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Day 81 April 3, 2006

Introduction ~ Efreem & Diana Razumny & Yvan Joly
Announcements and welcoming

CD#17/T01 [7 MINUTES]

ATM Lesson #167 ~ Yvan Joly
Head circles #1

CD#17/T02 [67 MINUTES] [AMHERST JUNE 10, 1981 AM]

Long intro and scan, roll head. Sit cross-legged, lean on hands, lift/lower head, chin towards chest. Leave head hanging down, bring R shoulder forward/back. Leave chin to chest, bring R shoulder forward/back, head going for ride. Roll head a little to R, leaning on R shoulder while taking R shoulder forward/back. On back, R shoulder forward few times. Sit again, bring R shoulder forward, note head goes a little opposite. ROB, roll head, bring R shoulder forward, note relationship to head. Sit again, shoulder forward, head rolling onto shoulder, carry head on shoulder little forward/back. Continue going back w/shoulder and imagine seeing R hip pocket. ROB, sit, stand R foot in front of L leg, repeat last move, head resting on shoulder, look towards R hip pocket. ROB, lift each shoulder to compare effect on head.

ATM Lesson #168 ~ Yvan Joly
Head circles #2

CD#17/T03 [70 MINUTES] [AMHERST JUNE 10, 1981 AM]

Sit, lean on hands, hand head, chin to chest, leave chin on chest, lift/lower chest. On back, feet standing, arms hugging chest, lift L shoulder forward, pulling L shoulder blade w/R hand, rolling chest, L arm reaching to L. Continue, think of looking at L hip pocket. Sit, hang head, bring L shoulder forward. Stop to make list: ingredients or elements of movement-manipulation (handling), orientation (space), intention (idea), synchronization (timing). Repeat the movement, thinking of timing. Little side talk on right/wrong. Sit, L leg in front of R, L shoulder comes forward, head rolls onto shoulder as it comes forward, think of seeing hip pocket. On back, stand feet, hug chest, roll side/side, gradually walking shoulders towards pelvis then return. On back, legs straight, lift shoulders alternately so that head rolls side/side. Demo pulling on arms alternately, extended forward. With Jincey showed more about walking shoulders towards/away from pelvis and the connection with the head. ROB, roll head. Sit, soles together, lean on hands, hang head, alternate bringing shoulders forward, chin arcs side to side, back of head goes more towards back. If it comes easily, make full circle. Make a little larger and note pelvis is also circling, legs are responding by one knee closer to floor. Resting on back, alternate bringing shoulders forward, noting head response.

Discussion #158 ~ Yvan Joly
Global movements and relation of flexion and extension

CD#17/T04 [57 MINUTES]

August question. Bob about hand position in ATM. Global movements: Folding forward ; folding backwards; side bending; torsion; lengthening; This segment we'll start with folding forward. Flexion is closing a joint, example of bending elbow, hand coming towards shoulder. Flexing hip brings knee forward. Groups of muscles for flexion; extension. Concentric movements come close to center, eccentric contraction move away. Agonists and antagonists, if they aren't working together you get co-contraction. Our work is often helping people to stop co-contracting. Two extremes: co-contracted, very tense or hyper laxity, no tension. Synergistic work of muscles, example clamping fist, whole system is involved. When flex, all flexors engage. Chronaxy - color of chicken meat as example dark and light meat - red fiber of muscle are extensors that are fast acting muscles - white fibers. Nature of muscle can change based on use. Gravity and anti-gravity muscles. Anti-gravity muscles - the eyelids and jaw are a part of that. Positions for the global movements in FI: Folding forward, - sitting, standing, side lying, on back, on belly, all 4's - folding backward, side, torsion, length, compression.

Discussion #159 ~ Diana Razumny

Public ATM teaching project

CD#17/T05 [25 MINUTES]

ATM Lesson #169 ~ Yvan Joly
Flexing/extending hands and feet, on back

CD#17/T06 [50 MINUTES] AMHERST JUNE 10, 1981]

On back, flex/extend feet, note when knees would bend. Bend elbows so forearms are vertical, flex/extend wrists. Hands/feet at same time, quickly. Just the feet, note when do the toes curl. Add hands/wrists to ankles/toes and find the relationship. Sit, open close hand, palm to ceiling first, then palm down. Note fingers opening and closing depending on palm being up or down. On back, bend elbows, hands up and open/close hands. Leave hands hanging and turn them in/out. Open/close hands with flex/extend feet. Stopped and watched Lethe, Charlotte, Leslie, Debbie. On back, bring feet to hands. Stand, pick something up with toes and bring to other hand. On back, return to ankles/wrists toes/fingers flexing and extending. Note relationship to flattening the back. Then do the diagonal hand/foot. Add alternating the diagonals. Return to both hands and feet moving together. Switch so hands/feet do opposite flex/extend. Return to spontaneous and quick.

Day 82 April 4, 2006

*ATM Lesson #170 ~ Yvan Joly
Folding forward minimally, on
back*

CD#17/T07 [54 MINUTES] [AMHERST JUNE 10, 1981]

Scan, breath as skeletal event. Stand feet, bring one shoulder forward, then other then alternate. Bring both shoulders forward, note if doing FI, different entry points for using your hands to suggest this movement. Stand feet, take both hip joints forward. Add taking both shoulders forward, where would the hips/shoulders come together in front of you? Add idea of lengthening. Bring diagonal hip/shoulder forward. Same-side hip/shoulder forward. Interlace hands behind head, bring elbows forward. Use hands to lift head. Change interlacing, lift head, add lifting of tailbone, scan for participation of different parts of skeleton. Legs long, bring each shoulder forward; then each hip joint; diagonal hip/shoulder forward; quickly; stand feet, both shoulders forward quickly, both hip joints quickly; both hips/shoulder quickly. Legs long, lift shoulders alternately and note head's response, quickly.

*FI Exploration #89 ~ Yvan Joly
Folding forward from shoulders
and hips*

CD#17/T08 [55 MINUTES] [DVD#17 SCENE 1, 36 MINUTES]

Demo skeleton. Demo Michelle. On back, lift head, lift each shoulder, lift both. Stand feet, lift bottom of pelvis to flex pelvis to lower back.

*FI Exploration #89 continued
~ Yvan Joly
Folding forward from shoulders
and hips*

CD#17/T09 [23 MINUTES] [DVD#17 SCENE 2, 13 MINUTES]

Demo scapula. Demo August. Demo skeleton. Lengthening back from scooping up behind ribs, up to shoulder blades. Lifting from C7/T1, taking top rib ring towards folding forward. Folding leg, including folding of hip, knee, ankle and toes simultaneously for synergistic support of flexion.

*ATM Lesson #171 ~ Yvan Joly
Holding foot, rolling back from
sitting*

CD#17/T10 [31 MINUTES] [AMHERST JUNE 11, 1981]

Sit, interlace fingers of R hand through top of R toes, lift the foot and make circles with knee outside of the elbow/arm. Take knee inside elbow. Circles towards away in the middle and then circles to sides. Interlace L fingers in R toes so palm is to sole, make circles in both planes again. Hold R foot w/L hand again, interlaced from bottom, roll onto back, lace L leg

in/out of hoop formed by L arm and R leg. Roll up to sitting and onto back, switching L leg to go inside or outside hoop. On back, interlace L fingers through top of L toes, hold back of head with R hand, bring foot towards head, head towards foot. Sit, interlace R fingers through bottom of L toes, roll onto back, reverse up to sitting, taking feet overhead to floor when rolling back. Continue and take R leg in/out of the hoop, switching when you are on your back. Sit, interlace fingers from tops of feet, R w/R, L w/L, roll onto back and return to sitting. Cross arms to interlace fingers to bottom of opposite foot/toes, lift feet, roll to back, return to sitting, then when on back, switch leg crossing without letting go of feet. On back, legs long, bend elbows so hands are towards ceiling, lower arms perpendicular to floor, open/close hands, bring closed hands towards mouth, include small finger really closing. Rest arms/hands, flex ankles, bringing tops of feet towards shins, curling toes under like grabbing something with toes. Combine curling feet/hands and bring curled hands/feet towards mouth. Legs long, elbows bent, fold/curl hands/feet at same time and increase speed.

