

Folding #2, holding knees, rolling side to side, on back 7
 CD#09/T13 [72 minutes] [Amherst June 10 inspired] 7

DAY 41 APRIL 18, 2005 6

Introduction ~ Efreem & Diana Razumny & Yvan Joly 6

Announcements and welcoming 6
 not recorded 6

Discussion #83 ~ Yvan Joly 6

Developmental material for this segment 6
 CD#09/T01 [12 minutes] 6

ATM Lesson #092 ~ Yvan Joly 6

Breathing and sucking #1, on back and side 6
 CD#09/T02 [64 minutes][Amherst June 9, 1980 AM]6

ATM Lesson #093 ~ Yvan Joly 6

Breathing and sucking #2, on back and side 6
 CD#09/T03 [40 minutes][Amherst June 9, 1980 AM]6

Discussion #84 ~ Yvan Joly 6

Studies between segments 6
 CD#09/T04 [6 minutes] 6

ATM Lesson #094 ~ Yvan Joly 6

Eyes, on back and sides 6
 CD#09/T05 [78 minutes][Amherst June 12, 1980] 6

Discussion #85 ~ Yvan Joly 6

Sharing experience of lessons 6
 CD#09/T06 [16 minutes] 6

ATM Lesson #094 continued ~ Yvan Joly 6

Eyes, on back 6
 CD#09/T07 [10 minutes][Amherst June 12, 1980] 6

DAY 42 APRIL 19, 2005 7

ATM Lesson #095 ~ Yvan Joly 7

Folding #1, hands to feet, on back 7
 CD#09/T08 [46 minutes][Amherst June 10, 1980] 7

ATM Teaching #13 ~ Yvan Joly 7

Teach and imitate in trios 7
 CD#09/T09 [2 minutes] 7

Discussion #86 ~ Yvan Joly 7

Mirror neurons and imitating 7
 CD#09/T10 [59 minutes] 7

Discussion #87 ~ Diana Razumny 7

Baby photos 7
 CD#09/T11 [5 minutes] 7

ATM Lesson #096 ~ Diana Razumny 7

Minimal lifting of head, on belly 7
 CD#09/T12 [57 minutes] [Amherst inspired] 7

ATM Lesson #097 ~ Yvan Joly 7

DAY 43 APRIL 20, 2005 9

Discussion #88 ~ Diana Razumny 9

Baby photos 9
 CD#09/T14 [3 minutes] 9

ATM Lesson #098 ~ Diana Razumny 9

Elbow propping, on belly 9
 CD#09/T15 [57 minutes] [amherst inspired] 9

Discussion #89 ~ Diana Razumny 9

RIE Video and discussion 9
 CD#09/T16 [53 minutes] 9

ATM Lesson #099 ~ Diana Razumny 9

Lifting head, arm and leg, on belly 9
 CD#09/T17 [36 minutes] [amherst inspired] 9

ATM Lesson #100 ~ Yvan Joly 9

Folding #3, rolling back from sitting 9
 CD#09/T18 [52 minutes] 9

FI Exploration #50 ~ Yvan Joly 10

Folding #1, lifting legs and head, on back 10
 CD#09/T19 [38 minutes] [DVD#9 Scene 1 (34 minutes)] 10

DAY 44 APRIL 21, 2005 11

ATM Lesson #101 ~ Yvan Joly 11

Frog legs into rolling to side from back 11
 CD#09/T20 [68 minutes] 11

FI Exploration #51 ~ Yvan Joly 11

Folding #2, lifting legs and head, on back 11
 CD#09/T21 [61 minutes] [DVD#9 Scene 2 (26 min);
 Scene 3 (3 min); Scene 4 (18 min)] 11

Discussion #90 ~ Yvan Joly 11

Mirror neurons 11
 CD#09/T22 [14 minutes] 11

ATM Lesson #102 ~ Diana Razumny 11

Tilting bent leg, on belly 11
 CD#09/T23 [64 minutes] [amherst june 1980] 11

DAY 45 APRIL 22, 2005 12

Discussion #91 ~ Yvan Joly 12

Mirror neurons and invariance 12
 CD#09/T24 [47 minutes] 12

ATM Teaching #14 ~ Yvan Joly 12

Create and teach rolling side to side 12
 CD#09/T25 [10 minutes] 12

		Interlacing toes	15
		CD#10/T12 [56 minutes] [amherst June 25, 1890]	15
FI Exploration #52 ~ Yvan Joly	12		
Folding #3, review	12		
CD#09/T26 [2 minutes]	12		
DAY 46 APRIL 25, 2005	13		
ATM Lesson #103 ~ Yvan Joly	13		
Rolling from side to back	13		
CD#10/T1 [78 minutes] [amherst june 16, 1980]	13		
FI Exploration #53 ~ Yvan Joly	13		
Folding #4	13		
CD#10/T02 [48 minutes] [DVD#9 Scene 5 (29 min)]	13		
Discussion #92 ~ Yvan Joly	13		
Choosing tables	13		
CD#10/T03 [26 minutes]	13		
ATM Lesson #104 ~ Diana Razumny	13		
Rolling back to belly	13		
CD#10/T04 [47 minutes] [Ruthy Alon inspired]	13		
DAY 47 APRIL 26, 2005	14		
ATM Lesson #105 ~ Diana Razumny	14		
Elbow propped with crawling legs, on belly	14		
CD#10/T05 [53 minutes] [amherst inspired]	14		
Discussion #93 ~ Yvan Joly	14		
Stress responses	14		
CD#10/T06 [59 minutes]	14		
FI Exploration #54 ~ Yvan Joly	14		
Folding #5, from offset center, on side	14		
CD#10/T07 [31 minutes] [DVD#10 Scene 1 (17 min)]	14		
ATM Lesson #106 ~ Yvan Joly	14		
Going down on elbow from sitting	14		
CD#10/T08 [34 minutes] [amherst July 7, 1980]	14		
ATM Teaching #15 ~ Yvan Joly	14		
Give questions and noticing comments	14		
CD#10/T09 [6minutes]	14		
ATM Lesson #106 continued ~ Yvan Joly	14		
Going down on elbow from sitting	14		
CD#10/T10 [7 minutes] [amherst July 7, 1980]	14		
DAY 48 APRIL 27, 2005	15		
Discussion #94 ~ Yvan Joly	15		
ATM teaching experience	15		
CD#10/T11 [26 minutes]	15		
ATM Lesson #107 ~ Yvan Joly	15		
		FI Exploration #55 ~ Yvan Joly	15
		Folding #6	15
		CD#10/T13 [28 minutes] [DVD#10 Scene 2 (26 of 28 min)]	15
		Baby Demo ~ Diana Razumny	15
		Demo with 6 mo old baby	15
		not recorded on audio [DVD#10 Scene 3 (18 minutes)]	15
		Discussion #95 ~ Diana Razumny	15
		Demo with baby	15
		CD#10/T14 [43 minutes]	15
		FI Exploration #55 cont ~ Yvan Joly	15
		Folding #6 continued	15
		CD#10/T15 [19 minutes] [DVD#10 Scene 4 (16 of 19 min)]	15
		ATM Lesson #108 ~ Yvan Joly	15
		Rolling up to sit , sweeping arms overhead, from back	15
		CD#10/T16 [30 minutes]	15
		DAY 49 APRIL 28, 2005	16
		Discussion #96 ~ Yvan Joly	16
		Mirror neuron article	16
		CD#10/T17 [5 minutes]	16
		ATM Lesson #109 ~ Diana Razumny	16
		Crawling preparation	16
		CD#10/T18 [42 minutes] [amherst inspired]	16
		Movement Observation ~ Diana and Yvan	16
		Watching Jeden	16
		CD#10/T19 [21 minutes]	16
		ATM Teaching #16 ~ Diana Razumny	16
		Teaching what a model is suggesting from	16
		CD#10/T20 [5 minutes]	16
		FI Exploration #56 ~ Yvan Joly	16
		Folding #7, transition from back to side	16
		CD#10/T21 [41 minutes] [DVD#10 Scene 5 (28 min)]	16
		Discussion #97 ~ Staff	16
		Community meeting	16
		CD#10/T22 [84 minutes]	16
		FI Exploration #56 cont ~ Yvan Joly	16
		Folding #7, transition from back to side	16
		no recording	16
		DAY 50 APRIL 29, 2005	17

ATM Lesson #110 ~ Diana Razumny	17	FI Exploration #60 ~ Katrin Smithback	19
Continuous roll, folding and unfolding	17	Observe ATM move	19
CD#10/T23 [42 minutes]	17	CD#11/T09 [24 minutes] [DVD#11 Scene 2 (17 min)]	19
FI Exploration #57 ~ Yvan Joly	17	Discussion #101 ~ Katrin Smithback	19
Rolling from limbs	17	Right/wrong, context, quality, speed	19
CD#10/T24 [20 minutes]	17	CD#11/T10 [17 minutes]	19
Group Performance	17	ATM Lesson #115 ~ Katrin Smithback	19
Choreographed review	17	Voice #2, alternating nostrils with sound, sitting and lying	19
CD#10/T25	17	CD#11/T11 [49 minutes][Amherst July 25, 1980 & AY#5]	19
FI Exploration #58 ~ Yvan Joly	17	Discussion #102 ~ Katrin Smithback	19
Folding #8, transition from back to side	17	ATM strategy of proximal/distal	19
CD#10/T26 [8 minutes] [DVD#10 Scene 6 (8 min)]	17	CD#11/T12 [34 minutes]	19
ATM Lesson #111 ~ Yvan Joly	17	FI Exploration #61 ~ Katrin Smithback	19
Rolling, following eyes	17	Holding head, following pelvis rolling, sitting	19
CD#10/T27 [23 minutes]	17	CD#11/T13 [14 minutes] [DVD#11 Scene 3 (5 min)]	19
DAY 51 MAY 2, 2005	18	DAY 53 MAY 4, 2005	20
ATM Lesson #112 ~ Katrin Smithback	18	ATM Lesson #116 ~ Diana Razumny	20
Pelvic clock #1	18	Lifting hip, lengthening opposite arm overhead, on back	20
CD#11/T01 [50 minutes][ATM Book #6]	18	CD#11/T14 [45 minutes][Gaby Yaron San Francisco 1977]	20
Discussion #98 ~ Katrin Smithback	18	ATM Teaching #18 ~ Diana Razumny	20
ATM Analysis	18	Teach three moves from last ATM lesson	20
CD#11/T02 [33 minutes]	18	CD#11/T15 [34 minutes]	20
ATM Teaching #17 ~ Katrin Smithback	18	Discussion #103 ~ Katrin Smithback	20
Create and teach variation for pelvic clock lesson	18	Gift of Feldenkrais	20
CD#11/T03 [4 minutes]	18	CD#11/T16 [13 minutes]	20
Discussion #99 ~ Katrin Smithback	18	Discussion #104 ~ Katrin Smithback	20
Variations in ATM teaching game	18	Scanning	20
CD#11/T04 [7 minutes]	18	CD#11/T17 [24 minutes]	20
FI Exploration #59 ~ Katrin Smithback	18	FI Exploration #62 ~ Katrin Smithback	20
Rolling pelvis in side-lying	18	Lifting/holding head, following pelvic roll, sitting and on back	20
CD#11/T05 [32 minutes] [DVD#11 Scene 1 (24 min)]	18	CD#11/T18 [50 minutes] [DVD#11 Scene 4 (33 min)]	20
ATM Lesson #113 ~ Katrin Smithback	18	ATM Lesson #117 ~ Katrin Smithback	20
Voice #1, jaw and tongue, sitting and lying	18	Pelvic clock #3	20
CD#11/T06 [55 minutes][Amherst July 25, 1981 & Esalen #41]	18	CD#11/T19 [minutes] [Amherst July 7, 1980]	20
DAY 52 MAY 3, 2005	19	DAY 54 MAY 5, 2005	21
ATM Lesson #114 ~ Katrin Smithback	19	Discussion #105 ~ Katrin Smithback	21
Pelvic clock #2, sitting	19	Feldenkrais in the news	21
CD#11/T07 [58 minutes][Amherst July 7, 1980]	19		
Discussion #100 ~ Katrin Smithback	19		
ATM lesson of rolling pelvis	19		
CD#11/T08 [11 minutes]	19		

