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Leg swing & footprint #1: flex/extend toes, ankle, knee & hip, on front & back	5	Hip joint	7
		CD#21 T14 [12 minutes] [DVD#21 Scene 2, 9 minutes]	7
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Choose position and global pattern to explore	5	Leg swing & footprint #3, flex/extend ankle/toes, on side	7
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CD#21 T09 [22 minutes]	6	ATM Lesson #217 ~ Dennis Leri	10
FI Exploration #115 ~ Dennis Leri	6	Primary Image #4, lift head on back, arms/legs forward sitting	10
Organizing through leg	6	CD#21 T23 [54 minutes] [Alexander Yanai #339]	10
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High point of the hip joint #3: lifting leg back, standing	11	CD#22 T12 [14 minutes] [DVD#22 Scene 4, 14 minutes]	15
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ATM Lesson #218 continued ~ Dennis Leri	11	Discussion #192 ~ Dennis Leri	15
High point of the hip joint #3: arms/leg lifting forward/side/back, standing	11	Artificial floor, Weber-Fechner law, Piaget	15
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High point lesson, experiments	11	Leg swing & footprint #8, hold leg on side & standing	15
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Compression through C7, push/pull from legs, roll pelvis, on back	11	ATM Lesson #224 ~ Dennis Leri	17
CD#22 T04 [15 minutes] [DVD#22 Scene 2, 12 minutes]	11	High point of the hip joint #5: head wrapped by arm with hop, standing	17
ATM Lesson #219 ~ Diana Razumny	12	CD#22 T15 [60 minutes] [Alexander Yanai #291]	17
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DAY 107 SEPTEMBER 19, 2006	13	FI Exploration #122 ~ Dennis Leri	17
ATM Lesson #220 – Diana Razumny	13	Pushing through sit bones	17
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Discussion #190 ~ Dennis Leri	13	Discussion #194 ~ Dennis Leri	17
Unintentional, Erickson & second nature	13	Archimedean lever	17
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FI Exploration #120 ~ Diana Razumny	14	Discussion #195 ~ Dennis Leri	17
Artificial floor	14	Questions and no answers	17
CD#22 T08 [32 minutes] [DVD#22 Scene 3, 31 minutes]	14	CD#22 T19 [66 minutes]	17
ATM Lesson #221 ~ Dennis Leri	14	ATM Lesson #225 – Diana Razumny	17
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DAY 108 SEPTEMBER 20, 2006	15	DAY 110 SEPTEMBER 22, 2006	19
ATM Lesson #222 ~ Dennis Leri	15	Discussion #196 ~ Dennis Leri	19
High point of the hip joint #4: head wrapped by arm with hop, standing	15	Categories, names and addresses	19
CD#22 T10 [60 minutes] [Alexander Yanai #290]	15	CD#22 T21 [24 minutes]	19
Discussion #191 ~ Dennis Leri	15	FI Exploration #123 ~ Dennis Leri	19
High point and stories	15	Review with making it personal	19
CD#22 T11 [51 minutes]	15	CD#22 T22 [4 minutes]	19
FI Exploration #121 ~ Dennis Leri	15	ATM Lesson #226 ~ Dennis Leri	19
Artificial floor continued	15	High point of the hip joint #6: head wrapped by arm with hop, standing	19
		CD#22 T123 [61 minutes] [Alexander Yanai #297]	19
		Discussion #197 ~ Dennis Leri	19
		Series and closure	19
		CD#22 T24 [18 minutes]	19
		FI Exploration #124 ~ Dennis Leri	19
		Review with making it personal	19
		CD#22 T22 [4 minutes]	19

		Being present, parasitic movement and freedom of movement	22
		CD#23 T11 [52 minutes]	22
DAY 111 SEPTEMBER 25, 2006	20		
ATM Lesson #227 ~ Yvan Joly	20	ATM Lesson #231 ~ Yvan Joly	22
Judo roll review	20	Headstand #4: prep, on head & hands, walking feet from head/knees	22
CD#23 T01 [74 minutes] [Amherst 1981]	20	CD#23 T12 [52 minutes] [Amherst 1981]	22
Discussion #198 ~ Yvan Joly	20	FI Exploration #126 ~ Yvan Joly	22
Overview	20	Interviewing, requests, needs and wants	22
CD#23 T02 [20 minutes]	20	CD#23 T13 [12 minutes]	22
FI practice –	20		
FI Exploration #124 ~ Yvan Joly	20	FI Exploration #127 ~ Diana Razumny	22
Twenty minutes lesson, twisting on side, trios	20	ATM Teaching game and exploration	22
CD#23 T03 [10 minutes]	20	CD#23 T14 [31 minutes]	22
Demo	20		
Discussion #199 ~ Yvan Joly	20	FI Exploration #128 ~ Yvan Joly	22
Twisting	20	Twenty minutes lesson, flex/extension on all 4s, back - trios	22
CD#23 T04 [10 minutes]	20	CD#23 T15 [14 minutes] [DVD#23 Scene 3, 4 minutes]	22
FI Exploration #124 continued ~ Yvan Joly	20		
Twenty minutes lesson, twisting on side, back, front, table kneeling - trios	20	DAY 114 SEPTEMBER 28, 2006	23
CD#23 T05 [32 minutes] [DVD#22 Scene 6, 29 minutes]	20		
ATM Lesson #228 ~ Yvan Joly	20	ATM Lesson #232 ~ Yvan Joly	23
Headstand #1: prep, lifting pelvis and legs, from back	20	Upper back clock, on back	23
CD#23 T06 [47 minutes] [Amherst 1981]	20	CD#23 T16 [69 minutes]	23
DAY 112 SEPTEMBER 26, 2006	21	Discussion #201 ~ Yvan Joly	23
		Daily practice and between lessons; wants & needs;	23
ATM Lesson #229 ~ Yvan Joly	21	CD#23 T17 [31 minutes]	23
Headstand #2: prep, carping, landing on feet, from back & head/knees	21	FI Exploration #129 ~ Yvan Joly	23
CD#23 T07 [66 minutes] [Amherst 1981]	21	Twenty minutes lesson, side bend on belly, sit on floor, on back - trios	23
FI Exploration #125 ~ Yvan Joly	21	CD#23 T18 [30 minutes] [DVD#23 Scene 4, 15 minutes]	23
Twenty minutes lesson, compress/lengthen on side, back, - trios	21	Discussion #202 ~ Diana Razumny	23
CD#23 T08 [38 minutes] [DVD#22 Scene 7, 16 minutes; DVD#23 Scene 1, 14 minutes]	21	Check in with wants & needs for segment	23
FI Exploration #125 continued ~ Yvan Joly	21	CD#23 T19 [34 minutes]	23
Twenty minutes lesson, compress/lengthen on side, back, stand - trios	21	FI Exploration #130 ~ Diana Razumny	23
CD#23 T09 [36 minutes] [DVD#23 Scene 2, 31 minutes]	21	Lying on back to sitting, on table	23
ATM Lesson #230 ~ Yvan Joly	21	CD#23 T20 [17 minutes]	23
Headstand #3: prep, carp, land on one foot, from back & head/knees	21		
CD#23 T10 [50 minutes] [Amherst 1981]	21	DAY 115 SEPTEMBER 29, 2006	24
DAY 113 SEPTEMBER 27, 2006	22		
		ATM Lesson #233 ~ Yvan Joly	24
Discussion #200 ~ Yvan Joly	22	Personalized lesson #1	24
		CD#23 T21 [41 minutes] [Yvan Creation]	24
		Discussion #203 ~ Yvan Joly	24
		Using personalized lesson	24
		CD#23 T22 [33 minutes]	24
		Discussion #204 ~ Yvan Joly	24
		Implicit learning	24

