, tilt pelvis so lower back lifts/lowers. Lift one foot, interlace hands around front of knee, continue tilting pelvis to lift/lower lower back while holding knee.

*Day 13 May 5, 2004*

*ATM Lesson #029 ~ Katrin Smithback*

*Rolling pelvis forward/down holding knee, on back #2*

CD#03/T11 [ALEXANDER YANAI #241 GETTING TO KNOW HIP JOINTS]

On back, skeletal scan. Stand feet roll pelvis forward/down. Tilt each knee in/out, compare. Sit, legs long in front, roll pelvis forward/down. On back, knees bent, hold R knee in front with interlaced hands, roll pelvis forward/down, allow knee to move and then keep knee stationary so the hip joint movement is accentuated/differentiated. Then bring knee towards chest when pelvis rolls down, exaggerating the differentiation in the hip joint. Rest, repeat on other side. Sit, lean on hands behind, legs straight out in front, roll pelvis. Repeat with soles of feet together. On back, stand feet, R ankle on L thigh near knee, hold R lower leg (calf and ankle) with both hands wrapped around outside of leg from under, lift leg a little as roll pelvis down. Repeat on other side in imagination first. ROB. Sit, legs long, lean on hands behind, roll pelvis forward. Repeat with arms straight out in front. Pause, sit, legs out in front, hold pants or leg and lift straight R leg a little off floor and combine with rolling pelvis forward. Repeat with L leg. On back, feet standing, take each knee in/out separately, compare to beginning. Cross R leg over L, R lower leg hanging down, tilt legs R. Switch crossing, repeat.

*FI Exploration #17 ~ Katrin Smithback*

*Tilting legs with knees bent, on back*

CD#03/T12 [DVD#4 SCENE 2]

Watching 4 people on back, feet standing, tilt knee in/out, note when pelvis comes along. Discussion "broke out" about the semantics of what we were doing and anatomical terms

*FI Exploration #18 ~ Katrin Smithback*

*Rolling head and tilting bent legs*

CD#03/T13

Partners, one on back, sit at head, roll head. Bring one foot to standing, tilt leg in/out. Repeat with other leg. Return to rolling head. Return to feet, bring legs to standing. Have person cross their own legs, tilt their leg towards the leg that is cross on top. Switch to other leg being cross on top. After lunch switched roles.

*ATM Lesson #030 ~ Diana Razumny*

*Minimal lifting*

CD#03/T14 [ATM BOOK #3 FUNDAMENTAL PROPERTIES OF MOVEMENT]

Observation: Standing in back, weight shift, look for taller/shorter (before/after). On back- arms/legs spread in "cross". SCAN. Lift R arm; On exhale; Note sliding. On Front, arms/legs spread in "cross" elbows bent little: Lift R elbow; On exhale; Note lengthening; Lift whole arm, forearm/hand limp; Note use of back. On back, "cross": Lift R arm/leg; Just hand/foot; Simultaneous lift/lower; Lift just arm, just leg, same time; Alternate arm/leg lift/lower; Same time, note lengthening. On front: Lift R elbow; Add lifting R leg, exhaling; Head position- R/L/forehead; Note what presses; Add lifting head, eyes follow hand. On back: Lift arm, leg, head; Compare to begin; Stand, walk. Observe partner then other side in imagination. On back: Lift R arm/L leg; Lift L arm/R leg; Lift all 4 limbs; Add lifting head w/limbs; Lift limbs without head. On front: Lift diagonal arm/leg; Lift other diagonal; Lift all 4 limbs; Lift head w/4 limbs; Lift limbs without head.

*Discussion #024 ~ Diana Razumny*

*ATM Workbook*

CD#03/T15

Introduction to the ATM Workbook for studying ATM lessons.