CD#11/T20 [24 minutes]	21	CD#12/T01 [73 minutes] [Amherst July 9,1980]	24
ATM Lesson #118 ~ Katrin Smithback	21	FI Exploration #65 ~ Katrin Smithback	24
Pelvic clock #4	21	Observe rolling pelvis	24
CD#11/T21 [22 minutes] [Amherst July 9, 1980]	21	CD#12/T02 [2 minutes]	24
Discussion #106 ~ Katrin Smithback	21	Discussion #109 ~ Katrin Smithback	24
Reading from <i>Potent Self</i>	21	Pelvic clock	24
CD#11/T22 [10 minutes]	21	CD#12/T03 [30 minutes]	24
ATM Lesson #119 ~ Katrin Smithback	21	ATM Teaching #20 ~ Katrin Smithback	24
Seesaw breathing	21	Think of an ATM for people in selection of photos	24
CD#11/T23 [29 minutes] [ATM Book #4]	21	CD#12/T04 [1 minute]	24
Discussion #107 ~ Katrin Smithback	21	Discussion #110 ~ Katrin Smithback	24
About breathing lesson	21	Emotions and body sensations	24
CD#11/T24 [20 minutes]	21	CD#12/T05 [45 minutes]	24
ATM Teaching #19 ~ Diana Razumny	21	FI Exploration #66 ~ Katrin Smithback	24
Create a scan for an ATM of your choice	21	Palpating spine, in sitting	24
CD#11/T25 [5 minutes]	21	CD#12/T06 [14minutes] [DVD#12 Scene 2 (10 min)]	24
FI Exploration #63 ~ Katrin Smithback	21		
Rolling pelvis around clock, on back	21	ATM Lesson #124 ~ Diana Razumny	25
CD#11/T26 [15 minutes][DVD#11 Scene 5 (13 min)]	21	Sidebending, on side	25
		CD#12/T07 [49 minutes] [Mark Reese, San Rafael, CA]	25
ATM Lesson #120 ~ Diana Razumny	21		
Alternately bending legs, on side	21	DAY 57 MAY 10, 2005	26
CD#11/T27 [47 minutes][Diana's creation]	21		
DAY 55 MAY 6, 2005	23	ATM Lesson #125 ~ Katrin Smithback	26
		Head circles #1, sitting	26
Baby Pictures ~ Diana Razumny	23	CD#12/T08 [46 minutes] [Amherst July 17, 1980]	26
Baby pictures #3	23	Discussion #111~ Katrin Smithback	26
CD#11/T28 [5 minutes]	23	Posture, stability and symmetry	26
ATM Lesson #121 ~ Diana Razumny	23	CD#12/T09 [9 minutes]	26
Pushing up to elbows and knees, on belly	23	FI Exploration #67 ~ Katrin Smithback	26
CD#11/T29 [43 minutes] [Diana's creation]	23	Observing patterns & non-judgmental descriptions	26
Discussion #108 ~ Katrin Smithback	23	CD#12/T10 [28 minutes] [DVD#12 Scene 3 (17 min)]	26
Involuntary muscles for standing	23	ATM Lesson #126 ~ Katrin Smithback	26
CD#11/T30 [7 minutes]	23	Painting the dome of the mouth	26
FI Exploration #64 ~ Katrin Smithback	23	CD#12/T11 [27 minutes] [AY#23]	26
Rolling pelvis from knee, on back, foot standing	23	ATM Lesson #127 ~ Diana Razumny	26
CD#11/T31 [43 min][DVD#11 Scene 6 (21 min); DVD#12 Scene 1 (17 min)]	23	Lifting pelvis over knees, from side	26
ATM Lesson #122 ~ Katrin Smithback	23	CD#12/T12 [50 minutes] [Amherst inspired]	26
Pelvic clock #5	23	FI Exploration #68 ~ Katrin Smithback	26
CD#11/T32 [33 minutes] [Amherst July 1980]	23	Shoulder lifting, on back	26
		CD#12/T13 [28 minutes] [DVD#12 Scene 4 (13 min)]	26
DAY 56 MAY 9, 2005	24		
ATM Lesson #123 ~ Katrin Smithback	24	DAY 58 MAY 11, 2005	27
Pelvic clock #6 with head circles, sitting, elbow propped, on back, standing	24	Discussion #112~ Katrin Smithback	27

FI practice of lifting shoulders	27
CD#12/T14 [13 minutes]	27
ATM Lesson #128 ~ Katrin Smithback	27
Head circles #2, varied positions	27
CD#12/T15 [43 minutes] [Amherst July 17, 1980]	27
Moshe Video	27
Habits, use of head and invariance	27
CD#12/T16 [35 minutes] [Amherst July 21, 1980]	27
Discussion #113~ Katrin Smithback	27
Moshe video	27
CD#12/T17 [26 minutes]	27
Discussion #114~ Katrin Smithback	27
Cervical spine demo with skeleton	27
CD#12/T18 [24 minutes] [DVD#12 Scene 5 (13 min)]	27
ATM Lesson #129 ~ Katrin Smithback	27
Standing at wall, rolling head	27
CD#12/T19 [21 minutes] [Amherst July, 1980]	27
FI Exploration #69 ~ Katrin Smithback	27
Sitting to standing holding at head	27
CD#12/T20 [29 minutes] [DVD#12 Scene 6 (8 min)]	27
ATM Lesson #130 ~ Diana Razumny	27
Crawl, push up to sitting	27
CD#12/T21 [40 minutes] [Amherst inspired]	27

DAY 59 MAY 12, 2005 28

ATM Lesson #131 ~ Diana Razumny	28
All 4s to squatting	28
CD#12/T22 [57 minutes] [Amherst inspired]	28
Discussion #115~ Diana Razumny	28
Activities between segments	28
CD#12/T23 [24 minutes]	28
Baby Video ~ Diana Razumny	28
Amazing Babies	28
no recording [<i>Moving in the first year</i> by Beverly Stokes]	28
Discussion #116~ Katrin Smithback	28
General questions	28
CD#12/T24 [26minutes]	28
FI Exploration #70 ~ Katrin Smithback	28
Following pattern of shoulders and pelvis	28
CD#12/T25 [30 minutes] [DVD#12 Scene 7 (23 min)]	28
ATM Lesson #132 ~ Katrin Smithback	28
Head circles #3, varied positions	28
CD#12/T26 [39 minutes] [Amherst July 21, 1980]	28

DAY 60 MAY 13, 2005 29

ATM Lesson #133 ~ Katrin Smithback	29
Head circles #4, varied positions	29
CD#12/T27 [44 minutes] [Amherst July 21, 1980]	29
Discussion #117~ Katrin Smithback	29
ATM series and practicing between segments	29
CD#12/T28 [7 minutes]	29
FI Exploration #71 ~ Katrin Smithback	29
Review from last 2 weeks	29
CD#12/T29 [5 minutes]	29
ATM Lesson #134 ~ Katrin Smithback	29
Tenderness	29
CD#12/T30 [16 minutes]	29

Day 41 April 18, 2005

*Introduction ~ Efrem &
Diana Razumny & Yvan Joly
Announcements and welcoming*

NOT RECORDED

*Discussion #83 ~ Yvan Joly
Developmental material for this
segment*

CD#09/T01 [12 MINUTES]

First two weeks with Yvan will be developmental movements.

*ATM Lesson #092 ~ Yvan Joly
Breathing and sucking #1, on
back and side*

CD#09/T02 [64 MINUTES][AMHERST JUNE 9, 1980 AM]

On back, note breath. Knees bent, open/close mouth, note connection to breath. Bring lips forward, start to suck. Note jaw, teeth, pallet, rhythm, etc. Pause, reach lips forward to start sucking, note neck, head. Allow corners of mouth to come into smile. On side, suck, feeling gravity pulling so two sides of mouth in sucking is different. Have finger at corner of mouth, reach for finger with lips. Suck on finger, repeat. Pause on back, roll to other side, repeat.

*ATM Lesson #093 ~ Yvan Joly
Breathing and sucking #2, on
back and side*

CD#09/T03 [40 MINUTES][AMHERST JUNE 9, 1980 AM]

On back, roll head, note breath. Hands on chin, bring chin/jaw forward, suck. Lips forward to suck. Finger just above upper lip, reach lips towards finger and suck on it. Lying on side, finger to one side or other or up or down, reach with lips to finger and suck on it. Talk about head moving towards nipple to suck is beginning of orientation and proximal distal relationship. Roll to other side and repeat. On back, breathe with mouth open. Close mouth, bring lips forward, breathe through nose and suck. On back, knees bent, sucking on finger. Reach lips more towards 12 o'clock if clock were in front of face. Then towards 3 then 6 then around the clock, then in the middle. Suck on finger in the middle. Stand, suck.