CD#23 T23 [30 minutes]	24	CD#24 T11 [53 minutes] [Amherst June 22, 1981]	27
ATM Lesson #234 ~ Yvan Joly	24	FI Exploration #134 ~ Diana Razumny	27
Headstand #5: carp, knees to elbows, roll out of headstand, knees to elbow	24	Bring person from lying to sitting #2, cradled & swivel, on table	27
CD#23 T24 [35 minutes] [Amherst 1981]	24	CD#24 T12 [13 MINUTES] [DVD#24 Scene 1, 11 minutes]	27
DAY 116 OCTOBER 2, 2006	25	DAY 118 OCTOBER 4, 2006	28
ATM Lesson #235 ~ Yvan Joly	25	ATM Lesson #239 ~ Yvan Joly	28
Personalized lesson #2	25	Headstand #7: judo roll, roll flexed, knees to elbows, roll out of headstand	28
CD#24 T01 [20 minutes] [Yvan creation]	25	CD#24 T13 [64 minutes] [Amherst 1981]	28
Moshe Video	25	FI Exploration #135 ~ Yvan Joly & Diana Razumny	28
Intuition	25	Pre-practicum, giving lessons to each other	28
CD#24 T02 [38 minutes] [Amherst June 1981]	25	CD#24 T14 [4 minutes]	28
Discussion #205 ~ Yvan Joly	25	FI Exploration #136 ~ Diana Razumny	28
Mirror neurons and interviewing	25	Bring person from sitting to standing#1, on table	28
CD#24 T03 [15 minutes]	25	CD#24 T15 [30 MINUTES] [DVD#24 Scene 2, 18 minutes]	28
FI Exploration #131 ~ Yvan Joly	25	DAY 119 OCTOBER 5, 2006	29
Interviewing process in groups of four	25	FI Exploration #137 ~ Diana Razumny	29
CD#24 T04 [23 minutes]	25	Bring person from sitting to standing #2, on table	29
ATM Lesson #236 ~ Diana Razumny	25	CD#24 T16 [40 MINUTES] [DVD#24 Scene 3, 38 minutes]	29
Three ways to roll up to sitting, holding legs/feet, on back	25	FI Exploration #138 ~ Yvan Joly & Diana Razumny	29
CD#24 T05 [42 minutes] [Amherst June 1981]	25	Pre-practicum, giving lessons to each other	29
FI Exploration #132 ~ Diana Razumny	26	Not Recorded	29
Bring person from lying to sitting #1, from side, on table	26	FI Demo ~ Yvan Joly	29
CD#24 T06 [20 minutes] [DVD#23 Scene 5, 7 minutes]	26	Joe's class lesson	29
DAY 117 OCTOBER 3, 2006	27	CD#24 T17 [36 minutes] [DVD#24 Sc 4, 41 min]	29
ATM Lesson #237 ~ Yvan Joly	27	FI Exploration #138 continued ~ Yvan Joly & Diana Razumny	29
Headstand #6: carp, roll flexed, knees to elbows, roll out of headstand	27	Pre-practicum, giving lessons to each other	29
CD#24 T07 [60 minutes] [Amherst 1981]	27	Not Recorded	29
FI Exploration #133 ~ Yvan Joly	27	DAY 120 OCTOBER 6, 2006	30
Interviewing and twenty minute lessons, in groups of three	27	ATM Lesson #240 ~ Yvan Joly	30
CD#24 T08 [7 minutes]	27	Headstand #8: judo roll, roll flexed, knees to elbows, roll out of headstand	30
FI Demo ~ Yvan Joly	27	CD#24 T18 [39 minutes] [Amherst 1981]	30
FI lesson with Bob	27	Discussion #207 ~ Staff	30
CD#24 T09 [46 minutes] [DVD#23 Scene 6, 39 minutes]	27	Circle Meeting	30
Discussion #206 ~ Yvan Joly	27	CD#24 T19 [62 minutes]	30
About FI demo	27	ATM Lesson #241 ~ Yvan Joly	30
CD#24 T10 [10 minutes] [Amherst 1981]	27	Rocking on front	30
ATM Lesson #238 ~ Diana Razumny	27	CD#24 T20 [59 minutes] [Amherst 1981]	30
Rolling up, holding behind thigh, on back & sitting	27		

*Day 101 September 11,
2006*

*ATM Lesson #207 ~ Diana
Razumny*

*Leg swing & footprint #1:
flex/extend toes, ankle, knee & hip,
on front & back*

CD#21/T01 [54 MINUTES] [ALEXANDER YANAI #378 BENDING THE TOES]

On back, bend knees, stand feet, lift R leg/foot in air, bend toes up/down. Note: breath, jaw, neck, chest. Repeat w/L leg/foot. R leg in air, bend ankle w/o bending toes. Repeat w/L leg/foot. R leg in air, bend ankle and bend toes up. Bend toes down, straighten ankle. Attn: breath, jaw, mouth, neck, chest. Repeat w/ L leg. On belly, legs spread, bend knees, inside edge of feet touching, bend toes up/down. Face L, stand hands, bend toes up/down. Attn: hands, neck, chest, face, breathing. Same position, bend ankles w/o bending toes. Attn: same parts. Add bending toes. Quicker. Repeat 4 & 5 with face to R. Attn: face, neck, jaw, hands, shoulder blades. Rest on back. On back, R leg in air, bend/straighten R knee w/o ankle/toe bending. Attn: breath, chest, face, jaw, neck making no changes there. Repeat w/L leg in air. R leg in air, bend knee, ankle and toes up and then straighten, bend toes down. Attn: breath, face, eyes, mouth, neck, chest, hands. L leg. On belly, face L, spread/bend knees, touch inside edges of feet, straighten/bend legs. Stay w/feet near floor, bend/straighten ankles w/o toes. Same position, stand hands, bend/straighten ankles, add toes bending up/down. Attn: breath, face, jaw, mouth, neck, chest. On belly, face R, knees bent, inside edge feet touch, bend/straighten knees, stay straightened, bend ankles, add bending toes up, add bending knees, so everything bends/straightens. Attn: breath, neck, arms. Same position, stand hands, bend/straighten everything. On belly, face R, legs long and joined, roll pelvis R/middle. Attn: breath, neck, hands. Extend R arm, continue. Quickly. Repeat w/L hand standing, then pelvis swings R/L. Face L, extend L arm long, stand R hand, roll pelvis L. Stand both hands, face L, roll pelvis. Face R, roll pelvis. Quickly w/o disturbance to breath. Stand, walk.

*Discussion #183 ~ Diana
Razumny*

*Review all memorable FI
explorations*

CD#21 T02 [60 MINUTES]

Groups of 5 think/remember as many FI explorations you can, scribe write them down and then put them into the Felden-Sutra grid. Explore what you remember.

*FI Exploration #113 ~ Diana
Razumny*

*Choose position and global
pattern to explore*

CD#21 T03 [18 MINUTES]

Partners exchange 1/2 hour lessons. The receiver chooses what position and which global pattern then would like their practitioner to explore. When switching roles, choose a different position and pattern.