*ATM Lesson #030 cont ~ Diana Razumny*

*Minimal lifting continued*

CD#03/T16 [ATM BOOK #3 FUNDAMENTAL PROPERTIES OF MOVEMENT]

*FI Exploration #019 ~ Diana Razumny*

*Lifting straight leg, on back*

CD#03/T17

*ATM Lesson #030 cont ~ Diana Razumny*

*Minimal lifting continued*

CD#03/T18 [ATM BOOK #3 FUNDAMENTAL PROPERTIES OF MOVEMENT]

Lifting arms/legs on diagonal on back and on front. Adding lifting of head with all limbs on front and back.

*Day 14 May 6, 2004*

*Discussion #025 ~ Katrin Smithback*

*Moshe's birthday*

CD#03/T19

Astrology for those born today from the New Mexican paper. Reading from *Potent Self* intro by Mark Reese. Gyana comments on what seems to be opposite messages about being happy with who you are and going for dreams or changing. Example with sheets of paper to show you keep who you are and add new options.

*ATM Lesson #031 ~ Katrin Smithback*

*Tilting crossed legs with triangle arms*

CD#03/T20 [ATM BOOK #5 COORDINATION OF FLEXORS/EXTENSORS]

1. Scan. Bend knees and stand feet. R leg over left. Tilt to R back to center. Note breathing, pelvis, lower back, shoulder, ribs, head. Exhale as legs tilt R, inhale when legs return to neutral. Rest, note difference in pelvis.
2. Bend knees, stand feet, knees in/out to test legs for stability, raise arms above eyes, palms together, triangle, lift R shoulder to tilt triangle L, pelvis stays. Exhale when tilting L. Note how far triangle tilts before head rolls L. Rest, note shoulders.
3. Knees up, R over L, legs to the R. Farther? Switch legs, L over R, tilt L. Note how far/easily legs tilt L.
4. Stand feet, triangle arms tilt R. Rest, note shoulders. L leg crossed over R, tilt L, note changes.
5. R leg over L, legs tilted R, stay, interlace fingers behind head, raise head forward with exhale. Note ribs, spine, pelvis, rest, note trunk. Rest.
6. L leg over R, legs tilted L, interlace fingers non-habitual way, lift head on exhale.
7. Feet standing, interlace fingers behind head, lift head on exhale.
8. Stand feet, R hand under L armpit towards L shoulder blade, L hand under R armpit, rock/roll side/side with help of hand on shoulder that's lifting, pelvis stays quiet. Pause, change over arms, repeat. Increase speed.
9. Repeat w/eyes fixed on spot on ceiling, keep head in middle as shoulders roll side/side. Pause, repeat, allow head to roll, then once again fix eyes/head in middle.
10. Repeat hugging/rolling shoulders, add having head/eyes go opposite direction of shoulders. Reverse which arm is on top, repeat. Pause, roll shoulders/head/eyes all together, note differences. Rest, note spine, shoulders.
11. Stand, walk, note carriage of head, shoulders, breathing and uprightness.

*Discussion #026 ~ Katrin & Diana*

*ATM Workbook*

CD#03/T21

*Moshe Video Medicine Man On Posture*

CD#03/T22 [MEDICINE MAN VIDEO VOL 2 #1]

*Discussion #027 ~ Katrin Smithback*

*About video and Moshe's ideas*

CD#03/T23

Story about the ability to go to war or not. Charlotte comment on the method supporting individuality. Nancy's question about jogging. Story about disabled man giving a performance. Talia's question about spatial awareness. Intension informs action. The environment creates conditions for learning. Holli, working with horses. Movement exploration for posture.

*ATM Lesson #032 ~ Katrin Smithback*

*Sit to stand*

CD#03/T24 [ATM BOOK #1 WHAT IS GOOD POSTURE]

Stand, sway side/side from ankles, walking rest. Stand, sway forward/back from ankles. Area below navel stays full, no grabbing in ankles, toes stay on floor. Stand, circle from ankles, note circling at top of head horizontally. Reverse direction of circle. Stand on L foot/leg, stabilize with toes of R foot on floor, circle whole body from ankle again, reverse direction. Repeat while standing on R foot/leg. Stand, note standing, very small circle again.