*Discussion #84 ~ Yvan Joly
Studies between segments*

CD#09/T04 [6 MINUTES]

In pairs talk about what you did between segments.

*ATM Lesson #094 ~ Yvan Joly
Eyes, on back and sides*

CD#09/T05 [78 MINUTES][AMHERST JUNE 12, 1980]

On back sensing the eyes. Look R. Note differences between eyes, one looking in, one looking out. On L side, look R. Look up overhead then as if to see behind. On back, look up and R. On R side, look L. On back, look up/down. Look up/R then down L. Look up/L, down/R. Look around dial, one way then other. Note sacrum circle.

*Discussion #85 ~ Yvan Joly
Sharing experience of lessons*

CD#09/T06 [16 MINUTES]

Nancy shared about seeing images while moving eyes. EMDR. Access inner world through eyes moving. Where do eyes go if imagine sitting on ice. Where do eyes go remembering first song. Donna about feeling like eyes took up half her face, things floating and coming into her. Alicia, sucking different after eye movements. Kyle about right eye dominance.

*ATM Lesson #094 continued ~
Yvan Joly*

Eyes, on back

CD#09/T07 [10 MINUTES][AMHERST JUNE 12, 1980]

On back, knees bent, roll head side to side, note eyes. Start sucking around the clock but keep your eyes in the middle/forward. Imagine dial on floor and look around with eyes and head as if to see the numbers around dial

Day 42 April 19, 2005

ATM Lesson #095 ~ Yvan Joly
Folding #1, hands to feet, on back

CD#09/T08 [46 MINUTES][AMHERST JUNE 10, 1980]

On back, knees bent, feet standing, slide R hand along R leg, inside/outside. Hold ankle/foot, take R/L. Repeat OS. Hold R foot w/R hand, L hand behind head, bring mouth towards big toe. Repeat OS. Hold both feet, alternate bringing toes towards mouth, rolling.

ATM Teaching #13 ~ Yvan Joly
Teach and imitate in trios

CD#09/T09 [2 MINUTES]

Trios, one as a teacher of the previous ATM, one person watches the third one doing the instructions. The witness then imitates what they saw. Rotate. Discussion afterwards

Discussion #86 ~ Yvan Joly
Mirror neurons and imitating

CD#09/T10 [59 MINUTES]

Alicia: What about leaving legs open in ATM? Diapers. African ways. About making choices with child.

Mirror neurons. Watching someone doing something activates your brain as if doing it yourself. Dancers who have more experience of what they are watching in another dancer, they have more brain activation. We see based on what we have experienced. Somatic Empathy. Important in FI to have empathy without sympathy. In ATM teaching and watching students, you get information about your students experience. We look for maturing from what sympathy to empathy. Joe, tape on skiing, improving his own skiing just by watching and even remembering what he saw. Children walk like parents, soaking up what they see around them. There is something built in, a kind of unfolding plus what is seen in environment. Animals come out with programs so they can stand and walk soon and survive on their own.

Why do people eat? Emotional, modifying sensations. Time. Hungry, sustaining body. Comfort. Association to good memories. Social expectations. Taste good. Other people's feelings. Boredom. Socializing. Sensuality, texture. Advertising influences. Fatigue. Planning ahead. Impulse. Because it's free. Yvan's theory, we act in order to change our sensations. When people come for FI, what the person wants and what they need can be different. I don't know what they need. Connection to how many reasons people have for eating.

Discussion #87 ~ Diana
Razumny

Baby photos

CD#09/T11 [5 MINUTES]

Showing photos of babies on the belly while still under one month old. Pictures from book by Lois Bly *Motor Skills Acquisition in the First Year*.

ATM Lesson #096 ~ Diana
Razumny

Minimal lifting of head, on belly

CD#09/T12 [57 MINUTES] [AMHERST INSPIRED]

On front, forehead down, arms framing head, lift head to look up, note ease/range. On front, head turned to side, arms bent with elbows close to sides, soft fist in front of face and at back side of head, reach with lips towards knuckle for sucking. Suck noting neck. Same position, start lifting eyebrows, eyes start looking up towards eyebrows. Look down towards hand/shoulder. Note neck, cheek against floor. Stop in middle then start looking down, allow cheek to slide little in arc along floor, look up, cheek slides in arc. Repeat above on other side. Same position, slide arms up a little, hands coming towards each other overhead, soft fists, look up/down, sliding head along floor looking at hand then look under shoulder. Note neck, chest, sternum. Pause, reach lips in direction of inside of elbow in front of face, increase to slide cheek on floor. Slide back to middle then past middle, alternate forward/back, lips towards elbow on face side, back of head towards inside of elbow on back of head side. Repeat on other side. Same position, face to one side, look at shoulder, down upper arm to crotch of elbow, along lower arm to hand and back again. Repeat, follow with head like near sighted or wanted to rub nose or lips along arm. Pause. Look under shoulder little, sliding/turning head to end up forehead on floor, chin towards chest then reverse, repeat several times, increase so pass through middle to other side. Go side to side few times then stop with face to L and repeat above, looking around bent arm. Eventually look from one hand to other to cross to other side, reverse, circle back around until looking at shoulder started with. Repeat idea but go from looking at one hand to elbow, shoulder, under self to other shoulder along other arm to hand, reverse. Circling from one hand all the way around to other hand. Circle from forehead on floor, chin to chest, circling around one side, past hands to other side back so chin is to chest again and reverse.

ATM Lesson #097 ~ Yvan Joly
Folding #2, holding knees, rolling side to side, on back

CD#09/T13 [72 MINUTES] [AMHERST JUNE 10 INSPIRED]

On back, knees open to sides, soles facing, lift R leg from floor, reach R hand/arm towards R foot. Eyes

side to side, rolling head. Look up/down with eyes. Lift legs while knees are open to sides, slide hands under pelvis to make it easier. Switch hands to hold from inside knees while open, rock up/down. Holding knees, look up/down with eyes, create rocking. Holding knees, look up/right, allow body to roll. Repeat on other side, roll side to side, eyes looking overhead on each side. Start looking overhead and around to other side so roll to side while looking overhead and then go to other side by looking down and across to other side. Folded on side, lift top knee to guide rolling to other side, roll side/side leading with knee. Switch to leading w/head and eyes. Rest on back with knees open and folded in front, hands under pelvis to help legs rest hanging in front of you. Resting on back, legs long, noting openness of legs/feet, along front.

Observe and imitate rolling side to side: Trios, two people watch one person rolling side to side like in lesson. Then sit up and watch the other two imitating them. Rotate roles. Watching each other like this is a way to develop somatic empathy.

On back, folded with hands near face, elbows related to knees, bring elbow towards inside of knee on same side. Alternate side/side with elbows. Interlace hands behind head, knees/elbows folded together with head lifted, aim R elbow towards inside of L knee/thigh. Alternate side to side with elbows towards opposite knees. Change interlacing of fingers, repeat. Hold knees with hands, folded with knees open to sides.

Day 43 April 20, 2005

Discussion #88 ~ Diana Razumny

Baby photos

CD#09/T14 [3 MINUTES]

Showing photos of babies on the belly while still under one month old. Pictures from book by Lois Bly *Motor Skills Acquisition in the First Year*.

ATM Lesson #098 ~ Diana Razumny

Elbow propping, on belly

CD#09/T15 [57 MINUTES] [AMHERST INSPIRED]

On front, arms folded close to body, hands fist under shoulders. Lift/turn head. Slide elbows/hands under gradually, lifting head to test for ease.

Eventually elbows shoulder height out to sides, 90 degrees. (conditions create different response ie arms in close or spread from center) Explore lifting tail, opening knees, slide up little frog style. Note change in pressure along front side. Baby's starts like that, making more challenge for head lift.

Elbows/shoulders at 90, lift/turn head. Start w/small arc, increasing until eyes on horizon, arc changes angles. Corresponding arcs of chin, nose, eyes, forehead. Leave head up, scan horizon in arc.

Increase looking around to side by lifting opposite elbow, hand anchored. Repeat, looking around to side, opposite arm straightens, turning back to other side, plant elbow in new place for weight bearing, feel into shoulder, look around to side of newly placed elbow, feel support of elbow now. Other side, end up on both elbows (wide), slide elbows open, head/chest returns to floor. Lift head/chest, allow elbows to slide in as a result, take weight then let elbows slide out, head/chest returns to floor. Elbows/shoulders 90, face R, sound from L, lift/turn head to look over L shoulder, allow R elbow to slide in, turn to look/listen over R shoulder, coming onto R elbow, L elbow slides in, turn to look over L shoulder, weight on L elbow. Slide out, head/chest returns to floor. Arms 90, lift head to look forward/up, feel when arms can be drug along so elbows come in for support. Slide elbows wide to lower head/chest.

Discussion #89 ~ Diana Razumny

RIE Video and discussion

CD#09/T16 [53 MINUTES]

ATM Lesson #099 ~ Diana Razumny

Lifting head, arm and leg, on belly

CD#09/T17 [36 MINUTES] [AMHERST INSPIRED]

Repeat some from previous lesson, lifting head to look forward while on front. Lift head/chest and let elbows slide in under shoulders. On front, head turned to easy side, lift head while turned. Arms extended overhead, look along arm towards hand, lift head to see hand. Lift just arm that you are facing then lift arm and head together, add arm extending longer, add lifting diagonal leg. Repeat OS. Propped on elbows, lift and reach forward and up with one arm, looking at hand coming into air. Repeat OS. On front, lift arm on side facing, switch head and arms, alternate lifting head with each arm. Pause, lift both arms and head at same time, looking up/forward, note feet start to lift. Return to arms by head, look forward/up with head and note ease/difference.

ATM Lesson #100 ~ Yvan Joly
Folding #3, rolling back from sitting

CD#09/T18 [52 MINUTES]

On back, interlace fingers behind head, lift bent legs over belly, lift head and feet, extending knees while folding in front. Direct elbows between. Sit, stand feet, legs wide, hands interlaced behind head, bring elbows between knees, folding forward. ROB. Soles of feet together, knees open wide, hands behind head, lower head, elbows between knees, note where bending is happening. Stay with elbows between knees, close knees on elbows. When lift head, let elbows open to sides then fold forward, closing elbows, bring knees together around elbows. Bring two elbows around one knee while lifting leg so knee comes towards head, repeat with other knee. Explore floor with R palm all around on R side, under leg from outside. Switch to hand on floor between legs then under R leg, palm up, bend elbow and use arm to lift leg bringing knee towards head. Repeat OS. On back, hands behind head, knees bent over chest, lift head, elbows/knees towards each other. Sit, R arm under R leg, palm facing up, hook leg with arm, L hand around R foot, lift leg/foot, direct arm more under so leg could wrap around shoulder. Think of leg coming around back of head as a direction. Repeat OS. Sit with feet standing hands wrapped around front of knees, roll pelvis back, eventually rolling back, feet lifting, rolling on round back then up again. Both arms under legs from inside, lift legs, balance on butt, can roll back also. On back, hands behind head, knees/elbows close, roll side/side. Stay on side to rest. Sit, stand.