*Day 83 April 5, 2006**Discussion #160 ~ Diana Razumny**Public ATM teaching project and party tricks*

CD#17/T11 [46 MINUTES]

About how it's going so far with the morning ATM teaching. Handout for studying ATM teaching. Ruthy's Party Tricks - Ref - Look up-Interlace fingers, shift interlacing without breaking contact. Ref - Side bend-Bent index finger in mouth, pull head forward with hand in mouth, at same time take neck back (lengthening). Ref - Turn to look behind- Hands on belly, squeeze to shorten front, note low back lengthens. Ref - Turn head-Arms straight out in front at shoulder height, overlap arms, palms together, interlace fingers and rotate arms toward top arm, bring top-arm cheek towards shoulder and draw circles in space with head/arms undifferentiated, change circle direction. Ref - Look up-Look down, hand on chest so chest moves backwards, add low back rounding back. Ref - Look up - Sit on floor, stand R foot flat on floor, curl toes under like grabbing pencil, arch lifts. Add lifting front of foot, heel stays down, uncurl toes, lower front of foot to floor, ball of foot first then toes. Extend leg little, sliding foot on floor away from you, repeat, waving the foot, lifting with curled toes, lowering with lifted toes (like cat paw). Slide flat foot on floor farther away until foot starts to lift, stay there, only lift toes. Add curling toes and lifting front of foot, dragging heel towards pelvis, lower foot with toes lifted, slide foot away, repeat several times.

*ATM Lesson #172 ~ Diana Razumny**Folding forward, caressing leg, sitting on chair*

CD#17/T12 [33 MINUTES]

Reference move: Stand, balance on one leg. Squat. Sit, look up to ceiling, note point/ease. Sit on chair near front edge, feet spread/flat on floor. Slide L hand: down outside of L leg; down inside of L leg. Slide R hand: down inside of L leg; down outside of L leg. Repeat sequence with R leg. Bring hands towards floor between legs: Slide fingernails along floor under chair; Add lifting pelvis from chair seat; Slide fingertips on floor away; Add lifting pelvis from seat. Rest R ankle on L thigh: Slide hands down sides of L lower leg; Slide hands down front of L lower leg; Add lifting pelvis when hands reach foot. Repeat sequence w/L ankle on R thigh. Return to R ankle on L thigh: Hold/lift R ankle w/both hands, Keep lifted and lift pelvis from chair. Repeat on OS. Pause w/feet on floor and do "cat paw" foot Return to holding ankle with hands and come to stand. Note improvement/ease. Repeat above reference moves in reverse, start with

sitting and looking up, then squatting, then balancing on one leg.

*Discussion #161 ~ Diana Razumny**About ATM and reference observation*

CD#17/T13 [14 MINUTES]

*FI Exploration #90 ~ Diana Razumny**Transpose folding ATM into different orientations*

CD#17/T14 [20 MINUTES]

Groups of 5 explore different positions using the folding ATM.

*FI Exploration #91 guided ~ Diana Razumny**Folding forward sitting on chair and on back*

CD#17/T15 [71 MINUTES] [DVD#17 SCENE 3, 61 MINUTES]

Guided FI with Diana working with Tracy while guiding.

*Discussion #162 ~ Diana Razumny**Clarifying guided FI*

CD#17/T16 [6 MINUTES]

*FI Exploration #91 continued ~ Diana Razumny**Folding forward sitting on chair and on back*

CD#17/T17 [64 MINUTES]

Ref: Sitting, looking up, note shape of spine. Look down, rounding back backwards. Ride along at head/pelvis. Sit behind, roll pelvis backwards. From front take head. (use roller to show pushing from head to round back backwards) Ride along at sternoclavicular joint in front and corresponding fingers on spine in back. Arms hanging to sides of one leg, lift from behind knee, knee towards chest. Then both arms hanging to outside of same leg, lift leg from behind knee. Sit at feet, lift from under toes, curling toes under while lifting ball of foot. Have them lower head towards knee as you lift knee towards head. Repeat w/other leg. Return to rounding back backwards, ride along on sternum and section of corresponding spine. On back, play with toes/ankle flexing, involve knee flexing w/leg long. Lift/bend leg at 90 at knee/hip, hold over top of toes, folding/curling down while bending ankle/hip/knee all at same time. Bring each hand to knee, pull

through arm to flex shoulder/chest. Interlaced hands below knee, pull from knee through arms at different angles. Go to head, lift shoulders, C7/T1, head. Have them interlace below knee again, lift at C7/T1 as they push knee into hands a little. Lift head to look down as they push knee into hands, keep going to bring them to sitting. Do other leg. End with one hand on each knee, they are pushing into hands w/knees, you lift head, help them up into squatting then standing. Sit on chair again, watch rounding then have them look up.

Day 84 April 6, 2006

*Discussion #163 ~ Yvan Joly
Lethe's questions and Michela's
ATM teaching experience*

CD#17/T18 [39 MINUTES]

Power was out so beginning was not recorded.
Started with questions Lethe put into question box.

*ATM Lesson #173 ~ Yvan Joly
Folding arms and legs in front of
self, on back*

CD#17/T19 [46 MINUTES]

On back, lift head. Legs long and rolled so that toes are pointing towards ceiling, parallel, flex ankles, toenails towards shin. Then extend ankles. Then alternate, one foot flexes, one extends. Lift head again and note ease/range. Stand one foot, flex ankle of long leg, let knee/hip/toes to also bend. Repeat w/other leg. Legs long, start w/toes pointing towards ceiling, flex/extend feet and note pelvis and lower back. Repeat with legs rolled out, toes pointing towards side walls, repeat flex/extend and note effect on pelvis/lower back. Legs long, slide heel on floor, knee bending out to side, continuing until foot comes off of floor and knee circles over belly. Repeat w/other leg. Stand one leg and do the same thing with long leg. Slide both legs up, bent over belly, feet hanging. Legs long, bring hands towards face one at a time and then both, thinking thumb towards mouth. Bring legs up while thumbs are in mouth. Lengthen arms/legs, lift head, compare range/ease.

*FI Exploration #92 ~ Yvan Joly
Folding arms and legs in front, on
back*

CD#17/T20 [33 MINUTES] [DVD#18 SCENE 1, 27 MINUTES]

Demo with skeleton and then with Ariane.

*FI Exploration #92 continued
~ Yvan Joly
Folding arms and legs in front, on
back continued*

CD#17/T21 [12 MINUTES] [DVD#18 SCENE 2, 12 MINUTES]

Demo with Leslie.

*ATM Lesson #174 ~ Yvan Joly
Interlacing fingers and toes, on
back and sitting*

CD#17/T22 [33 MINUTES] [AMHERST JUNE 11 & 15, 1981]

On back, feel toes and fingers. Sit, soles together, interlace R fingers over top and through R toes, leaning on L hand, looking at sole then lengthen leg. Repeat on L side. Then both, then interlace both toes,

keep them laced, lift feet from floor, take feet side to side and note which sit bone you shift to. Re-interlace the other way and repeat. On back, interlace toes, roll up to sitting then roll onto back again. On back, interlace hands in front of you, knees folded over chest, start rocking up to sit then onto back again, wrapping arms around knees when you come to sitting, alternate taking elbows inside knees then outside knees. When you roll back, slip feet/legs in hoop of arms before rolling to sit. Play with coming to standing as you roll up to sit and squat. On back, sense/count fingers and toes.

Day 85 April 7, 2006

ATM Lesson #175 ~ Yvan Joly

Judo roll #1, preparation on knees, elbows and head

CD#17/T23 [48 MINUTES] [AMHERST JUNE 15, 1981]

On elbows and knees, hands overlapped, forehead on back of hands, move forward/backward, rolling on forehead. Sit on heels to rest. Story of Moshe working with Ben Gurion. Return to knees, elbows, head, rolling a little, noting shape of back. Head down, make a sound, make it on the inhale because the ribs open up more easily while head is down. Roll head again, noting shape of back. Stay on head, have L arm/elbow little to side, palm down, lift L arm a few times then L leg away from floor. Lift/lower R knee, placing it in different places. Return to lifting L arm, then lift R leg and extend leg backwards, extend L arm and lift. Lift/extend R leg/L arm, hand/foot moving away from each other then lift, leave lifted and teeter tauter so hand goes higher then foot goes higher. Recreate same sequence with other diagonal. ROB, lift head. On knees/head/elbows again. Head on floor, palms on floor w/elbows, roll on head, pelvis to/away from heels.