*ATM Lesson #032 cont ~ Katrin Smithback*

*Sit to stand continued*

CD#03/T25 [ATM BOOK #1 WHAT IS GOOD POSTURE]

Sit, tilt torso side/side then front to back then circle. Walking rest. Sit, tilt torso forward from hips, note any unnecessary contracting. Start to come to standing and feel how you interfere with it. Experiment with hands pushing on knees or shortening back of neck when coming to stand. Place hand on back of neck to monitor if tightening. Explore expanding chest forward/up or collapsing chest when coming to stand. Push on feet and feel pelvis gets pushed backwards. Tilt forward/back until the forward brings you up to standing. Imagine scale under your feet and think of keeping the needle going slowly and consistently. Go forward and imagine you lift your feet from floor. Sit, hold hair at top of head over spine, pull hair up as you come to

stand. Variation: hand on sternum, round forward then arch back feeling chest, then stand without rounding or arching. Sit, come forward as if to stand, note where you effort, stop there and find a way to relax and then continue. Sit, move knees together/apart as you come to stand without interfering with the rhythmical movement. Have the back of another chair in front of you,

*ATM Lesson #033 ~ Katrin  
Smithback*

*Rolling ball along body*

CD#03/T26 [ATM BOOK #11 BECOMING AWARE OF UNCONSCIOUS PARTS]

*Discussion #028 ~ Katrin  
Smithback*

*ATM favorites or not and  
conditions for learning*

CD#03/T27



*Day 15 May 7, 2004*

*ATM Lesson #034 ~ Diana Razumny*

*Rolling to sitting #1*

CD#03/T28 [DIANA'S CREATION]

On side, knees bent, bottom arm extended under head, top arm straight out in front, palm on floor; Slide palm forward on floor; Continue, head rolls off arm, face to floor; Slide arm back, shoulder goes back; Head rolls behind bottom arm, face to ceiling; Arc arm from front to back via overhead; Torso/head rolls forward/back, note pelvis/legs. On side, stand top palm on floor in front of chest, bottom arm extended under head: Lift/lower R knee/foot alternately; Note rolling of torso; As foot lifts slide top knee toward bottom foot; As knee lifts slide top foot toward bottom knee; Bent top leg in air, seesaw movement of leg; Note torso/head rolling for/back, floor/ceiling; Slide top leg along bottom leg so top knee comes to foot; Note head/face to floor; Stay with top knee at bottom foot, slide knee down/away; Add standing palm push, face to floor, forehead sliding; Forehead slides, bottom arm slides, come to side sit; Reverse so knees together, head on arm, repeat from there. On back, stand feet wide, arms overhead on floor: Tilt legs to side, knee comes to other foot; Expand, torso rolls, arm arcs, come to sit; Reverse. Return to step before last, being on side, knees bent together: Expand so that when on side, top arm arcs overhead/behind; Expand onto back, top knee slides up, comes in front,reverse; Expand, roll to other side, come to side sit on that side

*Discussion #029 ~ Katrin Smithback*

*Importance of sleep*

CD#03/T29

*Discussion #030 ~ Katrin Smithback*

*ATM learning strategies*

CD#03/T30

Report from small group discussions yesterday. List: go slowly; staying within comfort; at your own rate; using references (benchmark); scan; noticing differences; constraints; rest; particular use of language; Exploration/error; use of multiple learning modalities (auditory, visual, kinesthetic); choice; reversibility; focusing; present experience; attention. Families of lessons that share certain strategies that not all ATMs share.

From *Elusive Obvious* about ATM. Learning is different than doing. For successful learning one must: proceed at own rate-no demonstration, not music; go slowly-discover parasitic exertions, reduce effort; make movements easy/pleasurable-makes breathing simple, no pain or strain, small movements, not

serious; attend to the means (process), not the goal-quality not quantity, measure improvement in small steps; do not avoid errors-think of better movements, not correct movement-exploration; use diffuse attention, don't concentrate-attend to foreground and background, detail and general. Improving the process of self-direction, not any particular movement. The particular achievement in a movement is incidental and is a prize gained for better learning. Becoming aware is the significant part of your learning and it is not important which movement is used for the lesson. Practicing awareness in movement or action is absorbing and interesting-repetitive practice is hard work and boring. Use of variations, pauses to feel differences, scan, sensory differences. Not necessary to be aware of all of our actions all the time we are aware.