*Discussion #184 ~ Diana
Razumny*

About FI Exploration

CD#21 T04 [12 MINUTES]

*ATM Lesson #208 ~ Diana
Razumny*

*Leg swing & footprint #2,
flex/extend ankle/toes, on side*

CD#21/T05 [55 MINUTES] [ALEXANDER YANAI #380 PILLOWS AND SWINGS]

On L side: (ref: swing R leg for/back); think of R little toe then big toe; then other toes (more difficult). Touch little toe pad; then big toe. Touch each toe/s. Think pad of R heel circle. Trace circle of bottom of heel. Think of heel and toes. Think along outside edge of foot. Sense line, start w/heel circle, come around bottom of heel pad, up outside edge up to toes, across top of toes, circle around big toe to trace back along bottom of pads to little toe. Stand, compare R/L legs, circle over R/L hip, sense R finger/toes, walk. On L side, think of the print of heel, edge and toes of R foot. Lift R leg and think of print of sole. Flex/ext ankle/toes sensing "print". Quickly. Split attention between print/moving. Lift/straighten R (down), think sole: Flexed/hold ankle; Add toes flex/ext; quick/slow; Extended/hold ankle, flex/ext toes; Flex/ext ankle. Stand. Walk. On L side, lift/straighten R leg (in front), think sole: ankle flexed, think "footprint", flex/ext toes; Note breath, effort in neck, face. Repeat, toes quickly, slow, pause. Lift leg in front, note ease/range. ROB. Hold ankle extended, flex/ext toes, quick/slow. Flex/ext ankle/toes. On L side, stand R hand, R leg straight (in front), think sole: flex/ext ankles/toes; add swinging leg backward/forward, knee soft; leg swing w/ankle flexed only then extended only. Stand, walk. Stand on R leg, swing L leg forward/back; repeat w/R leg, compare.

Day 102 September 12, 2006

ATM Lesson #209 ~ Dennis Leri

Primary Image #1: 5 Lines

CD#21 T06 [54 MINUTES] [ESALEN #1]

Very long five cardinal lines scan; lifting shoulder; hip on diagonal; lifting head without interlaced hands; lifting both shoulders together and alternating; alternating lifting shoulders and head in various ways; works a lot with slow and then fast movements. Dennis NC Imagine line of spine. Imagine walking along vertebra with fingers, one in front, one in back of spine. Creating a line for R arm then R leg. Same with L. Note eyes while imagining and while resting. Sense centerline while lifting head. Arms along sides, palms down, R shoulder forward. Repeat small and quick. Explore head lift again. Lift head small and quick. Lift both shoulders, gradually smaller/quicker. Alternate lifting head and both shoulders. Alternate lifting shoulders then increase speed. Lift/lower R hip. Try with pressing heel and w/o pressing heel. L shoulder forward few times. Repeat w/L hip. Bend knees, lift one foot, make small/quick. Repeat w/other foot. Lengthen legs, revisit 5 lines.

Discussion #185 ~ Dennis Leri

Five Lines, lengthening, here and there

CD#21 T07 [15 MINUTES]

August question about speed. Five lines, primary image, elemental image lessons – sensing the length and lengthening of the line. Ariane question – Dennis about here/there. The lines bring you “all here”. Can you organize your awareness towards here or there? Joe: photons and quantum. Story of Indian mathematician and quantum. Nervous systems linking up. . Alex Grey.

FI Exploration #114 ~ Dennis Leri

Explore spine, on side

CD#21 T08 [2 MINUTES]

Partners explore each other’s spine, listening, sensing the shape of the vertebra.

Discussion #186 ~ Dennis Leri

About FI Exploration

CD#21 T09 [22 MINUTES]

Working with SELF IMAGE rather than “body” – change the environment for the person’s self image. Self-image is a construct and mutable. Have to go into FI knowing you are working with the self-image. Language of the NS is movement, location, pressure. We come to someone, we bring the world as a set of influences to the person. Not pushing the leg but organizing standing. When you have the person’s

foot you have their head and the whole of them. Can work with both feet through one. Demo with Carl, pushing from the foot. Way of seeing through meaning. Starting seeing when you have felt something, it has meaning for you SEEING & MEANING. We provide useful fictions to entertain – techniques. There isn’t any faulty organization, it makes sense, they made the best choices given their perception of choices. Working with self-image expands sense of choice. Ease and spaciousness can come/go during or after a lesson. What you feel in ATM these are things you bring to other people. Like taking care of yourself. There is a field that’s not real tangible about the experience of the work. Taking rest in FI is learned in ATM.

FI Exploration #115 ~ Dennis Leri

Organizing through leg

CD#21 T10 [26 MINUTES] [DVD#21 SCENE 1, 26 MINUTES]

Demos with Nancy, August and Leslie.

ATM Lesson #210 ~ Dennis Leri

Primary Image #2: 5 Lines

CD#21 T11 [51 MINUTES] [ALEXANDER YANAI #338]

5 lines on back. Line from C7 to shoulder joints, make a point at shoulder joints. Same w/hip joints. Connect R hip/shoulder points, same w/L points so you have two lines parallel with the central line. Create rectangle with 4 points. Think of rectangle as a plane. Bring arms/legs forward as before, think of plane, tip plane to L, R side of plane lifts. Repeat w/eyes open. Sense length of lines from C7 to shoulder joints. Length of line from top of head to C7. Sense 5 lines, imagine looking down at lines from above then from below. Same from feet or head. Sense while seeing the lines. Arms/legs forward, tip plane of torso R/center. Sitting w/arms/legs forward, take plane forward from via hip joints closing, arms stay in same relationship so hands end up coming towards floor when tilting forward. Sense 5 lines, have point on R knee, imagine string pulling knee directly forward so line bends at knee, foot slides along floor. Point at R elbow, lift from elbow first to ceiling. Lift R elbow/knee point at same time, eventually straight arm/leg towards ceiling, take into tipping the torso plane. Repeat on L side, remember other lines through out. Bring both elbow/knee points forward, straighten R arm/leg to roll L, bend line to come to center, straighten L arm/leg, tip plane R. Sit, arms/legs straight out in front, tip plane, coming onto one hip then other. Stand, think of torso plane, fold forward, feeling back side going back. Stand, lift both arms forward, feel the plane move back.

*Day 103 September 13,
2006*

ATM Lesson #211 ~ Dennis Leri

*Primary Image #3: facial
dimension, lift head, on back*

CD#21 T12 [64 MINUTES] [ALEXANDER YANAI #339]

(Notes are from North Carolina training when same lessons were taught. Not complete) On back, sensing face, Bringing head forward, think of line of spine bending. Sit, legs straight out in front, arms straight out in front, head forward, line of spine bends. Take arms straightforward, chin to chest and w/o head following. Take head back, chest forward/up. Sit, arms rest, legs straight out in front, lift one straight leg thinking of the line of the leg lifting. Lift leg line, take leg L/R then in circle. Define lines while on back. Bend knees, arms straight forward, define lines, lift R bent leg line while keeping other lines. Repeat w/L leg. On R side, head straightforward and then chin to chest note back. Roll head/L shoulder back. Move head/shoulder opposite directions. Repeat on L side. On back, feet standing, lift one leg/line, unbend knee, foot to ceiling, keeping sense of all lines. Repeat w/other leg. Sit, arms/legs straight out in front, arms lengthen forward, chin to chest. Then keep arms/head in same relationship to torso and bow from the hips. Arms/legs straight out in front, lift one leg.