FI Exploration #50 ~ Yvan Joly
Folding #1, lifting legs and head,
on back

CD#09/T19 [38 MINUTES] [DVD#9 SCENE 1 (34 MINUTES)]

Demos with Mary and Ellen. Pairs, one on back, other lift/bend leg, bring to standing. Stand other leg. Sit at head, lift head to take face to look between legs.

Day 44 April 21, 2005

ATM Lesson #101 ~ Yvan Joly Frog legs into rolling to side from back

CD#09/T20 [68 MINUTES]

On back, slide one leg at a time up and out to sides, leave knees hanging open, soles towards each other. Lift R bent leg, circling knee up towards chest, take to L. From knees being open to sides, lift R knee, rolling onto sole of R foot, standing knee over foot and then take knee L to roll towards instep of R foot. Return to lifting and circling R leg/knee over to L. Add having hands by face, elbows up in air, growing movement of R leg to L so that you roll onto side, returning to back. Repeat what you remember with L leg. On back, slide feet/legs up, opening to sides like in beginning then alternate legs, noting direction of head. Pairs observing each other rolling side to side.

FI Exploration #51 ~ Yvan Joly Folding #2, lifting legs and head, on back

CD#09/T21 [61 MINUTES] [DVD#9 SCENE 2 (26 MIN); SCENE 3 (3 MIN); SCENE 4 (18 MIN)]

Demo with Michela. Pairs, one on back, other lift/bend leg, bring to standing. Stand other leg. Sit at head, lift head to take face to look between legs. Demo with Frank and skeleton showing use of self. Demo with skeleton.

Discussion #90 ~ Yvan Joly Mirror neurons

CD#09/T22 [14 MINUTES]

Groups of 5 reading and talking about article by Sharon Begley in the Wall Street Journal.

ATM Lesson #102 ~ Diana Razumny

Tilting bent leg, on belly

CD#09/T23 [64 MINUTES] [AMHERST JUNE 1980]

Scan on back, note lower back. Bend knees, feet standing, feel contact of foot to floor. Roll head. On front, lift head while on one side, the other and from middle. On belly, hands near head, bend knees, note orientation of toes, angle of ankle in relation to angle when standing. Bring soles parallel to ceiling. Pause, point toes to ceiling. Same pos, flex/ext R foot. Easier to ext or flex? Note if toes flex/ext. Same pos, leave foot/ankle as is, flex/ext only toes of R foot. Switch to flex/ext foot with toes passive. Which side is head turned? Bend knees again, flex/ext R foot and feel which side is best for face. Hands on floor near shoulders, head to R/L to feel which is best while moving R foot. Pause w/feet in air, tilt R leg R towards floor. What's best for head? On belly, head L, knees bent, flex/ext R foot. Straighten L leg, tilt R leg R.

Slowly to R, fast back to center. Pause, tilt R leg R noting diff. R arm down along side, tilt R leg R. Then have R arm up along side head, feel diff in tilting R leg. R arm long overhead, L hand/arm for pushup, knees bent, tilt R. Bend legs, tilt both R, L foot touching R, stay. Move L foot away then tog. Both legs in center, tilt R leg R and note how far. Knees/feet touching, bent, tilt legs R, stay, move L away slowly, quickly back to R. Bring both legs up, tilt R leg R. Tilt both legs R, stay w/legs connected, slowly, gently look w/eyes and head around R shoulder then L. Rest on back. On belly, bend L knee, tilt L. Then bend only R knee and tilt R. Compare. Both knees bent, hands pushup, look over L/R shoulder alt. Tilt legs to opp side head is looking. Slowly switch to look over same side. Return to opp

Day 45 April 22, 2005

Discussion #91 ~ Yvan Joly *Mirror neurons and invariance*

CD#09/T24 [47 MINUTES]

Frank: questions the mirror neuron idea. Ken: What the bleep? Observer and observed. Invariance. Example of holding finger in front of face, moving head side to side. Function of brain is to create stability or invariance. Both problem and solution. Habit creates our world. State of creativity can be coming out of the habit. Having a fresh look. The way we try to resolve a problem is the same way we create it, approach it in the same way. (interpretation of Einstein quote) Joe: watching football influencing his playing football. Duncan: comparing watching Feldenkrais and watching a sport. When we “move a leg” we are thinking of much more than just moving a leg. August shared about her foot healing. Erin: What do you read to keep up with science. NY Times has articles every Tuesday about latest scientific discoveries. Moshe had a passion for taking science and philosophical ideas into action, concrete application.

ATM Teaching #14 ~ Yvan Joly *Create and teach rolling side to side*

CD#09/T25 [10 MINUTES]

Groups of 4, (two pairs) Everyone lie down and create and ATM piece to roll from side to side. Talk to yourself about what you are doing. Teach your version to another person while you are doing it and speaking it. And then sit up, watch your student while you are teaching them the same thing.

FI Exploration #52 ~ Yvan Joly *Folding #3, review*

CD#09/T26 [2 MINUTES]

Trios, one person on table for 20 minutes, other 2 people alternate doing flexion review.

*Day 46 April 25, 2005**ATM Lesson #103 ~ Yvan Joly**Rolling from side to back*

CD#10/T1 [78 MINUTES] [AMHERST JUNE 16, 1980]

On back. Slide R leg up, bent open to side, leave there and bend/straighten L leg. Continue bending L leg so leg comes away from floor, eventually circle knee over pass midline to R side. R hand to mouth, suck. Note trajectory of hand. Repeat w/L hand. Both hands. Hands at mouth, bend legs, cross L leg to R, rolling to side, return to back. Stay on R side, folded, roll back thinking of middle back going towards back. Return by folding. Rolling several times with emphasis in different places. On back, feet standing, hands to mouth, start extending arms overhead. Slide legs up, knees open to sides, add hands/arms coming overhead. Leave L arm overhead, lift L bent leg in air, R hand in/near mouth, R knee open to side. Repeat the movement. With L arm overhead, L leg lifted, roll R so arm/leg cross over to floor. Roll to R side and to back several times. Repeat but with L leg lifted. Roll side to side, starting with arms overhead, knees bent open to sides.

*FI Exploration #53 ~ Yvan Joly**Folding #4*

CD#10/T02 [48 MINUTES] [DVD#9 SCENE 5 (29 MIN)]

Demo with August and skeleton

*Discussion #92 ~ Yvan Joly**Choosing tables*

CD#10/T03 [26 MINUTES]

*ATM Lesson #104 ~ Diana**Razumny**Rolling back to belly*

CD#10/T04 [47 MINUTES] [RUTHY ALON INSPIRED]

On back, hold knees w/hands, roll head, follow with whole self. Stay on one side, folded, lift top arm/leg away from bottom. Continue until bottom arm/leg lift, roll to other side, repeat. Roll side/side this way. Stay on one side, lengthen bottom leg then fold again, returning under top leg. Repeat with bottom arm. Slide bottom arm/leg long at same time then return to under top arm/leg that stay bent whole time. Stay with bottom arm/leg long, start sliding folded arm/leg to become long so roll to belly, then return to folded. Repeat few times then add other arm/leg folding to come under top arm/leg so folded on side. From there, lift top arm/leg far as can before bottom arm/leg come away from floor. Roll to other side and repeat above on this side. When on belly, alternately bend/straighten arms/legs. (crawling move)

Day 47 April 26, 2005

ATM Lesson #105 ~ Diana Razumny

Elbow propped with crawling legs, on belly

CD#10/T05 [53 MINUTES] [AMHERST INSPIRED]

On belly, arms frame head, face R, take nose to inside of elbow, note pelvis. Stand toes of R foot, push, lift knee, note head. Take head R w/toes pushing, feel connection. Try w/L toes standing. Face R, head on back of R hand, slide head/arm down to R add R toes pushing. Sphinx (elbow prop), hang head, push toes, note R ear to R shoulder. Change to looking around R shoulder w/R toes pushing. Sphinx, hang head, slide R knee up, note head, R ear to R shoulder. Add looking around R shoulder as R knee slides up. Repeat all above on L side. End in Sphinx, w/alternating knees and looking over/around shoulders. Take into crawling, toes for pushing. Pause. Sphinx, alternate shoulders forward/back, looking over shoulder coming forward. Repeat w/keeping head forward in middle, add sliding knees up alternately, take into crawling, pushing w/toes, head/eyes looking straight ahead. Stand hands, alternate looking under arms at alternating knees sliding. Change to looking up/over shoulder at knee sliding up. Arms alternate straightening. Take into crawling, pushing w/toes of bent knee.

Discussion #93 ~ Yvan Joly

Stress responses

CD#10/T06 [59 MINUTES]

Fight, flight or freeze reactions. Stress responses, holding on or letting go. Story about client with dental problems from grinding teeth from stress. Lift the woman's leg and it stayed up in air. Talked to dentist about it. We have therapeutic effects but don't do therapy. We educate people about themselves. Another story about lifting leg with man who has high blood pressure. He got better from teaching him to not hold up his leg which was a kind of co-contraction. When we have a problem we shrink our attention. In FM we expand the person's awareness. The healing comes through the process and is not our focus as a practitioner. Duncan's question about working with other therapists. August's question about why did her shoulder pain go away after Yvan worked with her. When someone has an injury or inflamed, go away from the area.

FI Exploration #54 ~ Yvan Joly

Folding #5, from offset center, on side

CD#10/T07 [31 MINUTES] [DVD#10 SCENE 1 (17 MIN)]

Demo with Ayesha. Demo with skeleton.

ATM Lesson #106 ~ Yvan Joly

Going down on elbow from sitting

CD#10/T08 [34 MINUTES] [AMHERST JULY 7, 1980]

Sit cross legged, L leg in front of R, R hand on floor to side, bend R elbow towards floor. Continue down onto shoulder and then to lying on back. Repeat on other side. Circle side to side, going down on one side then the other. Come from lying on back up onto one elbow and the reverse and come up on other side.