FI Exploration #93 ~ Yvan Joly

Folding review

CD#17/T24 [6 MINUTES]

Trios, one person on table, alternate between the other two of witnessing and doing something in the theme of flexion.

Discussion #164 ~ Yvan Joly

Spinal curves

CD#17/T25 [43 MINUTES]

How well people are doing. Bear shares about the importance lengthening, connection and intension. Connection with the person and yourself. Demo with Mary, hands interlaced behind head, hooking onto elbow to bring her head forward. Attention to legs not being long when folding the person from the head. Position of practitioner's hands on elbows/lower arms to lift crunches vs. lifting from the bend in the elbow to facilitate the lengthening. Lethe about folding/lengthening. It's lengthening because we're distributing the folding evenly through system. Image of achievement - Carl Pribram. Joe on FI as conversation. Erin about the spine and the curves. Yoga and unstable SI joints. Gracovetsky and spinal engine.

ATM Lesson #176 ~ Yvan Joly

Judo roll #2, on hands & knees and sitting

CD#17/T26 [18 MINUTES] AMHERST JUNE 16, 1981]

On hands and knees, slide back of R hand on floor through space between L knee and R hand. Look under arm towards ceiling when arm is completely through. Repeat OS. Rest on back, feet standing. Bring fingers to base of skull and feel where the spine connects to skull. Think of that area moving forward a little by pressing. Sit, fingers at base of skull, lick something imaginary, bringing tongue out, involving whole self. Cup hands as if holding water and lap the imaginary water, whole head/spine involved. On hands and knees, slide R arm to L again. Leave arm through, resting on R shoulder, lift L knee a little so you can see the ceiling more easily. Repeat OS.

Day 86 April 10, 2006

ATM Lesson #177 ~ Yvan Joly

Twisting #1, on side

CD#18/T01 [46 MINUTES]

On side of your choice, bottom arm straight out in front at shoulder height, palm up. Top arm resting along top side, roll to look towards ceiling. Pause, put top hand on head, fingers in hair pointed towards back of head, roll again to look towards ceiling. Switch hand so palm is on forehead, fingers pointing towards floor, roll head w/hand/arm connected. Compare the two hands positions, how does each hand position effect the movement of twisting so face looks towards ceiling. Continue twisting but with hand on bottom cheek. Try separating thumb from fingers. Try the different positions of hand on head to compare what each affords you. ROB, scan for sidedness. Return to same side, explore rolling w/palm on forehead and then w/back of hand on forehead, comparing. Top arm extending, palms together, lift top arm, taking it to ceiling then behind, eyes watching thumb. Lift both arms, keeping palms together. Stand top arm on upper arm of bottom, fingers pointing overhead, roll head to see towards ceiling. Top arm lying along top side, twisting to see ceiling then behind. ROB. Arms down along sides, roll each arm in/out, compare. Repeat with rolling pelvis, each leg, head. Stand, note sides, which is more forward? Walk a few steps w/eyes closed to see if you have a bias from the lesson.

FI Exploration #94 ~ Yvan Joly

Twisting, on side

CD#18/T02 [65 MINUTES] [DVD#18 SCENE 3, 37 MINUTES]

Trios, one person on table, alternate between the other two of witnessing and doing something in the theme of flexion. Demo with skeleton on side, showing different hand/arm positions from ATM. Then demo of vertebra availability to twisting. Trios play with what saw in demo. Discussion: Charlotte: what about when people fall off to sleep? May need to keep them interested more or they may need to stop working. The slow movement imitates what it's like in going to sleep. Being present without falling to sleep. People can seem to be sleeping yet still can know what is happening. Important thing is what is habitual. Demo with Sue.

Discussion #165 ~ Yvan Joly

About FI Exploration

CD#18/T03 [11 MINUTES]

FI Exploration #94 ~ Yvan Joly

Twisting, on side continued

CD#18/T04 [7 MINUTES] [DVD#18 SCENE 4, 5 MINUTES]

Demo Jincey.

ATM Lesson #178 ~ Yvan Joly

Sliding arms, sitting

CD#18/T05 [55 MINUTES] AMHERST JUNE 17, 1981]

Sit cross legged, cross arms in front of you, L inside R, slide L arm along R, reverse, holding L arm, sliding R against L. Slide both at same time, stay w/ L elbow past the R so hands can hold shoulders. Stay w/hands on shoulders, lift/lower elbows, folding/unfolding. Have head move opposite elbows. Leave head against forearms while folding/unfolding. Reverse so as head/arms hang/fold forward, extend lower back. On back, repeat movement of arms sliding. Lift head while arms are crossed and hands are touching behind neck. Sit, slide arms through, arms cross, hands to shoulders then hold hands behind neck, keep head/arms together, lower head to floor while folding, extend to come up, continue so making circle with elbows in space towards/away from you. Reverse direction of elbow circles. Extend arms in front, palms turned to walls, cross one arm over, interlace hands, circle hands towards belly, continue to bring hands up along midline, looking at hands as they go up. After taking arms/hands up, take hands/arms forward/down, turning so inside of elbows show forward. Switch which arm is on top and repeat. Extend arms forward, R arm crossed over L, non-habitual interlacing, bring hands through in front of face, slide R elbow through/past L. Bring hands towards R shoulder and around R shoulder. Repeat w/arms crossed other way. On back, bring crossed/interlaced hands up/through near head, circle interlaced hands around head, sides, top, chin. Re-cross and repeat. Sit, hands/arms as before, circle around top of head like ring around like hatband plane. Sit, cross/interlace hands, bring them through, slide elbow through creating space and bring head through whole or separate hands and re-lace behind neck. Leave hands behind neck and change interlacing. Start over, crossing other arm over to interlace. Repeat.

Day 87 April 11, 2006

ATM Lesson #179 ~ Yvan Joly

Twisting #2, on side

CD#18/T06 [46 MINUTES]

On side, roll head/top shoulder back/forth, twisting along spine from top down. Hand on forehead, roll head back. Arms straightforward, palms together, take top leg/knee forward/back, twisting from the bottom up. Lift top knee, leaving feet together. Hand on forehead, roll head back, compare to beginning. Stand hand on floor in front of chest, below bottom arm, lift both knees at same time. Repeat w/palms together, arms straight out in front. Roll head with hand again, alternate lifting both knees w/rolling head. Come to stand, extend arm directly out in front, pointing index finger and turn. Repeat with other arm. Palms together and turn with extended arms.

FI Exploration #95 ~ Yvan Joly

Twisting, on side continued

CD#18/T07 [39 MINUTES] [DVD#18 SCENE 5, 27 MINUTES]

Demo Michelle. In same trios, recreate the twisting lesson of the morning. Turn them into hands-on with the last person in your trio from yesterday on the table.

FI Exploration #96 ~ Yvan Joly

Twisting with attention to the breath, on side

CD#18/T08 [16 MINUTES]

Pairs, give twisting lesson with emphasis on listening to the breath and the response of the person.

ATM Lesson #180 ~ Yvan Joly

Holding feet and rolling up to sitting from back

CD#18/T09 [28 MINUTES]

Sit, soles together, hold feet, lift R foot, look towards sole. On back, hold feet, roll little side/side, feel which leg gets longer as head rolls/tilts side/side? On back, hold feet, lift head, tilt to L, rolling to L side, lengthen R leg to come up to sitting. Continue rolling side to side up to sitting then eventually rolling in one direction. Switch to bending the R leg to come up to sit as you roll to the L. Roll to R, R leg lengthens, R elbow comes to floor. Roll around in circle again taking elbow to floor in front of knee. Repeat but keep legs long as you roll up to sit. Hold R foot with both hands, roll R to come up to sit, switch hands when sitting then switch hands while on back. Issue of orientation? Hold feet, long legs, think you'll roll up to sit to face the wall on the R. Try to other wall. Then do it so you end up facing wall behind.