*ATM Lesson #035 ~ Katrin Smithback*

*Rolling to sitting #2*

CD#03/T31 [KATRIN'S CREATION]

*Day 16 May 10, 2004*

*Discussion #031 ~ Diana Razumny*

*Suggested activities between segments*

CD#04/T01

Keep Log book with dates and activities (ATM & FI): Include your questions, curiosities, interesting learning; Bring to next segment to be used in class; Will not be required to hand in or read by anyone else. ATM lessons (classes or from recordings): 3 per week minimum. FI explorations: Practice "sets" you learned in 1<sup>st</sup> segment; 1 time per week minimum; 3 times per week preferable; More if possible and fun. Read Awareness Through Movement by M. Feldenkrais. Read a lesson to a friend from ATM book and have them do the lesson from your reading. Log your experience/learning and the response you get from your friend. Diana's Workbook: Do steps 1-4 with the lessons for which you have recordings; You can find all but one on the CDs of your first segment. Study groups: Meet with other students to study and share; If geographically difficult to meet, have email/phone buddy; Use the e-group to share and ask questions

*ATM Lesson #036 ~ Katrin Smithback*

*Spinal Chain with bent arms*

CD#04/T02 [SAN FRANCISCO TRAINING YEAR 3]

(note taker late on the uptake) On back, feet standing, lift pelvis, rolling up spine. Interlace hands behind head, lift head, rolling down spine. Arms out at shoulder height, elbows bent, fingers towards ceiling, lower back of hands towards floor. Elbows bent, fingers towards ceiling, start lifting pelvis, rolling up spine, allow arms/backs of hand start to lower towards floor. Reverse direction, palms coming towards floor. Add head lifting/lower with arm movements. Add pelvis lifting/lowering, coordinated with head/arms. Head lifts when pelvis lowers and visa versa. With pelvis lifted, alternate palms and back of hands going to floor. Repeat but take one arm up/one down. Repeat arm movements with pelvis down, head lifted.

*FI Exploration #020 ~ Katrin Smithback*

*Lifting shoulders forward, on back*

CD#04/T03 [DVD#4 SCENE 3]

Demonstration with Sue on her back. Put roller under knees. Start by rolling head side/side. Then two different hand positions to lift one shoulder at a time. One way is palm down, leave fingers on table, lift palm so back of your hand lifts behind the top of their shoulder blade. Explore lifting shoulder blade

on one side several times before exploring other shoulder and compare what you feel and what you see happening in chest/ribs. Change hand position so palm is up, finger tips under spine of shoulder blade, leave back of hand/knuckles on table while lifting fingers to lengthen/lift/roll shoulder blade. Repeat exploring each shoulder blade then alternate to compare. Return to head rolling.

*Discussion #32 ~ Katrin Smithback*

*About FI Exploration*

CD#04/T04

Discussion afterwards about how arms are lying: palms up versus palms down. Question about rolling head and what were we supposed to be aware of when do the FI. Katrin defined reference movement. Don't need to understand why, just notice differences. Idea of listening and having a conversation through the touching.

*ATM Lesson #037 ~ Diana Razumny*

*Four points to sitting and rolling on back*

CD#04/T05 [MOSHE AT ESALEN 1972]

Stand, hands to floor: Lift each limb; Lift same side foot/hand; Lift diagonals; Lift both hands/both feet alternately. 4 points: R knee between L foot/hand, sit facing L; Repeat on OS; Alternate side/side-slow/quick; Repeat w/hop in middle, pelvis pops up; Alternate sitting side/side: lift hand on side facing; Keep hands/feet planted, pivot on big toe ; Lift diagonal hand foot on each side. Sitting to one side: Roll to back, return to sitting; Roll to back, swing feet overhead to floor; Return to sitting with leg tucked; Whole movement, returning to 4 points; Repeat OS; Alternate side/side. 4 points: Lift combos of hands/feet, compare to begin; 4 points easier?