ATM Teaching #15 ~ Yvan Joly

Give questions and noticing comments

CD#10/T09 [6MINUTES]

Groups of three, one person repeats the movements from ATM of going down on elbow. One of the two teachers ask questions of the person as they do the movement. The other teacher has them notice different things while moving.

ATM Lesson #106 continued ~ Yvan Joly

Going down on elbow from sitting

CD#10/T10 [7 MINUTES] [AMHERST JULY 7, 1980]

Go from sitting to leaning back on one elbow then other, keeping head up and facing forward. Have something on top of head and repeat.

Day 48 April 27, 2005

*Discussion #94 ~ Yvan Joly
ATM teaching experience*

CD#10/T11 [26 MINUTES]

ATM is an art in itself that is underestimated. Gyana: comment about questions vs. noticing statements. Bob shared difficulty. Charlot: suggests to leave space and have students think about what they might guide a students awareness. Eutony example. Lethe: what's the difference between question or statement. Went into talk about not being able to hide. Authentic movement has a witness. Rogerian therapy also just witnesses or mirrors back. Another method just holding head and watch what happens. FM, we are more active.

ATM Lesson #107 ~ Yvan Joly

Interlacing toes

CD#10/T12 [56 MINUTES] [AMHERST JUNE 25, 1890]

For the scan, students offered what to notice. Sit, interlace toes. Interlace fingers and notice if the thumb on top is on same side as the big toe on top. Switch interlacing of toes. Lean on hands behind and lift feet and put them down to L/R alternately. On back with legs long, roll each leg to notice hip joints. On back, lift legs, interlace toes with help of hands. Hold ankles and take feet L/R. Hold at knees, roll to side and come up to sit while toes are still interlaced, then reverse. Sit, interlace toes, interlace fingers, wrap hands around feet and roll to side, onto back. Talk during rest about learning styles and language. Interlace toes, interlace fingers, wrap hands around feet and roll from back up to sitting. Continue round and round.

FI Exploration #55 ~ Yvan Joly

Folding #6

CD#10/T13 [28 MINUTES] [DVD#10 SCENE 2 (26 OF 28 MIN)]

Demo with Cici. Demo with skeleton.

Baby Demo ~ Diana Razumny

Demo with 6 mo old baby

NOT RECORDED ON AUDIO [DVD#10 SCENE 3 (18 MINUTES)]

Discussion #95 ~ Diana

Razumny

Demo with baby

CD#10/T14 [43 MINUTES]

FI Exploration #55 cont ~

Yvan Joly

Folding #6 continued

CD#10/T15 [19 MINUTES] [DVD#10 SCENE 4 (16 OF 19 MIN)]

Demo with Nancy.

*ATM Lesson #108 ~ Yvan Joly
Rolling up to sit, sweeping arms
overhead, from back*

CD#10/T16 [30 MINUTES]

Day 49 April 28, 2005

*Discussion #96 ~ Yvan Joly
Mirror neuron article*

CD#10/T17 [5 MINUTES]

Joe reading from Yahoo news.

*ATM Lesson #109 ~ Diana
Razumny*

Crawling preparation

CD#10/T18 [42 MINUTES] [AMHERST INSPIRED]

On front, hands overlapped, forehead on hands, roll pelvis side/side, note head. Stand R hand, look R, L arm down along side, slide head under arm, slide knee up to side, note ease. Leave R knee up to R, arms framing head, take mouth towards inside of elbow in front of face. Slip R hand under L cheek, slide head/arm down to R, elbow towards knee. Stand hand, take head towards knee emphasizing forehead or chin or mouth. Return to original move, sliding head/knee towards each other with R hand standing. Slide R knee up, leave it, turn head L, take face towards inside of L arm, add L hand under R cheek, slide head/arm down to L. Stand L hand, look under L arm. Return to sliding head/knee together under bridge of R arm. Forehead on back of overlapping hands, slide R knee up, note effect on head. Switch, repeat above on other side. End with alternately looking under arm bridges while sliding knees up alternately then switch to look opposite to side of knee sliding up.

*Movement Observation ~
Diana and Yvan*

Watching Jeden

CD#10/T19 [21 MINUTES]

*ATM Teaching #16 ~ Diana
Razumny*

*Teaching what a model is
suggesting from*

CD#10/T20 [5 MINUTES]

*FI Exploration #56 ~ Yvan Joly
Folding #7, transition from back
to side*

CD#10/T21 [41 MINUTES] [DVD#10 SCENE 5 (28 MIN)]

Demo with Michelle starting on back, reviewing lifting head to fold forward, lifting shoulders, taking sternum down/back with head lifting. Standing feet. Take hands behind head interlaced, folding head forward by holding elbows, start rolling to side while folded, allowing legs to fall to side. Demos with Carl and Charlotte.

*Discussion #97 ~ Staff
Community meeting*

CD#10/T22 [84 MINUTES]

*FI Exploration #56 cont ~
Yvan Joly*

*Folding #7, transition from back
to side*

NO RECORDING

Day 50 April 29, 2005

ATM Lesson #110 ~ Diana Razumny

Continuous roll, folding and unfolding

CD#10/T23 [42 MINUTES]

These notes are a version of what was taught. L arm/leg long, R foot standing on floor, R hand towards R heel, push R foot, look up at L hand, stick out belly, hold ankle, roll to belly pushing belly forward, lengthen front of hip, knee away from floor, head/tail coming together in back. Roll back and forth – belly to back – back to belly. OS. Stand/push foot, interlace hands behind head, slide elbow towards lifting hip, other leg bent, slide foot through space between foot/pelvis as head/arms slide down to side, stick belly out to roll to belly. Repeat, take hand on lifting hip side to foot that slides through gap, hold ankle and roll to belly, keep head up. Interlace hands behind head, knees bent up over belly, lift head, elbows/knees together, separate on one side, looking overhead at elbow moving away, side/side like that. Stick belly out to one side, roll towards belly w/hands behind head, return elbow/knee together QUICKLY. Continue onto belly, head in the air, hands behind head, roll across, shortening one side to come onto back. Continuous rolling across middle of self, keeping head/arms/legs lifted from floor, thinking of eyes on horizon as you roll. Emphasis on flex/extend in pumping action.

FI Exploration #57 ~ Yvan Joly

Rolling from limbs

CD#10/T24 [20 MINUTES]

Demo with Erin.

Group Performance

Choreographed review

CD#10/T25

FI Exploration #58 ~ Yvan Joly

Folding #8, transition from back to side

CD#10/T26 [8 MINUTES] [DVD#10 SCENE 6 (8 MIN)]

Switch roles from yesterday's pairs. Change a little so rather than taking elbows when hands are interlaced behind head to fold and roll, go to bent legs and tilt them to the side to roll from bottom. Showed some sliding on table to bring person to edge in order to sit them up. And then to standing. Demo with Lethe.

ATM Lesson #111 ~ Yvan Joly

Rolling, following eyes

CD#10/T27 [23 MINUTES]

Day 51 May 2, 2005

*ATM Lesson #112 ~ Katrin
Smithback*

Pelvic clock #1

CD#11/T01 [50 MINUTES][ATM BOOK #6]

*Discussion #98 ~ Katrin
Smithback*

ATM Analysis

CD#11/T02 [33 MINUTES]

Handout of a list of background strategies and distinctions for studying ATMs. Charlotte's question about imbedded kinesthetic and psychological suggestions. Michelle: Meeting people where they are. Groups of 4: discuss the pelvic clock using the list of distinctions. Large group re-convened to

*ATM Teaching #17 ~ Katrin
Smithback*

*Create and teach variation for
pelvic clock lesson*

CD#11/T03 [4 MINUTES]

Groups of 4: create and teach variations to the pelvic clock. One teacher teaches the other one variation plus a scan. Rotate teachers.

*Discussion #99 ~ Katrin
Smithback*

Variations in ATM teaching game

CD#11/T04 [7 MINUTES]

Students variations: Clock behind head; legs long; attention to sternum and pubic bone; eyes around clock; knees out to sides with hands interlace behind head; seesaw breath to move pelvis;

*FI Exploration #59 ~ Katrin
Smithback*

Rolling pelvis in side-lying

CD#11/T05 [32 MINUTES] [DVD#11 SCENE 1 (24 MIN)]

Demo with Sue: Rolling pelvis while side-lying, think of roundness or "ball" like shape of pelvis, sensing through to her contact with table. Roll forward/back, roll up/down. Looking for what is easy. Looking for movement through spine. Look for a circling around a clock in area that is easy. Look for connection through to head with circle of pelvis. Return to cardinal directions. Demo with Frank: Position of arms and leg changes what's more available. Sliding skin around.

*ATM Lesson #113 ~ Katrin
Smithback*

*Voice #1, jaw and tongue, sitting
and lying*

CD#11/T06 [55 MINUTES][AMHERST JULY 25, 1981 & ESALEN #41]

Sit, stick tongue out, make ah sound. Stay with ah and move up/down with ah sound. On back, stick out tongue. Explore teeth with tongue, differentiate tongue and jaw. Finger on chin, tongue reaching finger. Much more and then at end did some partner work with talking with mouth closed.

Day 52 May 3, 2005

ATM Lesson #114 ~ Katrin Smithback

Pelvic clock #2, sitting

CD#11/T07 [58 MINUTES][AMHERST JULY 7, 1980]

Scan on back. Sit, lean on hands behind, legs crossed, imagine sitting on a clock on floor with 12 in front, 6 behind. Tilt head forward towards 12. Stopped and observed Carl, Lethe and Nancy. If there is no right or wrong, how do I make distinctions in the way people respond to directions. What's available to the person. Beginning of ATM you get a wide variety and by the end of the lesson people are moving more alike. (demo ends at 24 min.) ROB. Sit, lean on hands, cross legs other way, take head towards 6. (demo 27-33 minutes with August, Cici and Carl) ROB. Sit, lean on hand, cross legs, play with placement of hands, take head to 12/6 alternately. ROB. Sit, lean on hands, soles of feet together, roll pelvis forward/back towards 12/6. (demo 41-47 with Duncan, Nancy, Arianne) ROB Sit, soles together, lean on hands, take pelvis to 12, head to 6. Note direction fingers pointing. Note movement in hip joints.

Discussion #100 ~ Katrin Smithback

ATM lesson of rolling pelvis

CD#11/T08 [11 MINUTES]

What's the lesson about? Duncan: where to put the hands. Nancy pointed fingers forward to bend elbow more easily. Where you lean on pelvis changes mobility of pelvis and spine. Movement theme? Rocking pelvis, relation of head and pelvis through spine. Right/wrong? Making distinctions. Is the spine participating? What would be optimal for the spine?