ATM Lesson #212 ~ Dennis Leri

*High point of the hip joint #1:
circling high point, standing*

CD#21 T13 [31 MINUTES] [IMPROV INTRO]

Stand, bring one foot/leg out to side to, feel for balance and have weight going through heel. Balance on the R heel, tilt torso to take the high point of the hip joint in. Repeat OS. Then forward back over high point then circle each hip joint. On back, roll leg, find hip joint. Stand, R big toe out to R for balance, tilt L so L hip joint goes towards R. Walk, rest on back. Stand, high point of R hip joint, tilting R, R arm hangs down, continue so the hand comes closer to the floor and eventually the L foot comes away from floor. Repeat OS. Balance over R hip joint, R arm overhead to L temple, tilt until L foot comes away from floor. Repeat OS. Rest on back. Feel point between ASIS and pubic bone and half way between, feel hip joint movement as you roll the leg in/out to feel the movement.

*FI Exploration #116 ~ Dennis
Leri*

Hip joint

CD#21 T14 [12 MINUTES] [DVD#21 SCENE 2, 9 MINUTES]

Demos with Bob and skeleton.

*Discussion #187 ~ Dennis Leri
Lines, clocks and self image*

CD#21 T15 [72 MINUTES]

August: about the lines. Joan: feel more of self using lines. Charlotte: loves the lines. Sue: evening out. Carl: brings attention into core, less separation, less distinction of parts, less fragmented. Nancy: lose the lines. Cici: first time to really experience, can see the whole picture of self and movement. Duncan: got the lines strong and felt the other lines when moving the one leg in sitting in lesson. Bob: lines, sensing abstract sense of wholeness. Donna: lines are elastic. Dennis: lines are abstract, weightless, and have length and direction. Can imagine light, or from here to there. Feldenkrais quote: it's not really learning if you don't feel a change in these lines. Alexander Yanai lessons. Definition: no possibility of awareness without kinesthetic orientation. We give instructions relative to the room and to self. Used analogy of pelvic clock: knowing where 12 o'clock is you automatically know there are 11 other numbers, you know there is a clockwise and counter clockwise. The numbers on the clock give you an address for a sensation through the location. Gives us a reference. We use different orienting devices. Example of seeing someone on street who doesn't have an arm or leg. Story about Rabbi's experience of the 5 lines. Can't deal with the hypotheticals. Going into lesson, don't know what going to do. It's a conversation. Ayesha: improvisational. Story of Moshe working sometimes few moves, sometimes lots. Lines and having continuity in lengths and directions, feeling the same length of line even when bend a joint. Relates to Gurdjieff's notion of being born without a soul. The lines can serve as a default for sense of self or self-image. Definition of awareness and consciousness. Ariane: reference to morning lesson of sensing the nose on the face. Knowing from inside and out and here and there. Example of pelvic clock lesson and the imprint of the numbers on the floor so there is a connection between inside and world on the outside. Phantom limb pain or ecstasy. In training it's important to have each other. Function. Making finer distinctions begs for context. Conceptual framework needs the concrete. Erin: self image being perturbed. Trauma and getting resources.

*ATM Lesson #213 ~ Diana
Razumny*

*Leg swing & footprint #3,
flex/extend ankle/toes, on side*

CD#21/T16 [48 MINUTES] [ALEXANDER YANAI #381 PILLOWS
RIGHT AND LEFT]

On back, join legs/feet, interlace hands on low belly: Attend to: breathing; little toe pads, all toes, footprint; each toe; breath. Legs joined, trace L sole few times: heel pad, along outer edge to little toe, along top of toes to big toe, around to bottom of pads back to little toe, return to heel pad. Repeat w/R foot. Repeat w/ both. Pause, note breath. Trace line

along root of toes between little/big toe, sense length of line. Repeat w/other foot. Join feet, sense distance between little toes. Note breath. Join legs/knees, sense soles, note breathing: Flex ankles many times, Sense length of line from one little toe to other. Flex/extend ankles, quickly, feel through spine to head. Feet/knees/big toes stay joined whole time. Without digging heels into floor. Keep ankles flexed, flex/extend toes only, note back of neck. On R side, L leg straighten down lifted a little, straight line from shoulder to foot. Trace sole as above. Pause. Flex ankle/toes, swing straight leg a little forward/back. Pause, Extend ankle/toes, swing leg. Swing different flex/ext? Again w/foot flexed, do quickly. Same on L side. Rest on back. On R side, straight L leg, bring straight leg forward, stay, attn sole: Foot flexed, flex/extend toes. Quickly. Pause, note breathing. Repeat w/ankle extended. Flex/ext ankle/toes. Quickly. Pause, think it fast. Repeat all on L side, start w/trace sole, toe pads, distance between little/big toes. Pause. Repeat flex/ext ankle, reverse coordination of toes flex/ext. Curl toes under when flexing ankle. Repeat on R side. Pause, swing whole leg forward/back. Faster/smaller. On L side, same w/R leg. On R side, bend L knee, take leg behind, think sole, stay: Flex/ext ankle. Quickly. Pause, note breathing. Flex/ext toes. Note-breathing, back of neck, belly. Pause, Ankle flexed - flex/ext toes. Ankle extended - flex/ext toes flex/ext ankle while flex/ext toes opposite, quickly. Swing leg forward/back. Rest on back. Repeat on L side. On back, interlace hands on belly, feel breath under hands. Join legs/feet. Flex/ext ankles/toes together, without interrupting the breath. Note differences from beginning of lesson.

*Day 104 September 14,
2006*

*ATM Lesson #214 ~ Diana
Razumny*

*Leg swing & footprint #4,
flex/extend ankle/toes, on side*

CD#21/T17 [52 MINUTES] [ALEXANDER YANAI #382
CONTINUATION]

On R side, stand L hand in front of chest on floor, lift L leg, move forward/back, knee bends when leg goes back, note torso response. Repeat on OS. ROB. On R side, lift L leg: Attn to toe pads of L foot, the heel pad, the outer edge of foot Trace footprint. Repeat with L knee bent, foot behind. Swing leg back, L hand on floor in front of chest, Allow head and L shoulder to go forward. Attend to sole of foot. Quicker. Switch sides, repeat above on OS. On R side, L hand on floor in front, lift L leg, attn to sole of foot: Swinging leg back, take head and L shoulder back. Quicker, Attn to even distribution along back side. ROB. Repeat OS. Return to R side, swing leg forward, head/shoulder goes backward. Quicker, lighter, ROB, OS Return to R side, swing leg forward, head/shoulder forward. Quicker, lighter, OS, ROB. On R side, stay with L leg back bent backwards, attn sole: Ankle flexed, curl toes down several times. Quickly. Ankle extended and lift toes. Quickly. Flex/extend toes/ankle in opposite directions. Slowly increase speed. Make circles with heel. Change direction. If not clear, lie on back to circle heel on floor. ROB, Repeat OS. On R side, swing leg forward/back, attn to sole: head goes towards leg in front the head goes back when leg swings back. Repeat OS. On back, bend both knees, stand feet, lift front of foot and curl toes under, make circles with both heels, legs moving in opposite directions. Change direction. Repeat with toes bent up.