*FI Exploration #021 ~ Katrin Smithback*

*Describing sensations*

CD#04/T06

Groups of six with head together in middle, lying on back, legs straight, bodies positioned like spokes on a wheel. Go around circle stating a sensation. Change positions and repeat. Positions: On back, legs straight; on back, knees bent, feet standing; on back, feet lifted, knees bent wide, holding knees; on front, legs straight, head on floor or hands.

*ATM Lesson #038 ~ Katrin Smithback*

*Rolling arms with fists up/down*

CD#04/T07 [ESALEN #10]

On back, arms straight out at shoulder height, soft fists, roll arms up/down. Add lifting pelvis when arms roll up, pelvis down when arms roll down. Sitting, soles together, arms out to sides, shoulder height, soft fists, roll arms/fists down, head looks down, roll arms/fist up, look up with head. Reverse so head/arms move opposite. Sit again, soles together, rock R, R thigh touches floor, hold feet, while tilted to R take head side/side, ears to shoulders; alternately. On back, feet standing, roll fists again, note differences between arms. Sit, repeat on L side. Sitting in middle, arms straight out to sides, roll fists up/down. On back, feet standing, arms out to sides, lengthen one arm then other, note response of head. Arms out at sides again, roll one fist up, one down, note response of head. Turn towards arm rolling up. Sitting, soles together, holding feet, rock side/side, allow head/neck to bend towards side rocking towards. Stop, arms/fist straight out to sides, roll arms up/down, head following, back rounds/arches. On back, stand feet, arms straight out to sides, roll fists up/down. Stand, arms hanging by sides, turn both arms in same direction, one in/one out. Allow the turning of the arms move through your whole self.

*Day 17 May 11, 2004*

*Discussion #033~ Katrin Smithback*

*Breathing and Carl Stough*

CD#04/T08

Description of breathing mechanism. Question about difficulty with exhaling. Inhale is automatic. Exhaling completely allows for the space for the air to come in. Exhaling takes work. Dr. Stowe studied breath. Demonstration with water bottle and two balloons to show diaphragm moving down fills the lungs. Watched video of Dr. Stough. Sampling of exercise from Dr. Stough, counting out loud on exhale.

*ATM Lesson #039 ~ Katrin Smithback*

*Breathing, imagining lungs*

CD#04/T09 [ATM BOOK #12 BREATHING & THINKING]

Directly from book.

*Discussion #034 ~ Katrin Smithback*

*Breathing lesson*

CD#04/T10

Breathing on one side, controlling brain function. Story of Elsa Gindler curing TB by resting one lung. Posture changes?

*FI Exploration #022 ~ Katrin Smithback*

*Following breath*

CD#04/T11

Pairs, one lying on back, feet standing, one leg crossed over other. Other person sitting at feet, hands on knees, move knees L/R, note how goes through. Lengthen legs, sit at head, note breathing. Sit at side, place hands on area where see most movement, be there while they breathe. Remove hands, note if anything changed. Place hands in new place where they are moving but a little less. Pause, go to two more places. Return to reference move of tilting crossed legs.

*Discussion #035~ Efrem Razumny*

*Details of venue, attendance and makeup*

CD#04/T12

*FI Exploration #022 cont ~ Katrin Smithback*

*Following breath, switch roles*

CD#04/T13

Same as above, partners switch roles.