FI Exploration #60 ~ Katrin Smithback

Observe ATM move

CD#11/T09 [24 MINUTES] [DVD#11 SCENE 2 (17 MIN)]

Demo with Cici. Groups of 3, observe one person doing the ATM move, forward/back, describe what's moving and not. Bring person's awareness to some place along spine by touching them that might make the movement easier if that area were involved. Demo on skeleton of possibilities of each vertebra.

Discussion #101 ~ Katrin Smithback

Right/wrong, context, quality, speed

CD#11/T10 [17 MINUTES]

Touching bringing awareness; right/wrong for FM; context; example of breathing in different situations;

getting ambitious about "making" person move someplace; someone with many degrees of freedom still have pattern ; choice/impulse.

ATM Lesson #115 ~ Katrin Smithback

Voice #2, alternating nostrils with sound, sitting and lying

CD#11/T11 [49 MINUTES][AMHERST JULY 25, 1980 & AY#5]

Sitting, open mouth, make ah sound. Repeat with mouth closed like a hum. Close R nostril, repeat. Switch to L nostril closed. Making high sound with each nostril closed. Alternate high/low tone. On back, continued with variations, head looking up/down. More variations in sitting, sliding high/low, looking for vibration of teeth/lips.

Discussion #102 ~ Katrin Smithback

ATM strategy of proximal/distal

CD#11/T12 [34 MINUTES]

Going through handout of ATM strategies and distinctions. Proximal/distal elaboration as related to rolling pelvis with soles of feet together. Groups of three discussed daily activities that you could reverse proximal/distal.

FI Exploration #61 ~ Katrin Smithback

Holding head, following pelvis rolling, sitting

CD#11/T13 [14 MINUTES] [DVD#11 SCENE 3 (5 MIN)]

Demo with Frank .Have person sitting, hold at their head and follow along while the roll their pelvis forward and back. Refining demo with Michele about having person sitting forward on table and how you follow along with your own body.

Day 53 May 4, 2005

ATM Lesson #116 ~ Diana Razumny

Lifting hip, lengthening opposite arm overhead, on back

CD#11/T14 [45 MINUTES][GABY YARON SAN FRANCISCO 1977]

Scan on back, roll head. Note breath thru nostrils, space in mouth, lungs. Ref move-stand feet, tilt legs side/side, note ball of pelvis/head, track head/nose/back of head. Stand R foot, L arm long overhead on floor. Lift R hip, roll pelvis L, lengthen L arm. Add rolling head L, looking at L hand. Switch to rolling head R, back of R hand on floor. Lengthen R arm towards R heel. Note breath R/L lung. Repeat OS. Leave hip lifted, roll head R/L, lengthening arm looking towards. ROB, note breath, lungs, nostrils. Roll head. Leave hip lifted, roll head R, lengthen R arm, R hand under heel, lift/lower hip holding heel. Hip lifted, lift/lower toes, quick/slow. Lift/lower, compare to beginning. Lift/lower hip, leave lifted, lift toes then front of foot, heel in hand. Lift/lower hip, compare ease. ROB. Repeat OS. Return to lift/lower R hip, lengthen L arm overhead, R hand to heel. Slide R hand under arch, lifted hip, repeat lifting toes then toes/foot. Lift/lower hip, note ease. Repeat OS. R hand holding R arch, lift/lower R hip. L hand under head, lift head towards R knee. Add lifting foot/leg w/R hand, knee/head tog/apart. L arm lengthens overhead with R hip lift. ROB. Return to ref move, tilting bent legs, note relation to head

ATM Teaching #18 ~ Diana Razumny

Teach three moves from last ATM lesson

CD#11/T15 [34 MINUTES]

ATM questions. Pairs, teach 3 movements from hip lifting ATM. Discussion: what did you find in your explorations.

Discussion #103 ~ Katrin Smithback

Gift of Feldenkrais

CD#11/T16 [13 MINUTES]

Reading from Moshe about self image. Moshe in San Francisco year 3 8/10/77. Movement and sensing. We do a variety of movement and we are different in that we use sensory awareness. Nicolai Bernstein *Dexterity and it's Development*.

Discussion #104 ~ Katrin Smithback

Scanning

CD#11/T17 [24 MINUTES]

What is scanning? Invitation to turn attention inward; to breath. Often related to possible changes in lesson. Ways to track changes: contact with the floor; note asymmetry, space around you; pay attention to differences; Meta themes: your comfort & ease is important; their experience is valuable; no comparison to others or teacher; the movement isn't the goal but the process. Expanding self image. Scan psychological environment. Respect content of what comes up for you in the scan. Teacher's voice can help students turn off the internal judge, or other internal chatter. Emphasis on the present, what's happening now. Stay with the language of your sensation. Voice too hypnotic during scan can put people to sleep and they loose contact with their environment. Charlotte about using person's own voice like a reference movement.

FI Exploration #62 ~ Katrin Smithback

Lifting/holding head, following pelvic roll, sitting and on back

CD#11/T18 [50 MINUTES] [DVD#11 SCENE 4 (33 MIN)]

Hold person from head while they are sitting and rocking their pelvis. Just follow along at the head. Have them lie down with feet standing. Lift their head to feel for the weight. Then watch them rock pelvis, notice head movement. Hold their head again and follow along while they rock their pelvis. Demo with Erin in beginning, then skeleton and then with Donna & Carl.

ATM Lesson #117 ~ Katrin Smithback

Pelvic clock #3

CD#11/T19 [MINUTES] [AMHERST JULY 7, 1980]

Sit, lean on hands behind, roll pelvis 12/6, let head go with movement. Repeat with hands resting on legs or feet. Sit, soles together, slide feet to/away, side/side, lean on hands, roll pelvis, belly pushed forward to 12. On back, knees open, soles together, R foot on L, roll pelvis, push belly forward. Switch feet. Soles tog, roll pelvis, flatten back, chin comes forward, stay and push belly forward. Sit, soles tog, lean on hands, roll pelvis 12/6, look up/down. Roll pelvis to take L knee towards floor by rolling pelvis towards L knee, belly pushed towards knee, push into floor w/R hand, take L shoulder back, R shoulder forward. Take other knee towards floor, alternate knees. On back, soles together, roll pelvis, belly towards alternate knees.

Day 54 May 5, 2005

Discussion #105 ~ Katrin Smithback

Feldenkrais in the news

CD#11/T20 [24 MINUTES]

Article in newspaper about Feldenkrais. Nancy shared about families attitude. Getting article in Tulsa. We use a functional, educational model rather than medical. Different paradigm. Have to meet people where they are. Diagnosis give feeling of futility. Charlotte: having people experience is the best. Looking for people's strengths rather their weaknesses.

ATM Lesson #118 ~ Katrin Smithback

Pelvic clock #4

CD#11/T21 [22 MINUTES] [AMHERST JULY 9, 1980]

On back, stand feet, pelvis 3/9. Soles together, lower one knee to floor then other, push belly towards lowering knee. Note movement of head/eyes when lowering one knee towards floor. Repeat with one hand under lumbar. Switch to rolling 12/6, note chin towards/away from throat. Seesaw breath with pelvis towards 12/6. Return to taking knees to floor alternately.

Discussion #106 ~ Katrin Smithback

Reading from Potent Self

CD#11/T22 [10 MINUTES]

Use of abdominal. Acture vs. posture. Moving freely in all directions, foundation of life. Impotence of all kinds means there is a compulsive rigidity in the body. Freedom of head related to belly tonus. Joint to spine at pelvis and skull is most important.

ATM Lesson #119 ~ Katrin Smithback

Seesaw breathing

CD#11/T23 [29 MINUTES] [ATM BOOK #4]

Reading from ATM book. Interjected piece from Potent Self about thumbs below belly button, fingers above pubic bone. (page 208-209)

Discussion #107 ~ Katrin Smithback

About breathing lesson

CD#11/T24 [20 MINUTES]

Seesaw breathing without effecting head. On back, notice if you inhale then exhale completely, notice if the head/sternum move or stay free. Need no

voluntary contractions to sit or stand, unless we are doing things that take us out of skeletal stacking.

ATM Teaching #19 ~ Diana Razumny

Create a scan for an ATM of your choice

CD#11/T25 [5 MINUTES]

FI Exploration #63 ~ Katrin Smithback

Rolling pelvis around clock, on back

CD#11/T26 [15 MINUTES][DVD#11 SCENE 5 (13 MIN)]

Demo with Tracy. Person on back, roller under knees, lift head, support if needed, roll pelvis towards 12/6 then 3/9 then around the clock noting where it's most available.

ATM Lesson #120 ~ Diana Razumny

Alternately bending legs, on side

CD#11/T27 [47 MINUTES][DIANA'S CREATION]

Starting position: Scan on back. Lie on comfortable side, knees/elbows bent on top of each other. Straighten/bend top leg few times. Note pelvis rolling, short/long sides of waist. Pause, legs bent/together. Straighten/bent bottom leg. Pause, alternate legs straightening/bending. Note roll of pelvis, waist on sides. Legs stay bent/together, slide bottom arm straight overhead so head can come to rest on upper arm. Repeat few times. Pause. Slide bottom arm up, rest head on upper arm, pause. Take arm from under head backwards so head is on floor, arm/elbow bends when behind head, return straight arm under head. Full cycle of arm from in front to behind head, straightening overhead, upper arm passing under head. Note head, ribs. Pause with head resting on upper arm. Repeat sliding arm through full cycle few times, add sliding top leg, straightening down then bending up. Coordinate arm/leg. Switch to sliding bottom leg down while circling arm. Pause, alternate legs with cycle of arm. ROB, note sides/waist. Same side, slide bottom arm around and behind, stay, both palms down, face still to side, legs still bent together to side. Start sliding top leg down/long few times. Feel upper body move. Come up propped on elbows w/leg long, stay, look up/down with head, note when leg lengthen/shortens. Lengthen through heel, sliding inside of heel on floor. Pause twisted if comfortable. In twisted position, cup hands under chin, fingers on cheek, walk elbows forward/back. Note shape of torso, pelvis, long leg. Rest on side. Twisted, palms down, top leg long, prop on elbows, look up/down with head. Note coordination with sliding straight top leg up/down. Switch combo to opposite of what came spontaneously. Return to first version. ROB. Twisted, palms down, straighten/lengthen top leg down few

times, sliding inside of foot along floor. At some point, bend leg up to meet bottom leg and slide bottom leg down/straightening then bend, switch legs, alternate straightening/bending legs. Note pelvis/torso response to legs. Which leg slides torso down? Slide both legs long to roll to belly, rest. From belly, hands near head, palms down, face to same side, slide up to same side what has been labeled the bottom leg. Alternate legs few times. Pause with bottom leg bent up, top leg straight down, put hands/arms for push-ups, start lengthening top straight leg down, slip up into sitting with one leg straight, other bent in front, reverse movement. Start blending move so legs start straight on belly, bottom leg slides up, top lengthens, push up to sit. Do few times. Rest on front. On front, turn face to other side, imagine coming to sit on this side, repeating leg moves. Note pelvis rolling. Do few times. Alternate side/side, switching head first while legs are straight on front, slide/bend bottom leg up, lengthen top leg, push with hands/arms, come to sit, reverse, repeat on other side.