*Discussion #188 ~ Dennis Lerí
Primary image, function and
stories*

CD#21 T18 [61 MINUTES] [DVD#21 SCENE 3, 23 MINUTES]

Reading from Moshe. Bob – vectors. Ellen – dream of skeletons and 5 lines. Nancy – thinking about lines rolling around on the floor. Method can be learned but not taught. Dennis – Moshe said all he was after was for student to form a clear intention. Function is the means whereby you translate intention into action without parasitic, cross motivations. FI & ATM came into being in the 50's. Story about Moshe and young boy who wasn't interested in learning, just wanted to play soccer. Arab and Jews story about knives. Attacking to figure out what person did and graphed on a technique for defense. Mark & Moshe in Tucson workshop story about talking with Moshe about integrating. Moshe responded about Milton Erickson's work realizing the context was important. Story of daughter/mother relationship during a lesson. Story of Jewish man who he kicked out the door. What is

function? Functionality. Demo with Carl on floor, coming to sit, stop and note at one point there is a folding of the torso. Then sit and take chin to chest vs. looking down. One is function. Developmental theory. Apprenticeship in Learning – Barbara ? Studies with Mayans and child being alone. Shows contrast in cultures developmentally. Children's worldview develops playing with each other. Story about creating database. Ayesha: strategize towards person or nervous system. 5 winds Kata.

*FI Exploration #117 ~ Dennis
Lerí*

Compression through C7, on back

CD#21 T19 [25 MINUTES] [DVD#21 SCENE 4, 23 MINUTES]

Demo with Talon. Demo with skeleton and Ayesha.

*ATM Lesson #215 ~ Dennis Lerí
High point of the hip joint #2:
circling high point, standing*

CD#21 T20 [49 MINUTES] [ALEXANDER YANAI #284]

Stand, shift weight onto R heel, leave L big toe in contact w/floor. Repeat OS. Both arms forward, weight on R heel, turn torso L, relative to R hip joint. Repeat OS. Stand on R heel, L toe out to side, tilt torso L/R over high point of hip joint, side/side. Repeat OS. Stand on high point of R hip joint again and take forward/back. Repeat OS. Same idea but circle around high point of hip joint, pause, circle other direction. Repeat OS. On R high point, tilt head/torso R, R arm lift out to R until L foot lifts. Repeat w/R hand over top of head. Repeat OS. Return to arms in front.

*Day 105 September 15,
2006*

*ATM Lesson #216 ~ Diana
Razumny*

*Leg swing & footprint #5, legs
together on back, heel to buttock,
on side*

CD#21 T21 [58 MINUTES] [ALEXANDER YANAI #383 HOLDING
KNEE]

On back, legs joined, hands on belly, note breathing: Contract legs, note: breath, chin to/away from throat; Flex/ext toes/ankle, neck/breath ease; Continue, tighten legs, note neck/breath ease; Soften easier so won't disturb breath; Flex/ext toes/ankle in opposition, Quickly; Only R foot, only L, both, quick/sloppy. On R side, L hand in front on floor, extend L leg long, swing back/forth: Head/shoulders towards leg, so torso flex/ext bends; Change direction of head to move opposite leg; Add ankle/toes flexed; Ankle flexed, toes curled under; Ankle/toes extended. Leave ankle extended, bend toes up; Continue, change head/shoulders towards leg again; Swing light/easy, ankle/toes free. ROB. Repeat OS On R side, L hand on floor, bend L knee, swing leg keeping it bent: Head/shoulders same direction as leg. Repeat on other side. Breath: inhale-leg back/exhale-leg forward. Quicker. On R side, lift/bend L leg: Foot behind, heel towards butt; Straighten/bend knee, heel to/away from butt, Faster; Flex/ext ankle/toes w/foot behind. Faster; Heel close to butt, circle w/heel; On back, circle heel, return to side, note leg bones; Straighten/bend knee, add ankle flexed, careful knee; Continue, ankle extended, Quickly. ROB. Repeat OS. On R side, take leg back, bend/straighten knee: Ankle flexed. Faster. Careful w/knee; Add toes curled down; Ankle extended/toes curled down; Ankle extended/toes lifted up, Faster. ROB. On R side, legs bent, R arm extended above head, L hand holds L ankle, lift/lower leg/head. Knee/foot stay at same height when lifting. L elbow must bend. Faster. ROB. Repeat OS side. Swing leg freely forward/back.

*FI Exploration #118 ~ Dennis
Lerí*

*Compression through C7 cont,
floating head*

CD#21 T22 [25 MINUTES] [DVD#21 SCENE 5, 23 MINUTES]

Demo with Joe.

ATM Lesson #217 ~ Dennis Lerí
*Primary Image #4, lift head on
back, arms/legs forward sitting*

CD#21 T23 [54 MINUTES] [ALEXANDER YANAI #339]

Imagining 5 lines throughout lesson. On back, lifting head. Sitting, taking head forward/down. Sitting, arms/legs forward, take arms forward, allow head to hang back a bit. Sit, arms forward, lift one leg. Repeat, take leg L/R while lifted.

*Day 106 September 18,
2006*

ATM Lesson #218 ~ Dennis Leri

*High point of the hip joint #3:
lifting leg back, standing*

CD#22 T01 [56 MINUTES] [ALEXANDER YANAI #289]

Standing, L toes out to side for balance, R arm hanging, tilt torso so on the high point of the R hip, R arm lifting so tilt more. Repeat OS. Return to same, let arm/leg drop back to center then take arm/leg to sides again, drop again, staying on the high point of hip. Repeat OS, walk, ROB, note breathing without effort. Stand, L leg out to side, R arm over top of head, tilt R, foot comes away from floor. Walk, repeat, dropping leg. Stand on heels, R foot 1/2 step forward, stand on R leg, take L leg back behind along with arms going back. Repeat, arms rotating. Walk. Return to standing on R leg, L leg behind, take arms/leg back, note breathing, arms rotating in/out. Stay w/leg back then let drop, then same with arms. Walk, return to having L leg lifted behind then move L leg around while lifted. Repeat OS, ROB. Stand on R heel, L leg back, arms go back, then bring arms/leg forward. Repeat with dropping from back to middle then bring forward and drop to middle, alternately. On R hip joint, hands touching thighs, turn L (stay), lift L leg using abdomen, tilting backwards with torso staying on high point. Repeat, lifting arms forward when leg lifts and torso tilts. Repeat OS. ROB. Stand circling high point, stay on high point, take arm out to side to take opposite leg to side. Repeat OS. (Took a break and return) L arm overhead to hold R temple, tilt L, standing on high point of L hip, move, stay tilted to L, move lifted R leg all around without moving torso. Repeat OS. Stand on R leg, take arms forward, L leg back, then switch to arms back, leg forward. Repeat, alternating forward/back. Repeat OS. Arms out at shoulder height, stand on L high point, turn torso R/return. Repeat OS.

ATM Lesson #218 continued ~

Dennis Leri

*High point of the hip joint #3:
arms/leg lifting*

forward/side/back, standing

CD#22 T02 [22 MINUTES] [ALEXANDER YANAI #289]

L arm overhead to hold R temple, tilt L, standing on high point of L hip, move, stay tilted to L, move lifted R leg all around without moving torso. Repeat OS. Stand on R leg, take arms forward, L leg back, then switch to arms back, leg forward. Repeat, alternating forward/back. Repeat OS. Arms out at shoulder height, stand on L high point, turn torso R/return. Repeat OS.