*ATM Lesson #040 ~ Diana Razumny*

*Circling bottom arm, on side*

CD#04/T14 [ALEXANDER YANAI #495]

On R side, upper legs straight down, knees bent, feet behind, R arm straight out in front, L hand standing: Slide R arm/back of hand up/down, palm up to ceiling; Repeat, palm down to floor; Alternate palm down/palm up while sliding; Palm up, slide arm forward/backward; Palm down, repeat forward/back; Alternate palm up/down taking forward/back; Palm up, take arm up/down, note change/ease; Repeat with palm down. Same position: Start with R arm straight out in front, bring elbow to waist; Imagine sliding elbow under, feel how to organize. Same position but L arm lying on L side, hand on thigh/hip: Slide R elbow under R side, note ribs, breath. Return to original position and movement of straight R arm sliding up/down, note ease. Repeat everything on other side. On R side, upper legs straight down, lower legs/feet bent behind, R arm straight out in front and then up towards head: Imagine standing on L knee; Sense length from L knee to R hand; Sense length from R knee to R hand; Stand on knees, R arm overhead: Shift weight to L knee, sense line from L knee to R hand; Lengthen R arm/hand towards ceiling; Shift weight o R knee, lengthen R arm. On R side, R arm straight up, lower legs bent behind: Imagine standing on L knee, lengthening R arm; Repeat with R knee; Alternate thinking R/L knee while lengthening R arm. Repeat on other side. On R side, lower legs bent behind, L hand on floor in front of chest, R arm straight: Slide R arm up to head then under head and behind; Repeat, thinking of L knee; Follow hand with eyes, palm turns to floor; Continue, feet stay on floor, torso twists but not onto belly. Pause, same position: Flex/extend ankles. Stand on knees, knees together, flex/extend ankles/toes. Return to R side: Circle R arm up, under head, behind, follow with eyes; Continue, circle arm behind, feet flexed, L ear comes to floor; Sense armpit on floor; Circle arm in front, bring elbow near belly. Repeat on other side without coming onto knees, imagining a lot. On R side, same position, feet flexed, toes for running: Imagine standing on R knee, slide R elbow towards/under waist; Continue sliding R arm under/behind torso; Reverse, arm under waist, in front, straight, up, under head; Continue circling arm all the way around; Change directions, keep thinking R knee, feet flexed. Repeat on other side. On back, arms across chest, alternately reach R hand to L, L hand to R, think fingernails, roll shoulder girdle, allow head to roll, ribcage lifts/rolls. On R side, same

position of legs, circle R arm in complete circle,  
reverse directions, think fingernails, forget flexing  
feet, think standing on R knee. Repeat, other side.

## *FI Exploration #023 ~ Katrin Smithback*

### *Describing position and movements*

CD#04/T15

Groups of 5, 3 in a row facing the “teacher”, one  
person behind the rest take a position, “teacher”  
describe the movement to the other 3. Rotate roles to  
practice languaging positions and then movements.  
Come together in large group to share what you  
learned about putting language to position and  
movement.

*Day 18 May 12, 2004*

*ATM Lesson #041 ~ Katrin  
Smithback*

*Henpecking, on back, front, sitting*

CD#04/T16

On back, take chin forward. Continue so top of head goes towards floor. Repeat with fingers at C7, lift as chin comes forward, note lower back comes towards floor. On front, propped on elbows and forearms, head up, looking forward with eyes/face, take chin forward/back. Note shoulder blades together/apart. On front, sphinx position again, chin forward/down and back/up. Note spine between shoulder blades. On back, feet standing, take chin forward/back. Start by pressing lower back to floor then move chin. Hands on lower ribs at fronts/sides, feel ribs moving down as chin comes forward, eventually allowing head to lift from floor. Press ribs down with hands, keeping them there, taking chin forward/back. Sit, soles together, lean on hands behind, take face/chin forward, back rounds backwards. Repeat small/quick. On front, sphinx position, face forward, parallel with wall in front, take face forward/back, note shoulder blades and spine. Sit, soles together, lean on hands behind, face towards ceiling, take chin towards/away from ceiling by bringing shoulder blades together/apart. On back, legs long, do original small movement of chin forward.