Day 55 May 6, 2005

Baby Pictures ~ Diana

Razumny

Baby pictures #3

CD#11/T28 [5 MINUTES]

ATM Lesson #121 ~ Diana

Razumny

*Pushing up to elbows and knees,
on belly*

CD#11/T29 [43 MINUTES] [DIANA'S CREATION]

On front, forehead on back of hands, lift belly button, push belly button into floor, alternate. Repeat elbow propped (sphinx), track tailbone, change attention to lifting/tucking tail, (same move). Note head move up/down, note lower back. What's the connection through the whole of yourself. Eyes, pelvic floor/sphincters? Let grow so head looks under belly, reverse, look up at ceiling. Keep lifting belly until pelvis comes off of floor, pushing w/elbows so come onto knees, head is looking down under. Return to belly. Repeat coming to knees, slide elbows closer to knees, stay on knees/elbows, look down between legs, then look up to ceiling, feel shape of spine/torso rounding backwards, sinking forwards. Note tailbone, belly button, low back, head/eyes. Add flex/ext ankles/toes, note connection to sphincters. Slide elbows forward to lie on belly. On elbows/knees, slide knees/legs down to bring pelvis to floor first then push from elbows to come over knees again. Continue to locomote backwards (babys often go backwards first) Reverse, keep elbows planted and slide knees up, move elbows forward so legs straighten, repeat to locomote forward. (Homologus). Legs straight, propped on straight arms/hands, lift pelvis, rock back onto knees, note where/how initiate. Add looking down with head. Sphincters? Prop on straight arms, legs straight, lift pelvis/legs, head down, balancing on fronts of feet and hands. Return to belly, lift/push belly button, note movement through whole self.

Discussion #108 ~ Katrin

Smithback

Involuntary muscles for standing

CD#11/T30 [7 MINUTES]

Standing using skeleton and the involuntary muscles. We interfere in different ways that make standing an effort. Carrying weight through head vs. backpack.

*FI Exploration #64 ~ Katrin
Smithback*

*Rolling pelvis from knee, on back,
foot standing*

CD#11/T31 [43 MIN][DVD#11 SCENE 6 (21 MIN); DVD#12 SCENE 1 (17 MIN)]

Demo with Donna. Demo with skeleton. Person on back, roller under knees, roll pelvis 12/6 and 3/9, check for easy. Stand feet, pull through knee to roll pelvis, other hand on opposite side of pelvis to emphasize movement there.

ATM Lesson #122 ~ Katrin

Smithback

Pelvic clock #5

CD#11/T32 [33 MINUTES] [AMHERST JULY 1980]

Sitting, thumbs on pubic bone, push down, roll pelvis, lower belly forward. On back, soles together, roll pelvis 12/6. Repeat leaning on elbows. Take one knee towards floor then other, rolling pelvis towards that knee. Note one shoulder moving forward, other back, ribs shortening on one side.

Day 56 May 9, 2005

ATM Lesson #123 ~ Katrin Smithback

Pelvic clock #6 with head circles, sitting, elbow propped, on back, standing

CD#12/T01 [73 MINUTES] [AMHERST JULY 9, 1980]

Sitting, soles of feet together, going around parts of clock, noting head/shoulders/ribs/spine. Full circling, speed up. Switch directions. Leaning on elbows, repeat explorations. On back, soles together, circle clock with pelvis, both directions, slowly and quickly. Stand feet, circle head around clock. Combine head/pelvis clocks, soles together. Standing, imagine clock on floor between legs. On back, soles together, circle head around half of clock, continue, without stopping, add slow/complete circle around clock with pelvis at slower pace of head around half the clock. Do other half of clock with head, while pelvis gradually adds one hour one each side of 12. Sit, elbows/forearms, soles together, circle pelvis, keep head/eyes on horizon. Arms extended, lean on hands, repeat pelvic circles. Kneeling, circle pelvis, keep head/shoulders stationary.

FI Exploration #65 ~ Katrin Smithback

Observe rolling pelvis

CD#12/T02 [2 MINUTES]

Trios observe each other rolling pelvis up/down. Three variations: sitting with legs crossed; sitting, leaning on hands; leaning on elbows.

Discussion #109 ~ Katrin Smithback

Pelvic clock

CD#12/T03 [30 MINUTES]

Did the movement look different to you when observing each other than it did the beginning of last week. Who would this be a good series for? Belly dancers. Leslie: the breathing version informed and changed the movement a lot. Ellen had lower back problems. Reiterated the importance of making sure your students to stay within their comfort, do less, do in imagination if difficult. Talon shared about going at his own pace and got a lot more out of the lesson. Also, having the weekend for getting away from it and coming back to it. Cici: incredible series, would teach it to general public; rode her bike and thought of a unicycle. Sitting on the floor vs. sitting on chair, use of skeleton. When chair becomes like the skeleton people start losing sense of their own skeleton. Frank: what about different cultures and how would this lesson be different. Typewriter days compared to computer days. Football protective

equipment getting better actually increased injury because kids felt they can't get hurt. Charlotte: pelvic clock and how "things should be" – sticking out the belly was terrible but a liberating. Where she placed the numbers on the clock made a huge difference. Doesn't matter where the numbers are. Michele shared.

ATM Teaching #20 ~ Katrin Smithback

Think of an ATM for people in selection of photos

CD#12/T04 [1 MINUTE]

Groups of 5 look at 5 photos and discuss which kind of ATM they would teach for the different people and why. Photos included different sports and daily activities.

Discussion #110 ~ Katrin Smithback

Emotions and body sensations

CD#12/T05 [45 MINUTES]

Every culture has the same 6 emotions. Anger, happiness –(joy& excitement), fear, sadness, disgust. Paul Ekman's system, recognizing the movements in the face to express these emotions. Did some scientific research with facial muscles. By doing the facial expression you can get the emotions to happen. Alba Emoting System with actors to help express emotions. Actors get into emotions and are effected by it daily. Susana Bloch puts forth emotion effector patterns for the 6 basic emotions: anger, sadness, fear, happiness, tenderness, erotic love. Posture, facial expressions and breathing are the three things that you can use to create an emotion. Doing lessons we are changing people's breathing, the way they hold themselves (posture) and way they look. If you smile, throw your head back with a joyous posture you cannot feel sadness. Tension, relaxation, approach and retreat are all components that contribute to posture. The system for actors are able to create different emotions through these ideas of the Alba Emoting System. In ATM we provoke all kinds of changes that could bring up different emotions. Tenderness, empathy and compassion are related. Implications as a practitioner while giving an FI. Scientific dialogue with the dali lama in book, *Destructive Emotions* by . Buddhist tradition emphasizes cultivating positive emotions rather than looking at our negative emotions. *Emotions Revealed* by Eckman. Emotions and mental states are not differentiated in Buddhism.

FI Exploration #66 ~ Katrin Smithback

Palpating spine, in sitting

CD#12/T06 [14MINUTES] [DVD#12 SCENE 2 (10 MIN)]

Demo with Talon.

*ATM Lesson #124 ~ Diana**Razumny**Sidebending, on side*

CD#12/T07 [49 MINUTES] [MARK REESE, SAN RAFAEL, CA]

On back, scan for lengths, side diff. (review one leg standing, arm overhead, roll towards side) On L side, head on L arm, R knee in front, L leg long. Feel length of L side. Bend/straighten legs, sliding up/down (review) R palm on floor in front, knees on top of each other, R elbow in air. Lift head sideways, R ear to R shoulder. Feel contact with floor change. What stops from coming vertical? Head on L arm, R arm over top of head, hold L side of head, lift/lower head. Ribs, pelvis, breathing? Inhale w/head lift. Exhale. Lift head, leave in air, seesaw breath. Head moves? Lower/lift head. On back, feel length of two sides. L side, legs bent, R arm on side, R shoulder towards R ear. Arm is passive. Shoulder behind/infront/middle of ear up, what's easier? Head turns? Each time change directions. Shoulder up, stay, feel breathing. Lift/lower head shoulder, shoulder lifted. Part of head to shoulder? Stay head in air, lower shoulder, head higher, reverse, stick. Lift head towards shoulder/shoulder towards head. Bring together/apart, what shortens/lengthens on sides. Ribs on R side? Rest on side. R hand over head, hold head, lift/lower, easier? ROB differences? On R side, imagine moves. On L side, Hip/shoulder together/apart. Hip/shoulder same distance apart, move up/down. Lift head, lower hip/shoulder, lower head, lift hip/shoulder. Lower head, hip/shoulder go down then up at same time. Shoulder towards ear, hip down, shoulder down, hip up. Shoulder/hip, apart lift head, together lower head. R hand over top of head, hold L side of head, lift, easier? Pelvis more involved? Leave head on arm, holding with R hand, lift head just enough to lengthen spine. Which direction lengthens most? Lift head to vertical. On R side, L hand R side of head, imagine some of same moves. On L side, visualize lifting head without arm. Think spine, ribcage, pelvis. Actually lift head with arm. On back. Feel length of sides. Length of R/L leg, waist, ribs, more space? Shoulder/ear, face, entire length head/feet.

Day 57 May 10, 2005

*ATM Lesson #125 ~ Katrin
Smithback*

Head circles #1, sitting

CD#12/T08 [46 MINUTES] [AMHERST JULY 17, 1980]

*Discussion #111 ~ Katrin
Smithback*

Posture, stability and symmetry

CD#12/T09 [9 MINUTES]

Reading from ATM book about posture. Human as a series of inverted triangles.

*FI Exploration #67 ~ Katrin
Smithback*

*Observing patterns & non-
judgmental descriptions*

CD#12/T10 [28 MINUTES] [DVD#12 SCENE 3 (17 MIN)]

Observing 3 people sitting, looking up/down, turning to look around. In trios, observe each other, one person at a time. Include side bending.