Discussion #189 ~ Dennis Leri
High point lesson, experiments

CD#22 T03 [61 MINUTES] [DVD#22 SCENE 1, 6 MINUTES]

Demo skeleton. Duncan and the belly. Charlotte: belly. Erin: clarifying high point when coming forward/back with leg. ATMs as scientific experiment. Scientific point of view is more real but it's never found in the "real" world. Example of gravity. Galileo. ATM series can take one aspect to look at deeply while not looking at others. The observed is the observer. Observing is a process rather than something outside yourself. You are the tool through which you are observing. As you are finding the "high point" of the hip joint the apparatus that is sensing is changing as you explore. There is no end in our experience like there is mechanically. Much of our experience happens outside of our awareness so we use the ATM experiment to help us notice. No lesson has only one outcome. There are sequence and consequence and they're never the same. The effect can't be decided ahead of time or else it wouldn't be an experiment. Moshe was like the last of the old scientists and first of the new. Dennis' series of 5 workshops, each weekend had a different focus until the last was Feldenkrais as Feldenkrais, which includes all of them. We're altering people's perceptions. Positive or negative self-image, finding how you construct it. There is a kind of logic that is not psychological. Charles Sanders Pierce reading - examining our ideas, introspection as limited way of knowing self. Pierce reading about birdcall and image of bird and process of thinking. Relating back to the primary image using the 5 lines. Illustrating what Moshe employed when thinking about the work. Dennis' website has article about Heinz von Foerster. Wittgenstein was his uncle. Cure us of the idea of philosophizing. Is to clear up our use of language. Definition of a game? Can always invent game that doesn't fit definition. Each language has set of relationships that make sense. FM is a language game. Wittgenstein says we're bewitched by certain images. Light, sound and structure is what are ideas are made up of and if we can see that we won't be bewitched by it. Brought it back to standing on the high point of hip joint. Negate the negation. In the end we feel the connection with people, the ancestors gave us standing. The sequence in lesson doesn't lead to the consequence. Gaelic Rinpoche and the problem of Nilism. It's as if you don't have a self and another kind of identity comes about. Being with the "out-of-sortness".

FI Exploration #119 ~ Dennis Leri

*Compression through C7, push/pull
from legs, roll pelvis, on back*

CD#22 T04 [15 MINUTES] [DVD#22 SCENE 2, 12 MINUTES]

Demo with Donna, on back. Float head, place supports. Feet standing, pull from above the knee on

thigh to flatten back more, lengthening in the front. Then push from below knee on front of shin to roll pelvis towards lifting lower back. With legs long, knees resting on roller, roll pelvis side/side, find their middle then roll pelvis headward. Return to C7.

ATM Lesson #219 ~ Diana

Razumny

Leg swing & footprint #6, hold top bent leg, lift/lower head/leg, on side

CD#22 T05 [58 MINUTES] [ALEXANDER YANAI #392 HOLDING KNEE]

On R side, think foot prints, lift L leg, swing leg: Swing straight and bent leg; Swing straight L leg, head/shoulders towards leg; Repeat with bent leg; Repeat leg swings with head/shoulders going opposite leg. Repeat all on OS. On R side, extend R arm long overhead, L hand holds front of middle of lower L leg, lower leg stays parallel to floor: Lower L leg towards floor and lift head, reverse; When head lifts, L leg touches R, teeter; Push leg into hand to help lift head as leg lowers as if to sit. Repeat on OS. On R side, hold lower L leg w/L hand, swing leg forward/back: Add head moving forward/back, bending torso for/back; Repeat with head/shoulders moving opposite leg; Think of pivoting around the R hip joint on floor; Repeat, OS. On R side, R arm long overhead, hold lower L leg near knee: Swing L leg forward/back; Allow rolling to belly when leg swings back; Straighten R leg and protrude belly, head moves back; Think of heel going towards back of head; Repeat OS. On R side, hold lower L leg under kneecap, straighten R leg forward, prop head up on R hand, lean on elbow: swing L leg; lower knee to floor to come to sit; Legs spread more as come to sit, L heel to butt; Repeat OS. On R side, L hand on floor, swing straight leg forward/back: Head forward/back towards swinging leg; Head/shoulders away from leg; Repeat variations with knee bending and straightening. Repeat OS. At end, use to swing up to sitting.

*Day 107 September 19,
2006*

*ATM Lesson #220 - Diana
Razumny*

*Leg swing & footprint #7, on front,
hold legs behind, on side, elbows &
knees*

CD#22/T06 [54 MINUTES] [ALEXANDER YANAI #393
CONTINUATION]

On R side, L hand on floor in front, note sole tracing of L foot, swing leg forward/back freely. Variations: leg w/head tog/opp, straight legged, ankle flex or extended, toes curled/uncurled. Repeat on L side. ROB. On R side, L hand on midcalf, bring knee towards face then away. R leg straight down under pelvis. Take leg back, behind, push belly out, roll to belly. Pause, return to belly, holding leg, stand R hand, lift head/leg, pushing belly forward. Repeat OS. Hold below knee, R leg straight down under: swing forward/back - belly out in extension, roll to belly. On belly, holding leg, stand R hand, lift/lower head/leg. On front, hold both legs from behind, lift head/legs from floor, look up with head/eyes, back of head falls back. Rest on front. Pull belly in, lifting from floor, many times then quickly. Pause, turn head to side, repeat pulling in belly, turn head to other side, repeat w/belly. On front, hold R leg w/R hand, L hand in pushup position, lift/lower head/leg, roll to L side, return to belly. (repeating from above on OS). On front, elbow propped, open knees to sides, slide knees up towards elbows, come onto knees/elbows. On knees/elbows, lift R leg up behind, knee bent, leave knee at same height, bend/straight. Add ankle/toes bending/straightening. Elbow propped, knees open to sides, inner side of knees/feet touch floor, push belly out into floor, pubic bone lifts, tailbone up towards ceiling, slide knees up to sides, come onto elbows/knees. Repeat above, on hands/knees instead of elbows. Lift leg high in air behind, leave knee lifted, bend/straighten knee/ankle/toes. Add head dropping forward w/straightened leg, lifted looking to ceiling w/bent leg. ROB Repeat OS. On back, stand feet, push belly out, push into elbows, lift shoulders, slide onto top of head.