*Discussion #036 ~ Katrin  
Smithback*

*Sensing and observing*

CD#04/T17 [DVD#4 SCENE 4]

Story of saxophone player listening to one note. Demo with Katrin and Diana showing difference when listening to nuances in a movement verses just doing the movement.

*FI Exploration #024 ~ Katrin  
Smithback*

*Lifting shoulders, connecting to  
ribs, on back*

CD#04/T18 [DVD#4 SCENE 5]

*ATM Lesson #042 ~ Diana  
Razumny*

*Rolling up to sit, lengthening  
hamstrings, on back & sitting*

CD#04/T19 [AMHERST 7/81]

Sit, soles together, hold ankles: Lift/straighten one leg; lift other; alternate; Lean away from straightening leg (ref). On back, stand feet, lift R foot, interlace hands behind R thigh: Straighten R leg towards ceiling; Add flexing ankle; Add lifting head/rounding back; With leg straight, roll R, come to sit, reverse.

Repeat ref, note side difference. Sit, feet standing, interlace hands behind R thigh: Lift/straighten R leg; Gradually add rolling back/coming up to sit; Gradually move hands down leg to ankle, leg straight. On back, hold R ankle with R hand: Roll R, straightening leg, keep L leg standing, push L toes; Hold head over top with L hand, lift head as straighten/roll R; Roll side/side, straightening R leg on each side. Repeat on other side starting from last reference move. Sit, soles together, hold ankles: Roll to lean on one elbow, straighten other leg; Add internal rotation at hip; Alternate side/side; Hold lower legs/ankles, slide one heel forward on floor; Leave leg straight, slide straight leg forward/back, hand loose; Repeat OS. On back, knees bent, hands interlaced non-hab behind leg: Push heel on imaginary board; Use lengthening out heel to come to sit; Do with each leg. Sit, hold elbows from behind both legs: Walk feet away, legs straightening; When legs are straight, arms still around, lift each heel. Sit, do ref move.

*Moshe Video Medicine Man  
On Breathing*

CD#04/T20 [MEDICINE MAN VOL.2 #2]

*ATM Lesson #043 ~ Katrin  
Smithback*

*Henpecking continued, various  
positions*

CD#04/T21

On back, lift shoulders/chin towards ceiling. On front, sphinx position, extend one arm, take chin forward/down. Repeat on other side. On back, chin forward, note change. On back, prop on elbows, face forward, move shoulder blades together/apart, head lowers and raises, leave head high and take chin forward. On back, arms/legs spread, limbs in "x" position, imagine heavy ball drop on your center, feel what the response/lift would be with shoulders, chest, pelvis, head, elbows, knees. Hands on ribs, legs comfortable distance, push down on ribs, take chin forward, think of coming to sitting this way. On front, sphinx position, take chin forward, shoulder blades come together, increase speed. On back, imagine coming up to sitting by starting with henpecking movement.

*Day 19 May 13, 2004*

*ATM Lesson #044 ~ Katrín Smithback*

*Bridging arm by head, on back*

CD#04/T22 [ESALEN #29]

On back, R arm/hand to ceiling, palm facing ceiling, bend elbow, take palm to floor to side of head above shoulder, elbow is up in the air. Repeat with L arm. Return to R hand, stand R foot, push a little with R foot to help bring hand to floor. Stand both feet, R hand in bridge position again, pivot on palm so fingers go around imaginary clock while hand is standing. Bring L hand to R elbow to help hand come to floor. L hand on R elbow, roll pelvis so R side comes away from floor, R shoulder lifts so hand can come flatter on the floor. Start returning pelvis to floor, leaving elbow up in direction of overhead, R hand on floor. L hand still on R elbow, circle elbow. Repeat everything with L arm and other side. With L hand standing in bridge position, have R hand under head, lift head to take towards being on L upper arm. Repeat on other side. Both hands in bridge position. R hand bridged, knees bent, tilt legs L to roll pelvis, check for any changes from beginning. Repeat on other side.