Day 88 April 12, 2006

ATM Lesson #181 ~ Diana Razumny

Jelly fish hand, coming to sit and stand

CD#18/T10 [18 MINUTES]

Not an actual ATM, more of a movement experiment of a slow undulatory movement of the hand like a jelly fish while coming from lying to sitting to standing, keeping hand movement constant. Ended with jellyfish movie projected on large screen. Handout about the brain with attention to the representation of the hand in the primary motor cortex. Short discussion about the quality of the hand movement distributing throughout the system.

Discussion #166 ~ Diana Razumny

Group walk, observer, big mind, flow and D-mode

CD#18/T11 [30 MINUTES]

Start with walking in large group, moving into the open space. Talk about different disciplines, meditation, dance movement therapy, authentic movement.

FI Exploration #97 ~ Diana Razumny

Witnessing partner doing ATM

CD#18/T12 [91 MINUTES]

Description of witnessing process, non-judgmental observing, being present while "seeing" the ATM student move.

ATM structure – Squatting as reference. On hands/knees, flex/ext feet/toes, note lower back response. Keep toes extended, flex/ext torso. Keep toes flexed, flex/ext torso. Leave toes return to flex/ext toes and note lower back; lift one knee, lift other, alternately, circling; (toes tuck/straight); toes tucked, straighten one knee, other, both, heels to floor; knee to nose each side; look around shoulder, hip/shoulder together, foot out to side; bring foot to standing near hand; repeat OS; Alternate standing each foot near hand; Both at same time. Squat Shared experience of witnessing then switched roles.

ATM Lesson #182 ~ Yvan Joly
Tilting bent legs, twisting on front

CD#18/T13 [34 MINUTES]

On front, face to one side, arm up on face side, legs separated, bend knee on back-side of the head, tilt leg to outside. Add bending knee on face side, tilting with other leg away from the face side. Bend knees,

keep knees and feet connected and tilt legs away from face side again, keeping legs tied together the whole time. Repeat w/hand on face side standing to push a little. Explore looking under shoulder as legs tilt and then looking over shoulder as legs tilt away. Both hands up by head, tilt legs as before, note difference when arms are up. Keep legs vertical, look over shoulder on face side, then over other shoulder and stop with head down on second side (unpreferred side). Now tilt legs to face-side. Repeat on OS. Stand hand, tilt legs away. Hands under cheek, tilt legs, note elbows, one sliding away overhead, other down. Head on hands, facing towards top hand, tilt legs away from face side and lift head/arm to follow legs.

FI Exploration #98 ~ Yvan Joly
Twisting, tilting bent legs, on front

CD#18/T14 [6 MINUTES] [DVD#19 SCENE 1, 6 MINUTES]

Demo with skeleton of possible FI moves that could come from previous ATM of tilting bent knees on front. Practiced in trios, one as witness, one as practitioner, student stayed down whole time while witness and practitioner roles switched every 10 minutes.

ATM Lesson #183 ~ Yvan Joly
Holding and lengthening leg to sit #1, on back

CD#18/T15 [20 MINUTES]

On back, hands behind R knee, extend leg, let head hang back as arms straighten and are pulled by the leg, lengthening out the heel. Keep R hand behind knee, L hand/fingers at occiput to feel the movement at the top of spine and head, back of head slide down. Hold leg w/both hands again, extending leg until arms straighten and pulls head along from floor, hanging back. Until you feel it come up with sitting. Repeat OS Hold each leg, extend legs to roll to sitting. Arms crossed.

Day 89 April 13, 2006

Discussion #167 ~ Yvan Joly Training process, empathy and witnessing

CD#18/T16 [38 MINUTES]

Cici shared story from woman in morning class. Michele about not being able to think. Ayesha about the FI yesterday. Frank about yesterday's practice. Bob about nervous system wired to skeleton. August's experience of being a witness and improving in her own movement. Sympathy vs. empathy. Yvan about witnessing and the small print in the agreement of the training. Joe shared witnessing experience. Yvan about tennis experience.

FI Exploration #99 ~ Yvan Joly Twisting, tilting bent legs, on front

CD#18/T17 [47 MINUTES] [DVD#19 SCENE 2, 43 MINUTES]

Demo with August then same trios from day before, switch to different person on the table, exploring the twisting

ATM Lesson #184 ~ Yvan Joly Holding and lengthening leg to sit #2, on back

CD#18/T18 [57 MINUTES]

On back, hold behind R knee w/both hands, lengthen leg through heel, rolling to R, rolling up to sit, add rolling onto elbow. Sit, lengthen R leg, hands behind knee as before, turn leg on axis, note which way head tilts. Lift leg a little, lengthen through heel and turn leg inward, coming back, let knee bend, turning leg other direction and straightening again. On back, holding R leg behind knee, start taking R leg to R, begin straightening, roll up to sit over the straight leg and reverse. Repeat OS. Hold behind each knee with hands, lengthen and roll up over leg, leaning on elbow, come to sit w/both legs long, return to back. Rows rolling in unison. Hold both knees, roll from back to sitting, let knees come to sides of head when your roll back. Gradually let both knees go to the same side of head, looking at knees go to floor to one side of head

Discussion #168 ~ Yvan Joly Positions and global moves

CD#18/T19 [47 MINUTES]

Grid with 7 positions along top, 6 global moves. Folding forward in in all positions. Demo by students.

Day 90 April 14, 2006

ATM Lesson #185 ~ Yvan Joly

Judo roll #3

CD#18/T20 [57 MINUTES]

Sit cross- legged, lean on L hand, spiral to standing. Sit, roll back on rounded back. Join the two movements so rolling from back to sit and spiral to stand. On back, lift feet, take them overhead, hold pelvis with hands, take feet R/L. Send both knees to floor over R shoulder, look towards knees with head and come to sit, reverse. Sit, legs crossed, imagine rounding back backwards, directing knee over R shoulder to come to kneeling, reverse, then do it. On hands/knees, slide back of R hand towards outside of L knee, take head to look under L arm, pause in that position, looking towards ceiling, add pushing with toes of L foot, and roll/fall. Repeat OS. Sit, spiral to stand, reverse. Sit, feet standing, roll back over spontaneous side. Transfer that to other side.

Discussion #169 ~ Yvan Joly

Body image, languages, parasitic, indifference and disturbance

CD#18/T21 [69 MINUTES]

Showing 4 images: Da Vinci's man; Picasso acrobat ; Unknown source of "dancer pose" transparent showing skeleton; 3D model of the homunculus. Read from ATM Book about self-image. Charlotte and learning languages and the accent. Ariene about how does cognition fit into it? Lethe about parasitic movements/behaviors. ATM is a systematic form of disturbing habits. Having kids as a disturbance. Doing the work can become a comfort, teaching is a disturbance. Ayesha about working with people who "help". Practice without expecting results. Charlotte about describing movement.

ATM Lesson #186 ~ Yvan Joly

Sliding foot through gap, diagonal hand to foot, on back

CD#18/T20 [50 MINUTES] [AMHERST INSPIRED]

On back, stand feet, let on knee fall out to side, slide that foot through gap of other standing leg, add moving arm on side of open leg, sliding it along the floor towards overhead. Add sliding/reaching other arm towards foot that is sliding through gap. Have hand/foot come together, hand touching foot. Holding foot, roll head side/side. Hold foot and lift/lower foot. Add looking overhead and lift head to see hand that's overhead, rolling towards belly. Begin the overall movement on the other side, taking the shape, pause there and imagine the movements. Stay with palm facing the sole of the foot and imagine the fingers touching the toes, big toe/thumb, little finger and little toe, all fingers/toes. Imagine big toes pushing against the thumb.

Day 91 April 17, 2006

Discussion #170 ~ Alan Questel

Liking yourself and finding your own voice

CD#19/T01 [6 MINUTES]

Short intro by Bear. Alan's story about liking himself and finding his own voice as a teacher.