*Discussion #190 ~ Dennis Lerí
Unintentional, Erickson & second
nature*

CD#22 T07 [80 MINUTES]

Joan: word unintentional - words like touching.
Duncan: unintentional breath. August: different orientations and doing FI with ATM positions and moves. Dennis: thinking too much? Hooking up the thinking to something meaningful. Lessons in training aren't always lesson to teach to the public. Artist's have impulse and don't know where it might

go. Example of writing, having an inspiration that you may in the end throw it out. Same in FI. Project of any sort can take on a life of it's own. Amount of movements in an FI can have large range from few to many. Gaby Yaron. Bob: about variations of the same lesson. Story about Washington DC workshop and yoga teacher. Think of lineages, what leads up to what. Unintentional breathing? Natural breathing? Philosophy was taught in gymnasium like wrestling. Wrestling started out as brut force and evolved to cunning. Debates were like watching sports. Nature/phusis, second nature. Martial arts has to become second nature. Phusis being , truth, being born, never been born, never dies. Presents itself and won't go away, can refer to movement of thoughts. There wasn't nature, each thing had it's own phusis. Greek and Romans, before Christianity, how do you find your own nature or "know thyself". Also means nothing too much or learn how to take care of yourself, know yourself. They had trainers for all aspects of knowing self. Kung Fu means time spent well. A chair can have Kung fu meaning special quality of the artist who made it. Non-intentional in FM, finding a way to maintain that kind of presence. Pearce "What is the value of repetition in learning?" Once you learn something you can't unlearn it. You can think or imagine, have musements. The value of muscular effort is nil. Moshe says same thing, could just think it through without doing it. Moshe doing lesson by thinking and in his dreams. Reverse engineer movements. Descartes Error wasn't splitting mind/body. It was the doubting everything. Milton Erickson talking to mental patient who thinks he's Jesus and asks for his carpentry experience. Story about woman who didn't want to hear stories about Moshe. Story of Milton Erickson and cow. Employing someone's nature. Ariane: intentional and unintentional. Dennis: wink and a blink. Dennis: ATMs have developed. Example of high point of hip series being a challenge to standing. Connection of skeleton and brain. Organic learning children do. Abuse of conscious control. NASA studies of reflex. Eye lessons, nausea. Explanation of ancestors would throw up poisons when vestibular upset. Starfish story. Humans have few reflexes but are able to learn and we pass that on. Idea of natural light regulates metabolism. Repository of all previous learning, learning states and learning processes was Milton Erickson's idea of unconscious. In FI, see a shape of person, approximate the work to make the shape, the thermostat in the nervous system. In NS it's a generalized event from a local effect. Analogy of moments in theater that are authentic. Erin: Ruthy in Japan. Noguchi. Greeks practices in the dark or about dying and realizing your own nature. Ayesha: negative effects of lesson. Dennis: give what someone needs or something that would surprise them. Robert Spenser stories.

FI Exploration #120 ~ Diana Razumny

Artificial floor

CD#22 T08 [32 MINUTES] [DVD#22 SCENE 3, 31 MINUTES]

Demo with Joan. Start in standing, top of pelvis, shift weight, direct into foot, same from top of shoulders, looking for "standing leg". On back, float head, place head supports. Have person 's feet near foot end of table, roller under knees and ankles. Start with board brushing little toe, eventually making full contact with pillow of toe, add on next toe, then next on up to big toe. Stay with all toes on board and move around as unit, gradually add ball of foot then outer edge of foot then heel. Bring to standing orientation in ankle, thinking through whole person, bring to a standing leg position, pushing through to head. Stand person again, shift weight, feeling for any changes in contact of foot on floor.

ATM Lesson #221 ~ Dennis Lerí
Primary Image #5, tubes with water

CD#22 T09 [44 MINUTES] [ALEXANDER YANAI #341]

On front, arms straight out to sides, chin on floor, imagine central line as tube, water running through from bottom to top, switch to forehead on floor, repeat image. Valves at C7 so water can run out arm tubes, same at hips for leg tubes. Lengthen out one arm at a time, effecting rest of tubes. On back, arms straight out to sides, same image/sense of tubes, lengthening out arms. On front, one leg bent out to side, straighten/bend knee, same image of tubes with water. Repeat w/other leg, head faces leg that is bending. On back, one leg bent open to side, same idea, bend/straighten. On front, think arms flying up/back, add legs flying up/back. On back, think of arms and legs coming forward with no effort, just force of water running through tubes.

*Day 108 September 20,
2006*

ATM Lesson #222 ~ Dennis Leri

*High point of the hip joint #4:
head wrapped by arm with hop,
standing*

CD#22 T10 [60 MINUTES] [ALEXANDER YANAI #290]

Stand, R big toe out to side, L arm over top of head, tilting over hip joint. Repeat OS. Same position, tilt forward/back, side/side, circle. Take leg out to side then drop in. ROB. Connect hands/arms to sides, find highest point, turn. Repeat, stay turned, tilt back while turned. Repeat, add letting head drop back while turned and tilted back. Repeat, stay turned/tilted, lift arms and bent knee. Repeat to hands on thighs and simple turning. ROB. Repeat OS. Arms straight out to sides, high point of hip, turn. Repeat, arms still turn, head turns opposite. Then head turns with arms and continues turning independently. Stay turned, leg arms fall back. Repeat OS, ROB Hand over top of head again like beginning, tilted on high point, take heel/toe in/out.

Discussion #191 ~ Dennis Leri

High point and stories

CD#22 T11 [51 MINUTES]

How's the high point. It's not what you can't do that's the difficulty, it's what you ARE doing. Or if you are doing something really well. Sue: sitting rotation. Charlotte: word usage, intention and intentionality. Context and situation. An intention to have unintentional breathing. Story of Mark Reese – style of lecturing. Story about street musician. Story about filmmaker asking Moshe about consciousness. Joe: 5 lines and tennis. Use of auxiliary images whenever useful. Lethe: question of saying relax. Think of organizing and change of distribution of tonus. Moshe, "put your trust in the skeleton." Erin: specific or allowing. Dennis: people want change; want no pain; what's the cause and what's the difficulty? Erin: wanting to help someone feel good get in way of learning? Dennis: very least show someone what they are already doing. Nancy: after lesson something goes "wrong"? Dennis: ask what they did or how long did it last? Story of man walking in wingtips. Neurotics feel inadequate and they are. Moshe as warrior in all aspects. Take your neurosis and turn it against you to change it. Nancy: length of lesson. Donna: if something happens adversely say, "it can happen". We're developing autonomy, they take responsibility. Duncan: we're not doing therapy. Milton Erickson story about woman and horse trance.

FI Exploration #121 ~ Dennis Leri

Artificial floor continued

CD#22 T12 [14 MINUTES] [DVD#22 SCENE 4, 14 MINUTES]

Starting at heel and moving up outside edge to little toe and then across to large toe. Demo with Nancy.

Discussion #192 ~ Dennis Leri

Artificial floor, Weber-Fechner law, Piaget

CD#22 T13 [29 MINUTES]

Bob: like a game and subtle. Michele: from foot felt hand and time altered. Joe: amount of movement of foot. Charlotte: spire shoes. Dennis: Weber Fechner law – 1 to 40 ratio for lifting/sensing weight. Lowering the background noise so person can detect differences. Pearce study of guessing. In working with people now, don't have to be analytical, feel differences with open attentional field, let your attention be drawn. Intuition, train yourself in a certain field and then things become automatic. Give self more experiences so you build on experience and can trust your hunches. Story of meeting Moshe. Berkeley in 73 and evening classes asked Dennis to imitate others. What's the internal necessity the person feel in order to do it that way, what's the organization gestalt that they are operating from. Can't trust your first impression. Piaget's observation of children not thinking cause/effect and reversibility of time. Playing something back like that can be used in giving lessons. Extrapolate what's not there. Story of Mark Reese figuring out person's problem and when/how it happened. Story of woman who was supposedly "slow".

ATM Lesson #223 - Diana Razumny

Leg swing & footprint #8, hold leg on side & standing

CD#22/T14 [54 MINUTES] [ALEXANDER YANAI #394 CONTINUATION]

On R side, lean on L hand, extend L leg down, attn to sole of foot, swing leg forward/back. Variations: as leg goes forward head/shoulder goes back; as leg goes forward head/shoulder goes forward. Continue leg swing: flex/extend toes; flex/ext ankle; combine toes with ankle in same direction and then opposite. Repeat above on OS. On R side, L hand on lower L leg, bring knee/head forward towards each other and then away and backwards. Belly comes forward when you bend backwards. Repeat with hand closer to knee. ROB. Repeat on OS. On front, hands on floor new shoulders, lift R leg backward, when it's back, bend knee so heel comes towards pelvis, ankle flexed, lean on hands, elbows in air. Repeat without flexing ankle, foot loose. Do with knee and ankle

both loose without emphatic movements but smooth and soft. Repeat with other leg. ROB.