*FI Exploration #025 ~ Katrín Smithback*

*Review hands-on from the segment*

CD#04/T23

Groups of 3, remember and take notes on all you have done in this segment with hands-on explorations. Gathered in larger group and reported what remembered.

*Discussion #36 ~ Katrín Smithback*

*FI Exploration between segments*

CD#04/T24

*ATM Lesson #045 ~ Díana Razumny*

*Tail wagging, on hands and knees*

CD#04/T25 [YVAN'S SANTA FE #2 MAKEUP]

All 4's: Explore position of hands/knees; Rest in egg position. All 4's: Cross R ankle over L; Repeat OS - L over R (ref move). All 4's: Look up/down, note shape of back; Take R foot L/R; Add looking over R shoulder at R foot to R; Look over L shoulder at R foot to L; Lower leg swings in and to L knee; Rest on back, arms/legs bent in front, roll onto all 4's; Repeat with L leg. All 4's: Explore head looking towards/away from foot swinging; Delay head looking around shoulder at foot; Rest on back. All 4's: Rock

forward/back, pelvis goes towards heels; Add head looking up/down, note shape of back; Knees wide, swing one lower leg in, sit pelvis back; Do other leg then alternate while rocking forward/back; Rest on back. All 4's: Sit back towards heels, note ankles; Knees wide, swing leg in, sit back, remove one hand; Repeat on other side; Alternate, look up when on all 4's, look down sitting back; Continue with head opposite direction. All 4's: Look up/down, note eyes/spine/pelvis; Ref move; Look up/down, spine/pelvis follows; Reverse head/torso coordination looking up/down; Return to rounding back, looking down, visa versa; Knees wide, swing one leg in, walk hands back to side sit; Reverse, repeat on other side.

*Discussion #37 ~ Staff*

*Materials*

CD#04/T26

*ATM Lesson #046 ~ Katrín Smithback*

*Spinal Chain*

CD#04/T27 [ESALEN #7]

On back, feet standing, lifting pelvis, rolling up spine. Pelvis in air, translate side/side. Triangle arms in air, rolling up spine. Variations with head turned to either side. Feet standing, legs touching, lift balls of feet, lift pelvis, leave pelvis up, rock through from heels. Feet standing, arms hugging chest, rock chest side/side. Repeat with pelvis lifted. Triangle arms to ceiling, pelvis lifted, describe circle on ceiling with finger tips, circle arm triangle.

*Day 20 May 14, 2004*

*ATM Lesson #047 ~ Katrin  
Smithback*

*Feldenkrais Crawl, hands and  
knees*

CD#04/T28 [ESALEN #26]

On hands and knees, sitting back on heels, sliding one leg in front of other or take behind.

*FI Exploration #026~ Katrin  
Smithback*

*Three positions, three scenarios for  
practice*

CD#04/T29

Three sets of FI explorations to practice between segments that include what was taught this segment.

Scenario 1: On back, roll head, bring leg to standing, tilt in/out. Bring both legs to standing, tilt side/side.

Lift each shoulder. Lift one shoulder, connect to diagonal ribs. Do same on other side. Roll head.

Scenario 2: On side: while still on back, flip trochanter. On side; lift top foot while feeling trochanter. Lift heel/toe of top foot. Take top shoulder forward/back; take hip forward/back; take both forward/back; take one forward/other back.

Return to flipping trochanter. Scenario 3: On front: with leg on face side, lift/bend leg by holding at front of ankle, bring foot to ceiling, knee at 90 degrees, tilt bent leg in/out, note movement through to pelvis/torso. Repeat with leg on side of back of head, feel for differences. Bend both legs at same time, tilt side/side.

Sensing through whole person while working with any "part". Observe breathing. Go with what is easy. Do less to feel more. Feel for quality changes. Stop before limit. Notice your own comfort and ease.

*ATM lesson #048 ~ Katrin  
Smithback*

*Standing at the wall*

CD#04/T30 [ELUSIVE OBVIOUS BY MOSHE]