ATM Lesson #187 ~ Alan Questel

Bell hand #1 rolling to back, on side

CD#19/T02 [55 MINUTES] [AMHERST JUNE 1981]

On R side, R arm under head, arm extended overhead, palm up. Move L shoulder forward/back, play w/placement of L arm/hand. Bring L leg forward/up on floor above R leg. Open/close R hand, ROB. Return to side, open/close hands by bringing fingers towards each other while they are long rather than folding them, thinking of a bell shape of hand. Think someone is pushing thumb into palm as fingers start to come together. Continue, add noting bell connection w/breath. Keep hand going w/breath and lift the L knee a little bit. Note if bell movement changes when lifting knee. Start rolling head to look towards ceiling then back again, noting any change in bell hand. ROB. Return to bell on side, roll head to ceiling and lift L knee from floor. ROB. Continue, going all the way onto back, return to side, eventually coming towards side sitting, reversing. Pause on back w/both arms overhead on floor, continue rolling to side, coming up to side sitting, eventually come all the way up to sit and sit w/R leg crossed in front, spiral up to standing, facing behind where you were sitting, reverse a few times then stay in standing, then take into walking, all along bell hands continues.

Discussion #171 ~ Alan Questel

Bell hand, learning complex actions

CD#19/T03 [12 MINUTES]

People sharing experiences about the bell hand lesson. Learning complex actions, example of dialing radio while driving and undifferentiated movement. Example of carrying tray of cups, looking where you are going rather than what's on the tray. Scuba diving and continuous breathing as feedback/barometer of excitement and exertion. Using the bell hand as a meter.

FI Exploration #100 ~ Alan Questel

Side bending, on back

CD#19/T04 [64 MINUTES] [DVD#19 SCENE 3, 22 MINUTES]

Alan demo w/Carl on back, Diana on skeleton. Alan asking students to tell him how to create side bending by putting his two hands on the person. What emerge: one hand on side of ribs near armpit, one on pelvis; one hand at top of shoulder, other on side of ribs; at foot, pushing through leg or pulling other leg; pulling through arm to lengthen one side; taking head to side. Partners practice all the above in any order, returning to first movement you choose as a reference. Observe person first to note any preferences in shortening on one side. Group comes together after one person practiced to answer questions. Working small and not going to limit. If range seems to decrease it could also be more connected even though the range seems smaller. Quality of listening. Switch roles. Discussion: Joe on being able to see more easily the movement going through as well as feeling himself. Alan, having the whole person in your hands through any one point through skeletal connection. Erin: little push from foot was side bending, more pushing went more into head. Bob: doing less and sensing more. Smaller distinctions. Alan: 3 fold challenge in learning FI. We've never done it so don't have criteria so we go into "am I doing it right?" We're concerned with the other person's needs and 3rd, our own organization. If you get stuck in one of those, interrupt it. Carl: different things lighting up.

ATM Lesson #188 ~ Alan Questel

Bell hand #2 pressing/lifting, on side

CD#19/T05 [48 MINUTES] [AMHERST JUNE 1981]

Return to Bell hand lesson of the morning, on R side, L knee on floor in front of R. Continue belling hand and press L knee into floor. Release knee pressure, continue bell. ROB. Continuing bell, repeat w/pressing L hand, head, L knee, head, L hand, L foot, L knee and foot; lift L leg; press R shoulder; R hip; lift L leg thinking of rolling. On back, belling R hand, pause, switch to belling L hand. On L side, bell L hand, imagine lifting knee; foot; foot and knee; rolling to back while lifting knee; continue up to sitting, return to side; stay sitting and bring L leg in front of R, lean on R hand and spiral up to stand to face back of room behind you. Standing, palm facing back, wrist pulled forward so arm lifts; continue and spiral back down to sitting, reverse; stay standing and walk around. Continue walking and stop belling hand. Counter 1hr.48min had partners share. Counter 1hr53 starts next process.

FI Exploration #101 ~ Alan Questel

Side bending with folding, on back

CD#19/T06 [18 MINUTES]

Return to same side bending practices of the morning and have the person on table fold a little when you are holding them in side bending. Person folding says what they get reminded of. Discussion: Ayesha's experience with Tracy. Activity of walking. Bob was reminded of things he does in the car. Duncan reaching under dashboard; stepping down. Charlotte had thoughts of bird going to sleep tucking head under wing and what does a turtle do when head is in shell. Joe and doing the twist he always did side bending instead of rotating. Ken about riding mountain bike and reaching for the water bottle. Sue and using the printer at work.

ATM Lesson #189 ~ Alan Questel

Mobility of the hip #1, on side

CD#19/T07 [26 MINUTES] [AMHERST JUNE 1981]

On R side, knees folded one on the other, lift L leg from R. Leave knee down, lifting foot. Lift knee, leave foot down, eventually leaving leg in air alternating lifting/lowering knee/foot. Arms straight out in front at shoulder height, palms together, lift L arm, taking towards ceiling and/or behind, allowing head to roll to look towards ceiling, looking at hand. Stay w/L arm behind you and roll/turn head forward/back, return L arm to R. Take arm behind again and note any changes w/head. Leave L arm behind, as you return the L arm to R arm start lifting the L leg from R and reverse it feeling the twist. Pause on side and lift the L leg to note if it got lighter. ROB. Lift arm/leg at same time and feel when/if R leg would come away from floor, eventually rolling all the way to the L side. Roll side/side. Stay on R side and lift whole L leg to compare ease from beginning of lesson.

Day 92 April 18, 2006

Discussion #172 ~ Alan Questel

Respecting time and self in larger context

CD#19/T08 [7 MINUTES]

ATM Lesson #190 ~ Alan Questel

Rolling onto elbow and up to standing, on back

CD#19/T09 [48 MINUTES] [AMHERST JUNE 1981]

On back, legs wide, hands behind head, slide head/arms down to each side. Roll head to face a little L, R hand behind head, lift head a little with thought of rolling up onto L elbow without rolling to side. Repeat on OS. L arm on floor out to side a little, legs spread again, extend R arm straight forward, towards the ceiling, lengthen arm with the idea of coming up onto L elbow. Explore different angles of reaching. Bell R hand while reaching. Repeat on OS. Think of someone pulling on your arm to pull you up over the elbow. Both arms towards ceiling, start reaching at an angle towards corner of room with one arm while the other elbow starts coming to floor. Return to L arm out to side on floor, palm down, reaching across at angle to bring yourself onto the L elbow and eventually onto the L palm. Repeat on OS. Knees over chest, both arms in the air, reach and come up on L elbow and come into side sitting. Continue up onto knees, eventually up to standing.

ATM Teaching #21 ~ Alan Questel

Analyzing lesson of rolling up to standing, on back

CD#19/T10 [29 MINUTES]

Groups of 5 discuss the lesson asking the following questions: What were the primary patterns of movements? What were multiple patterns? What activities would the lesson relate to? Sharing in large group afterwards: activities it would be good for tended to be extreme situations – rodeo riders, getting out from under an overturned car; earthquake. Hopeful for those over 25 to come up from lying to standing smoothly. Alan about it being use of skeleton. The empowerment that comes from skeletal movement. Sue shared about picking up pencil and Alan brought up smaller successes. August question about hip replacements and this lesson.

FI Exploration #102 ~ Alan Questel

Side bending, on front

CD#19/T11 [28 MINUTES] [DVD#19 SCENE 4, 18 MINUTES]

Alan demo w/Erin on back, Diana on skeleton. Alan asking students to tell him how to create side bending by putting his two hands on the person.

ATM Lesson #191 ~ Alan Questel

Bell hand #3, on back

CD#19/T12 [35 MINUTES] [AMHERST JUNE 1981]

Scan on back. On front, switch head side/side to find comfort. Stay w/comfort, have arm on face-side up in front of face, and the other arm down, begin belling hand in front of face, allowing wrist to lift. Explore doing by lifting wrist vs. hand lifting first. Bell the hand that is down along side w/palm up towards ceiling. Bell both hands. Try both at the same time and alternating. Bell both hands, leave head facing same way but change which arm is up and which is down. On back, bell R hand continuously as you come up on R side to side sitting. Repeat on OS. Come all the way to standing and walking, belling hands.

FI Exploration #103 ~ Alan Questel

Side bending with twisting, on back

CD#19/T13 [18 MINUTES]

Come together with partner, continuing the belling with both hands. One person lies on belly and partner does one of the side bending moves. While person does the side bending, person on the table does some kind of twisting. Person twisting notice if it evokes any memory.