*ATM Lesson #126 ~ Katrin
Smithback*

Painting the dome of the mouth

CD#12/T11 [27 MINUTES] [AY#23]

*ATM Lesson #127 ~ Diana
Razumny*

Lifting pelvis over knees, from side

CD#12/T12 [50 MINUTES] [AMHERST INSPIRED]

Ref move, on side, lift feet, lift pelvis. On front, arms near head, face L, slide L knee up, leave it, slide R knee up behind L. Note pelvis contact. Same position, scissor legs, bending/straightening, sliding one under/over other. Note pelvis rolling. Bring R arm down along side, finger tips near waist, stand L hand to L of shoulder, slide fingers/arm through to front so lying on side. Ref-lift head, feet, pelvis. On R side, L leg bent up higher than R, circle inside of L ankle against floor, whole leg moves so inside of L knee also circles. Change direction. Pause, circle outside of R ankle. Ref-lift head, feet, pelvis. On R side, L leg bent up, head on R arm, wrap L arm over head to lift, feel pelvis/ribs. Pause, lift L foot, pause, lift L foot/head with L arm. Lift head with L arm as before, lower head on/infront/inback of R arm. Pause, lift head/arm, slide R arm in front, lower head to floor, lift head, bring R arm into place, lower head on R arm again. Pause, lift head/arm, take R arm behind, lower head, reverse. ROB. On R side, same position of legs, head on R arm, L hand standing, lift head, slide R arm

behind, bending elbow, palm down. Turn head to look back at R hand then turn to L hand. Take R arm down, slide fingertips under waist and in front. Pause on side. Ref-lift head, feet, pelvis. On R side, legs bent together, wrap L arm over head, lift head. Add lifting L foot. Slide L leg to floor in front of R, lift head/foot again. Switch legs, lift again. Ref-lift head, feet, pelvis. Repeat, think of coming onto L knee, pelvis up, R knee slides up/out to support pelvis over knees, reverse. Add sliding R arm/elbow under/behind so both arms end up palms down, chest on floor, pelvis in air over knees. Reverse.

*FI Exploration #68 ~ Katrin
Smithback*

Shoulder lifting, on back

CD#12/T13 [28 MINUTES] [DVD#12 SCENE 4 (13 MIN)]

Demo with Leslie. Pairs: Check person in sitting either folding forward, back or turning. Then have them on the back, lift head, note weight. Slide hand, palm down, under their shoulder and lift, noting connection into sternum and ribs. Compare sides. Go with pattern. Hand on sternum to go with movement of lifting shoulder. Same thing with hand on ribs. End with sitting and comparing to beginning reference move.

Day 58 May 11, 2005

Discussion #112 ~ Katrin Smithback

FI practice of lifting shoulders

CD#12/T14 [13 MINUTES]

ATM Lesson #128 ~ Katrin Smithback

Head circles #2, varied positions

CD#12/T15 [43 MINUTES] [AMHERST JULY 17, 1980]

On back, prop on elbows, soles together, circle head. On front, propped on elbows, circle head. Repeat w/one arm down along side. Switch arms. On back, feet standing, hands under lower back, expand belly/chest alternately. Repeat with one leg long, Switch legs. Soles together, propped on elbows, imagine lifting feet from floor. Same position, circle head. On back, legs long, roll head. Sit, lean on hands, soles together, turn head side/side, keep eyes forward on a point. Add taking knees to floor alternately. Repeat with eyes closed.

Moshe Video

Habits, use of head and invariance

CD#12/T16 [35 MINUTES] [AMHERST JULY 21, 1980]

Discussion #113 ~ Katrin Smithback

Moshe video

CD#12/T17 [26 MINUTES]

Ariane about calluses. Organizing head over one leg. Charlotte about falling on one side all the time. Donna about person who has difficulty with head/neck and these head circle ATMs. Charlotte about "mature" driving lesson and being able to turn. Erin about having a selection of lessons in case in a public class you have people show up that can't do the lesson you prepared. Sue about surgery on feet that limits mobility.

Discussion #114 ~ Katrin Smithback

Cervical spine demo with skeleton

CD#12/T18 [24 MINUTES] [DVD#12 SCENE 5 (13 MIN)]

ATM Lesson #129 ~ Katrin Smithback

Standing at wall, rolling head

CD#12/T19 [21 MINUTES] [AMHERST JULY, 1980]

Stand at wall, forehead against wall, hands to sides of head, roll head. Roll head R, lift L heel, note C7 and R heel when weight is on R. Repeat on OS. Roll head

L/R, alternating lifting heels, then take into walking to side.

FI Exploration #69 ~ Katrin Smithback

Sitting to standing holding at head

CD#12/T20 [29 MINUTES] [DVD#12 SCENE 6 (8 MIN)]

Demo with Joe. One person sitting, other stands in front, holds their head, follows as person comes to stand. Table height and where they place their feet. Demo with Michelle. Hold head so don't bend neck forward or back. Mary's question about where the practitioner's feet should be. Ended with demo with Diana of bringing someone to standing by taking head forward on horizon.

ATM Lesson #130 ~ Diana Razumny

Crawl, push up to sitting

CD#12/T21 [40 MINUTES] [AMHERST INSPIRED]

On front, elbow prop, slide knee up/down. Leave knee up, look around shoulders, shifting weight on elbows. Repeat OS. Alternate sliding knees up, explore elbow weight shift. Stay with one knee up, extend same side arm, look around. One knee up, elbow propped, reach forward with one arm, then other, feel for loco. Elbow propped, slide one knee up, stay, slide other, alternate slide up/down. Stay on elbow and knees, rock for/back, add head looks up/down, belly lift/lower. On elbows/knees, slide one foot in, one out, look around shoulder at foot sliding out. Take pelvis towards foot sliding in. Stay on knees, lower head/chest while still on knees. Push-up hands by chest, chest on floor, on wide knees, slide chest. Repeat, chest close to floor, slide forward/back, take one foot to middle, push back so pelvis comes over that foot. Evolve to sitting up, either side sit or straighten other leg so one foot is tucked to crotch.

Day 59 May 12, 2005

ATM Lesson #131 ~ Diana Razumny

All 4s to squatting

CD#12/T22 [57 MINUTES] [AMHERST INSPIRED]

Review: First explore the month project of lifting parts away from floor and taking detours of locomotion. Lifting: head; lift tail;(loco) lift head and tail; lift head, arms and bent legs; elbow propped, draw up one/two knees; draw opp knee up to side; slide other knee in front/above opp knee to pelvis over knees;
On elbows/knees, flex/extend toes. Lift one knee/other. On hands/knees, flex/extend toes, note resonance. Toes flexed: Lift one knee/other; Take one knee for/back, side, circle; Repeat OS; Alternate lifting knees then quickly; Lift one knee then other before replacing first; Return to flex/extend toes/ankles, note resonance. Hands/knees: Flex/extend toes/ankles, note head/spine; Lift/lower spine/belly, head hangs/lift; Flex toes with cat back, extend with belly hanging; Switch combo of toes/spine. Hand/knees: Toes flexed, lift/straighten one knee at a time, alternate; Repeat, leaving knee lifted add other lifted; Lift/straighten both knees/legs; Hands/knees: Shorten side, hip/shoulder together; Add looking around shoulder; Inhibit either hip/shoulder; Repeat full movement. Hands/knees; Slide foot on floor to straighten leg then arc to side; Bring sole of foot to floor and point; Bring foot to stand by hand; Repeat OS then alternate feet; Frog hopping; Stay on hand/feet, look up/down, come to stand.

Discussion #115~ Diana Razumny

Activities between segments

CD#12/T23 [24 MINUTES]

Baby Video ~ Diana Razumny
Amazing Babies

NO RECORDING [MOVING IN THE FIRST YEAR BY BEVERLY STOKES]

Discussion #116~ Katrin Smithback

General questions

CD#12/T24 [26MINUTES]

FI Exploration #70 ~ Katrin Smithback

Following pattern of shoulders and pelvis

CD#12/T25 [30 MINUTES] [DVD#12 SCENE 7 (23 MIN)]

Demo with Ariane. Demo with skeleton.

ATM Lesson #132 ~ Katrin Smithback

Head circles #3, varied positions

CD#12/T26 [39 MINUTES] [AMHERST JULY 21, 1980]

Day 60 May 13, 2005

ATM Lesson #133 ~ Katrín Smithback

Head circles #4, varied positions

CD#12/T27 [44 MINUTES] [AMHERST JULY 21, 1980]

On front, propped on elbows, look forward, sink spine between shoulder blades, shoulder blades come together and apart. On back, arm straight out at shoulder height, palms forward, slide R shoulder blade towards/away from spine. Roll to back and repeat, return to front, repeat, note change. On front, elbow propped, face forward, sink spine forward/back, shoulder blades together/apart. L arm straight out in front, leaning on just R elbow, sink spine. Return to both elbows, repeat sinking spine. On front, arms straight out shoulder height, head turned to one side, slide both shoulder blades together/apart, repeat with head switched. On front, arms straight out at shoulder height, slide both shoulder blades R and then both to L. Continue and turn head to each side to note ease. Chin on floor, take shoulder together/apart. ROB. On back, arms out to sides, palm towards ceiling, slide shoulder blades together/apart. On front, elbow propped, sink spine. Repeat with R arm straight out, leaning on L elbow. On both elbows, sink spine. ROB. Sit, soles together, lean on hands behind, circle head. Repeat, holding ankles then return to leaning on hands. Side sit, L leg in front, R behind, lean on L hand, R hand on top of head, circle head/elbow. Continue head circles and switch legs to other side. Switch hands and switch legs again. On back, soles together, circle pelvis. Sit, stand.

Discussion #117 ~ Katrín Smithback

ATM series and practicing between segments

CD#12/T28 [7 MINUTES]

Short talk. Head circle ATM series. Between segments it's all about you, not helping someone else. Be clear about the fact that you are a student and not a practitioner. Not taking money for your practicing.

FI Exploration #71 ~ Katrín Smithback

Review from last 2 weeks

CD#12/T29 [5 MINUTES]

Students exchange explorations from last 2 weeks, taking 45 minutes each. Be responsible for your own time. Start in sitting, observing pattern of movements and impressions. On back, lift: head, shoulders. Note ribs, sternum, pelvis, head relationship/pattern. Free to explore what you find and what you remember from last 2 weeks and beyond. Return to sitting at the end.

ATM Lesson #134 ~ Katrín Smithback

Tenderness

CD#12/T30 [16 MINUTES]

Guided to posture, breathing and expression of tenderness.