ATM Lesson #192 ~ Alan Questel

Mobility of the hip #2, on side

CD#19/T14 [33 MINUTES] [AMHERST JUNE 1981]

On all 4s, lift each support in different combinations. On L side, lift R foot, knees stay together. Repeat, initiating from the heel or front of foot. Lift knee, foot stays down. Alternate knee up/foot down while R leg is lifted from the L. Leave leg down and lift R straight arm, watch your hand as it goes towards ceiling then behind you. As your R arm comes back to the L arm lift the R leg. Pause, lift the whole R leg a little to feel the change is ease. Lift the R arm/leg at same time until you roll all the way to the R side, arms and leg in front of you the whole time. Roll side/side then stay on the L side, lifting just the R arm again and think of

the L shoulder joint opening and closing. Repeat w/R leg lifting from L, thinking of the L hip joint. Roll side to side, top arm/leg lifting from bottom arm/leg, thinking of the shoulder/hip joint opening/hinging. Do it quickly, snapping yourself shut on each side. Return to hands/knees, lifting the arms and legs like in the beginning and notice the difference. Return to side, rolling side to side w/the snapping yourself close quickly. Just lift the L leg from R as in beginning to compare.

Day 93 April 19, 2006

ATM Lesson #193 ~ Diana Razumny

Butt walking

CD#19 T15 [48 MINUTES]

On back, scan for distances between lower ribs/top of pelvis and ear/shoulder. Stand feet, lift side of pelvis, note those distances changing. Sit, knees softly bent to sides, soles relating w/o touching, hands on legs. Shift weight to L sit bone. Note how - 3 ways? Keep head/ribs/pelvis in line and lean. Keep head/ribs in line, waist shortening (lifting R side) Tilt head R, lift R sit bone, head/pelvis come tog on R side. Pause on back, measure distances ear/shoulder, rib/pelvis. Sit, knees softly bent to sides, soles relating w/out touching, hands on legs. Lift R sit bone, tilting head to R, R ear/shoulder moves down towards pelvis as R side of pelvis comes up. Lift R sit bone, look R, over R shoulder, note look down/up. Repeat but look L, over L shoulder, note look up/down. Pause on back, measure distances, compare sides. Sit, knees softly bent to sides, soles relating w/out touching, hands on legs. Lift R sit bone, take back in space, return, note head/shoulders. Lift R sit bone, take forward in space, note head/shoulders. Repeat, take forward/back, add taking head/shoulders opposite. Pause on back, measure distances, compare sides. Step forward w/R sit bone, place on floor, lift, step back, place on floor, repeat, creating arc/half circle in space over point on floor where sit bone started, step forward/back few times, add sliding along floor making half circle, drawing line on floor w/sit bone. Reverse circle. Pause on back, measure distances, compare sides. Return to stepping w/R side, stepping forward, internally rotate straight leg, stepping back knee is bent out to side. Stay stepped forward then bring the L sit bone /leg forward, start walking. Pause on back, measure distances, compare sides. Add bell hand first while sitting, add lifting sit bone on same side, then w/stepping, grow into internal rotation_of arm and leg on same side.

Discussion #173 ~ Diana Razumny

Styles of Observing: hard & soft focus

CD#19 T16 [23 MINUTES]

DVD of lizard. Guy Claxton reading. DVD of Hull walking, observing first with music and then without and stopping/starting DVD to see side bending element.

FI Exploration #104 ~ Diana Razumny

Guided side bending

CD#19 T17 [55 MINUTES]

Watch partner walk while listening to music to help go into soft focus. Student sits on table, reaching overhead, practitioners observe. Hands on pelvis then ribs. Sitting on roller, like a horse, taking pelvis to one side, stay, hand on head move side/side. Sitting in middle take hand on head to side, stay, roll pelvis side/side. Return to reaching/observing. Return to observation during walking.

FI Exploration #105 ~ Diana Razumny

Side bending process in side lying

CD#19 T18 [41 MINUTES] [DVD#19 SCENE 5, 23 MINUTES]

Skeleton and Ken on floor in side lying, Diana w/Ken, Alan w/skeleton, students suggesting possible "FI moves" to create sidelying. Lift feet, lift head, roll pelvis from sit bone, lift head while pushing through C7, bringing ribs/pelvis towards each other, lengthening arm overhead, lifting ribs from bottom side, rolling pelvis down. Students practiced

ATM Lesson #194 ~ Diana Razumny

Bell Hand #4

CD#19 T19 [41 MINUTES] [AMHERST INSPIRED]

On front, look R, R hand up, L down: Bell R hand. Bell L hand. Bell R/reaching. Repeat w/R leg pulled up. Continue belling while rolling to back. Bell hand to hair/head. What part of head is easier? Continue while rolling to back. Continue while coming to stand, compare sides. Continue while walking. Continue, going down to back again. On front, repeat above on L side. Bring R arm long overhead. To roll to back, stay w/both arms overhead. Switch to belling R hand and continue rolling. Switch to L belling, roll back. Continue, come to standing/walking

Day 94 April 20, 2006

ATM Lesson #195 ~ Alan

Questel

Bell Hand #5

CD#19 T20 [49 MINUTES] [AMHERST INSPIRED]

On back, arms down along sides, play w/orientation of palms, leave hands palm down, bell w/R hand, add sucking. Note relationship between hand, sucking and breath. Switch to L hand, then do both with image of pulling taffy. On front, face L, L arm up by head, R down along side, bell L hand then the R. ROB Bell L again, add reaching so arm lifts. Add rolling pelvis. Continue and as L arm comes back towards you after reaching, let arm come down along side like swimming, pelvis rolls to help. Continue w/L arm but change head to face R. ROB On front, repeat above on other side. Eventually alternating arms and turning head side/side. ROB. Sit, swimming w/L arm, bring head into it, add other arm, alternating. Repeat but do the back stroke. Standing, walk, reach w/one arm then other. Come to a wall, bring front to wall, one arm up, alternate arms like on floor, note any differences from when lying on front on floor. Return to floor on belly, repeat to compare.

Discussion #174 ~ Alan

Questel

Jokes and such

CD#19 T21 [63 MINUTES]

Sharing circle around appropriateness in training. Groups of 3 share experiences they've had of learning being interrupted by something someone said.

FI Exploration #106 ~ Alan

Questel

Touching process

CD#19 T22 [119 MINUTES]

Pairs - One lying on side, other sitting behind them, touch/do whatever exploring you like with guided awareness. Sit at pelvis to explore and then at shoulder. Return to pelvis to find how they move. Then one hand on shoulder, one on pelvis. Switch roles. Bell hand exploration. Towel, foam and shoe exploration between partners. Return to touching as in beginning.

Day 95 April 21, 2006

Discussion #175 ~ Alan Questel

Intentions, goals, dreams and imaginings

CD#19 T23 [48 MINUTES]

Charlotte about quality of touch. Alan example/demo w/Bob about quality of touch. Joe about memory and imagination. Alan's response around intention, goals and dreams. Frank about mirror neurons. Neurobiology friend described limbic part of the brain as the visceral brain. Bertoz book movement as the 6th sense. Example of knowing where the arm begins and ends. The location of the spine. August about interpreting Moshe and how much is your own. Jincey about imagining judo roll and the difficulty.

ATM Lesson #196 ~ Alan Questel

Mobility of the hip #3 emphasis on return, on side

CD#19 T24 [38 MINUTES] [AMHERST INSPIRED]

Same lesson with emphasis on return of the movement.

FI Exploration #107 ~ Alan Questel

Exploring side bending in 3 orientations

CD#19 T25 [21 MINUTES]

Pairs: Person lies on back, do 4 side-bending movements with them. Look for how it might not be completely side bending. Attention to use of hands. Pay attention to the return of the movement, how do they come back. Switch from back to belly to side, each time exploring 4 different side bending moves. End on back for few minutes and then in sitting. Sharing at the end. Duncan about feeling the side bend throughout. Lethe about staying with theme in different orientations.

Day 96 April 24, 2006

Discussion #176 ~ Alan Questel

Q & A, optimal movement

CD#20 T01 [33 MINUTES]

Sue question about figure 8 movement as key. Joe: Optimal movement. Example of reaching and which sit bone do you shift towards. Optimal for who? What do we use for criterion: Duncan, having 3 options or having choice. Structure, action and environment dictates what's "right". Carl, ease. Alan, could injure yourself when you go with your ease. Also, only doing what feels good could end up very limiting. Lethe: differentiated whole. Proportional distribution. Duncan: whole self. Synergistic. Michele: being able to move in any direction without reorganizing. Charlotte: skeleton grounded. Training structure. Follows Amherst in the first two years. Last two years are more variable. How do I know when to do something? Where to go next? How do I know when to stop? Michele: being able to play while practicing FI. Ayesha: working with someone who was going to give speech. Back to Michele and then the questions. Self organization informs. Ideal movement could be that you don't feel anything. Is my pelvis free at any moment? Organizing pelvis to be free. Proximal/distal. Alan's definition of proximal is the pelvis. Hip joints and lower back work in conjunction with the pelvis. Hip joints tend to be an unknown area. Example: Joe sitting, asks him to stand with Alan's hands on shoulders for resistance. Had him freeze and he lifted feet. Rearranged his feet to be able to push into ground and then came forward to come up.

ATM Lesson #197 ~ Alan Questel

Getting to know the hip joints

CD#20 T02 [45 MINUTES] [ALEXANDER YANAI #241]

Sit, legs apart, arch back (extend), note knees bending. On back, feet standing, arch back. Hold below R knee, arch back, note knee moves away. Arch back while bringing knee towards you. Return to just arching while holding knee. Sit and arch back to note how each knee responds. Stand feet, arch back few times then repeat above with L knee. Add variation of keeping back arched and move knee to/away. Lengthen other leg while arching back and bringing knee closer. Feet standing, ankle on other knee, hold lower leg at ankle and below knee, bring leg towards while arching back. Repeat OS. Sit, legs apart, hold pant leg of one leg, arch back, add lifting leg/pushing through heel. Repeat OS. On back, feet standing, arch back. Legs long, scan.

FI Exploration #108 ~ Alan Questel

Kneeling over table #1

CD#20 T03 [47 MINUTES] [DVD#20 SCENE 1, 21 MINUTES]

Demo with Carl and skeleton on table. Look for angle of pelvis relative to the back (flex/ext), How close are they to the table? If table is too high they will drop the pelvis into flexion. Are their knees are under hip joints? How close the knees are to the table, distance between knees?

FI Exploration #108

continued ~ Alan Questel

Kneeling over table #1 continued

CD#20 T04 [36 MINUTES] [DVD#20 SCENE 2, 14 MINUTES]

Demo with Duncan and Ken to clarify how to place their knees. Then with Ken, review finding landmarks of pelvis. Moving pelvis side/side for side bending, feeling through spine and ribs for connection. Then create a little extension in lower back. Then create a little flexion.

ATM Lesson #198 ~ Alan Questel

Puzzle #1, lifting pelvis on back, flipping to hands/knees

CD#20 T05 [33 MINUTES]

On back, note what is available to lift. Stand feet, lift pelvis, gradually lift higher. Zigzag up along spine, stay with weight up on shoulders, shifting weight side/side. On hands/knees, slide back of L hand along floor towards R knee, continue so L shoulder comes to floor, stay on shoulder a little, noting where you look. Repeat OS. Repeat staying on one shoulder and lift one knee, the other, both. Lift one leg from floor, other toes for standing. On back, lift pelvis, leave in air and lift one foot from floor. Lift pelvis, leave it up, turn around to face floor while pelvis is in the air. Hands/knees, slide hand through, shoulder on floor, flip pelvis so your belly up again. Reverse. Repeat OS. On back, stand feet, lift pelvis.

Day 97 April 25, 2006

Discussion #177 ~ Alan Questel

Q & A, stretching, ground forces

CD#20 T06 [15 MINUTES]

Duncan: stretching. Muscles tear when stretching so it's longer as long as you keep stretching. If you stop, the healing shortens the muscle. Stretching is a feeling, muscles don't actually stretch. Stretching can help by helping include parts in body image before starting any exercise like running. Attitudes towards stretching or working out and respecting the person. Ground forces. Ken's explanation. Bob relating to judo and ground forces. Need skeleton to have ground forces. Ability to organize to use ground forces. Example of jellyfish or snake.

ATM Lesson #199 ~ Alan Questel

Puzzle #2, lifting pelvis on back, flipping to hands/knees

CD#20 T07 [42 MINUTES]

On back, interlace hands behind head, lift head noting part of back pressing to floor and actually press that part of back into floor. Think of lifting leg and feel where you would press into floor. Same with an arm. Some part of your torso. Stand feet, lift pelvis. Repeating from yesterday's ATM part #1 New piece - on back, pelvis lifted, windmill arms so one goes under you. On back, pelvis high, imagine someone grabs belt from behind and flips you so you're facing floor. Think about using the ground.

FI Exploration #109 ~ Alan Questel

Kneeling over table #2

CD#20 T08 [40 MINUTES] [DVD#20 SCENE 3, 25 MINUTES]

Demo Ayesha. Demo Carl. Sitting at pelvis while person is kneeling over table, explore boney landmarks, flexion, extension, side bending from pelvis and lower back. Go to shoulder, lift shoulder, shoulder blade towards spine, other hand on ribs to take towards side bending then at spine suggesting same side bending. Repeat w/elbow on your own knee and then with elbow up and hand standing. Return to pelvis, note movement change.

ATM Lesson #200 ~ Alan Questel

Connecting to the hips, on front

CD#20 T09 [40 MINUTES] [BASED ON ALEXANDER YANAI #241]

On front, stand toes, push. Feet "long", arch back, add toes standing. Repeat w/head to either side and then in middle to compare. Forehead on back of hands, press/release pubic bone, belly button, lower

sternum, upper sternum, Reverse order. Go up/down creating ripple. Draw L knee up to side, face to L, arch back then ripple movement. Repeat OS. Return to standing toes, forehead on hands: ripple; arch/release. Knee drawn up to L, face L, arch back and lift head, then change it to lengthening back of neck as back arches. Repeat OS. Look L, legs long, slide L knee up towards elbow as arch back. Once w/lifting head then with lengthening back of neck. Repeat OS. Slide both legs up to same side, arching back, lengthening back of neck. Repeat OS. Forehead on back of hands, toes for running, push up; arch back; press through feet again, add lengthening back of neck.

FI Exploration #109

continued ~ Alan Questel

Kneeling over table #2 continued

CD#20 T10 [27 MINUTES] [DVD#20 SCENE 4, 10 MINUTES]

Demo Talon. Repeat everything from before, add nodding head a little, rolling a little in prep for turning to other side. Lift under sternum to help while they turn their own head. Return to pelvis movements then "do" other shoulder.

ATM Lesson #201 ~ Alan Questel

Sitting on stool

CD#20 T11 [28 MINUTES]

Sit to stand from stool. Repeat w/feet farther forward, move them far enough away that it's a little difficult. Move even further out and bring elbows to knees, arch/round torso, note where you move. Feel what part rounds back the most. Move your awareness down a few vertebra and round from there. Weight stays in arms and move up a few vertebra to move from. Return to first place you were rounding from and note differences. Leave feet in same place the whole time and then pause and come to standing and note you're able to come to standing more easily. Move feet a little farther away, L elbow on L knee and rest R arm on top of L arm, repeat the arching/rounding. Pause in sitting, feet stay where they are then repeat on OS. Keep feet where they are, come to standing. Feet little farther away, take L fist towards floor, R towards ceiling, flex/extend. Repeat OS. Come to stand. Rest in sitting, feet far away, elbows on knees, imagine someone cute behind you and you have eyes on your sit bones to look at them. Take straight arms back behind you, palms up, look to horizon, lift pelvis then return to doing without arms. Imagine \$100 bill on floor out in front, move feet farther away, reach for the money, coming onto your feet. Feet far out, hold head, middle finger along occiput, thumb along jaw line, come up to stand. Return to feet nearer where started and get up a few times to feel difference.

Day 98 April 26, 2006

Discussion #178 ~ Alan Questel

Q & A, language, judgment & observation

CD#20 T12 [36 MINUTES]

Charlotte: What do you do with someone who is like cement? Alan: how can you describe someone who doesn't move? Stiff, armored. Careful with language. Practice different kind of language. "This is how they know how to move." Einstein's brain, more varied. Deconstructing is easier to deal with than someone who is super flexible. People who can do everything in a training have the harder time. Feldenkrais Practitioners are judgmental. We make observations, "I see where that person doesn't move, I see where they hold themselves." August: taking it personally. Moshe, "if it's not personal it's not worth doing." Not a problem but a habit of holding ourselves negatively. Having conversations in our head around things that are bothering us. Being vulnerable and safe at same time. Doing FM doesn't mean you are a better human being. If someone doesn't feel good about self they try to do something to make it different. Practice the experience you want to get away from so you can come out of it by reversing it. If in a place where you don't want to be take some time to think where you would like to be and look for the sensory aspect of that place and linger in the pleasure of it. Then you start to come back to where you actually are, only come a little ways and return to the place you like, repeat several times so you feel the movement. What is the best and worse that can happen. Feedback from each other, "Today that's too much for me." Non-violent communication makes observations.

ATM Lesson #202 ~ Alan Questel

Sliding hand forward, look up/down, side sitting

CD#20 T13 [48 MINUTES]

Scan on back. Side sit w/R leg back, hands on floor in front of you, slide R hand forward on floor. Stay w/hand half as far as can, look up/down. Pause, return to same place, slide hand little farther out, repeat looking up/down, note places not involved. Pause, return to hand being in comfortable place, turn head to look L, stay looking L and lift/lower head in that orientation. On back, feet standing, L ankle on R thigh, bring L knee towards/away. Lift R foot so legs come towards chest. Add lifting head with hands to bring L elbow to L knee, then both elbows to both knees. Side sit as before, hands behind head, lift/lower head, turn it into a scooping action, lifting in extension. Both hands on floor in front, take head to L leg that is in front, bring mouth towards L knee. Return to sliding R hand on floor out in front, compare to before. Stay w/R arm lengthened

out in front, look up/down. Same position, slide L hand out few times, stay at comfortable distance, turn head to R, lift/lower head. Return to sliding R hand out to compare. Repeat OS mostly in imagination. End with legs crossed, sliding both hands out, allow pelvis to lift, looking up when hands are forward. Return to original move of sliding R hand forward on floor, compare.

FI Exploration #110 ~ Alan Questel

Kneeling over table #3, bringing knee onto table

CD#20 T14 [45 MINUTES] [DVD#20 SCENE 5, 25 MINUTES]

Demo with Ellen. Demo with Carl. Review what you remember from 2 days and add bringing knee onto table, having them look under their standing arm, directing forehead/nose/chin at different times as you bring the knee up. Return to lifting the knee without them.

Discussion #179 ~ Alan Questel

Interviewing

CD#20 T15 [61 MINUTES]

What questions would you ask to start an interview? Duncan. Finding something they can move towards rather than moving away from something. Example of something liking golf and helping their golf game. Talon.

ATM Lesson #203 ~ Alan Questel

Sitting on stool, one cheek off

CD#20 T16 [33 MINUTES]

Sit, feel sit bones, have L cheek off edge of stool, lift/lower. Turn L while cheek is off, look up/down. Repeat looking R. L hand over top of head, take elbow down towards L hip. Both hands behind head, lift lower L cheek. Slide arms behind head, head stays in middle. Just L arm over top of head, point elbow towards ceiling and make circle w/elbow. Repeat OS. Sit, both cheeks on stool, lift one/the other, note feet. L cheek off, push w/L foot then R foot, note differences. Move foot away from you, then little in to middle, then little back, out to side more. Place foot spontaneous, push from foot, using different parts of foot in a circular way. Play w/direction of heel/toes. Repeat OS. Lean forward, elbows on thighs/knees, lift pelvis a little, take pelvis side/side, quicker, add reaching forward w/arms and come to standing.

Day 99 April 27, 2006

Discussion #180 ~ Diana Razumny

ATM Teaching project

CD#20 T17 [6 MINUTES]

Students completed evaluations about the 12 mornings of teaching ATMs to the public before the beginning of class. Students shared about their experiences first in small groups and then in larger.

Discussion #181 ~ Diana Razumny

Witnessing

CD#20 T18 [11 MINUTES]

Students described what they remembered from the witness process from earlier this segment.

ATM Lesson #204 ~ Diana Razumny

Tail wagging on hands & knees

CD#20 T19 [42 MINUTES]

All 4s - Look up/down - note horizontal move thru space, shape of spine. Slide R foot L/R - note head response, waist. Add looking around shoulder to see foot. Repeat w/L foot. Knees wider - slide R foot towards L knee. Add looking down when foot comes to knee. Take R foot R - look around R shoulder. Repeat w/L foot. Stay w/R foot near L knee, Take pelvis back towards floor. Add looking down as pelvis moves back. Add looking up when pelvis lifts forward. Reverse so look up when pelvis goes back, down when forward. Repeat w/L foot near R knee. Slide one foot up near hand then back down, Repeat w/other foot, Leave one, add other for squatting. Lift pelvis, hands/feet on floor. Lift head/tail to extend, drop to flex

FI Exploration #111 ~ Diana Razumny

Sitting on stool, leaning head on hands

CD#20 T20 [21 MINUTES] [DVD#20 SCENE 6, 15 MINUTES]

Demos with Charlotte, Carl and Michelle. Sitting and leaning on arms on table. Practitioner palpates spine where student folds forward most and backwards most. Then contacting area above and then below that area as student folds and extends.

FI Exploration #111

continued ~ Diana Razumny
Sitting on stool, leaning head on hands - guided

CD#20 T21 [51 MINUTES]

Groups of three: practitioner, student and witness. Rotate through process. Guided, observing student lower hands to floor, squatting and four points looking up/down. Observing flex/extend while sitting on stool. Place hands to suggest flexion, extension, side bending and then twisting. Students lean head on hands on table, practitioner presses on sides of spine in area they more easily bend backward, give resistance as they push back, follow them in when they reverse to extend in that area. Repeat above/below that area, return to the flex, extend, side bend and twist suggestions and then reference of folding forward/back and standing to squat and four points looking up/down. Rotate roles 3 times.

Day 100 April 28, 2006

ATM Lesson #205 ~ Alan

Questel

Lifting pelvis, hands/knees & on side

CD#20 T22 [50 MINUTES]

Scan on back. Feel weight, what could lift, what could press. Hands/knees, lift each hand, foot, same side, diagonal. Slide L hand through gap of R hand/knee, repeat OS. Hands/knees, slide L hand to R of R knee, think of head going under arm. Stay w/shoulder on floor, lower pelvis to floor w/o plopping, making it reversible (not sitting back on heels) Repeat OS. On L side, L elbow under side, R hand standing, press L arm into floor, lift pelvis from floor leaving head/shoulder on floor. Repeat OS. Hands/knees, slide arm down/outside opp knee, lower pelvis. On R side, lift L leg from R. Lift just L foot. Lift just the knee. Arms straight out in front, top hand lifts and goes behind, stay w/arm behind, as arm returns to front, lift leg then reverse so arm/leg are going opp. Lift arm/leg at same time, eventually rolling to other side. Hands/knees, slide L hand/arm under

FI Exploration #112 ~ Alan

Questel

Kneeling over table #4

CD#20 T23 [15 MINUTES]

Pairs, each taking 40 minutes to explore what you remember.

Discussion #182 ~ Alan

Questel

Q & A

CD#20 T24 [17 MINUTES]

We do the same thing with someone with neurological problems as we do with athletes, it's the same method. There aren't special things to do with specific conditions. Closure for segment.

ATM Lesson #206 ~ Alan

Questel

Arms sweeping overhead, on back & kneeling

CD#20 T25 [35 MINUTES]

On back, bring L hand to pelvis near front pocket with lifting the hand the very least, continue to bring it across pelvis to R side, returning to floor on L each time. Continuing until hand comes over shoulder, arm falling towards head then overhead, return. Repeat w/other arm. Take both arms overhead at the same time in the same way. Stand feet, lift pelvis when arms go overhead. Repeat in kneeling. Continue up to standing.