On front, stand hands, bend knees and ankles, lift upper body, straightening elbows, head falls back. Bring head forward then repeat, loosely, softly, front lengthening. ROB. Stand at R side of chair, L hand on the backrest, lift R leg backwards, bend it and bring foot towards back. (leg comes a little out to side rather than straight back) Hold R lower leg with R hand, take leg back, allow head/shoulders to come forward/down towards floor. Rest standing. Lift R arm and head, allow both to go backwards loosely, legs both straight. Add taking the R leg back with head/R arm. Think of heel coming towards head in back. Loosely, easily. Switch to having L hand on seat of chair so bent forward lower. Return to hand on backrest, R hand on R knee, direct leg backwards. Add head going back loosely with leg. Stop, walk, note differences in sides. Stand on other side of chair and repeat the sequence on OS. Stand with L side to back of chair, L hand on backrest, swing leg forward/back, take head towards knee in front, let head hang back when leg goes back. Add R arm swinging also, bringing hand towards foot in front and back. Think it free and easy, breathing. Rest. Repeat but take R arm down to floor in front when R leg is up behind and reverse so body moves more as one piece, the arm is a continuation of the body, like a stick from the hand down to the knee, the knee can be soft and bend at end of movement. Rest. Turn to L, repeat on OS.

*Day 109 September 21,
2006*

ATM Lesson #224 ~ Dennis Leri

*High point of the hip joint #5:
head wrapped by arm with hop,
standing*

CD#22 T15 [60 MINUTES] [ALEXANDER YANAI #291]

Stand, L toe out to side, R arm overhead, tilt R, let L leg lift. Stay high on hip, explore R/L, forward/back, circle. Stay tilted to R, tilt over high point, let L leg left/drop. Repeat OS. ROB. Stand on R leg/highpoint, L toe out to side, take torso back, belly holds so L leg comes away from floor. Repeat, once head is hanging back, take head side/side. L toe out to L, hang head forward, find L/R on high point, then forward/back, then circle. Repeat OS. ROB, hands on lower belly, feel movement of breath, repeat in standing. L toe out to L, arms hanging, tilt R, hop heel L/R; repeat with arms crossed in front, then with arms holding elbows behind. (few steps?) Stand on R leg, R hand behind head, hold in front of L knee, take head/knee towards each other. Repeat OS. ROB. Stand on L leg, hold front of lower R leg with R hand, leg behind, L hand on top of head, on high point, arched backwards, pivot L/R. Repeat OS

Discussion #193 ~ Dennis Leri

High point lesson

CD#22 T16 [6 MINUTES]

Ellen: high point. Duncan: heel? Less muscular involvement when on heel.

FI Exploration #122 ~ Dennis Leri

Pushing through sit bones

CD#22 T17 [9 MINUTES] [DVD#22 SCENE 5, 5 MINUTES]

Demo with Duncan. Dyads. On back with feet standing, push through sit bones to head. Partners exchange, return for discussion. Dennis: symmetry and being aware of our own asymmetry. Noticing if goes through to head or veers off some way or side bends. Come from foot, knee, sit bone and through to top on one side, other and then play with combining the two sides. Story of Israel = Difference between him and assistant, they had thinking around an ATM, like flexion. He looks for the Archimedean point, find the place where all is passing through for the person, you find that place around which they organize to be themselves. Build the lesson around that one point because you have so much leverage. Story about actor finding the point of a character to portray them and use a gesture to get inside of what they are doing and translate that to skeleton. Story about woman's gestures. Story of Amherst training and Carl Hummiston's suicidal client whose posture

was totally flexed. Dennis gave him lesson that left him in extension and he turned manic.

Discussion #194 ~ Dennis Leri
Archimedean lever

CD#22 T18 [13 MINUTES]

Organize something to be themselves unconsciously. You find the point of organization to build the lesson. Might be a gesture. Story about Stephanie in Vienna training about getting this concept of Archimedean lever. Story about woman in training with gesture that was core to her organization. When gesture changed then mode of dressing also changed. Story about Amherst and seeing person who was suicidal.

Discussion #195 ~ Dennis Leri

Questions and no answers

CD#22 T19 [66 MINUTES]

Ayesha: What about the negative effects of FI? Dennis: Side with the symptom. Pain is telling them something that they aren't hearing. Story of large guy and lesson of feeling his flesh. ATM teaching, working with a group like an auction. People have different relationships to being in a group. ATM contacts many more people than FI. Creating ATM is harder than FI. Training ATMs aren't ideal for public usually. Some people are so flexible they don't actually feel the lesson. Duncan: How do you plan for a workshop? Start workshop by asking what experience people have had. August: overly ambitious and then a passive response when things go well. Learning curve still rising is when you want to stop. More too much is more too much. Working with someone in pain. Bob: don't trust your first hunch. Check it out. No information is information. Story about woman who wanted the recipe box. Carl: received or perceived learning.

ATM Lesson #225 - Diana

Razumny

Leg swing & footprint #9, tilting in arc, standing

CD#22/T20 [47 MINUTES] [ALEXANDER YANAI #395 CONTINUATION]

On side, swinging straight leg forward, allow bent knee when swing back, folding torso for/back, heel towards back of head. OS. Stand at chair, L hand on backrest, R arm overhead. Take R arm/head back; Add R leg going back; Continue, add swing forward, hand/foot towards in front/back; Central line bending forward/back; Switch to other side of chair, L arm, R leg; Return to other side, swing R arm/leg; ROB Stand, Repeat OS. Repeat R arm/leg going back small amount, THINK: foot print tracing line, line up back of leg to fingers on R. Switch sides of chair/arm, think line from R heel to L fingers through central line (tubes?) Add, think line up front of L leg Pause. Repeat OS combo. Swing R arm/leg forward/back, pause, think it. Actually swing STOP/START in middle

of swing. Imagine the swinging while frozen then start again. Repeat OS ROB. Stand, R arm/leg curved back, hold curve, tilt over L hip joint. Repeat w/hand on seat of chair, hold line of curve, tilt up/down; Other side of chair, hold curve of L arm/R leg, tilt over On front, hold bent L leg, lift head/leg hold w/L hand; hold w/R hand; hold w/both hands; Repeat OS. Stand, swing L/R arm back On front, bend both knees, feet in air, lift head/legs. hold both legs w/arms, lift head/leg, cross arms to hold opposite legs legs crossed? Or arms crossed? Stand swing arm/leg forward/back.

*Day 110 September 22,
2006*

*Discussion #196 ~ Dennis Lerí
Categories, names and addresses*

CD#22 T21 [24 MINUTES]

Talk first – working with self-image, organic learning and lessons. Varela, Maturana autopoiesis, Different organisms having different perceptions. Metaphor of creating addresses in lessons, bringing attention to different things. Metaphor of experience of lesson like moving into a new house when it empty. Names and categories. Giving lessons is organizing for the practitioner as well as the student.

*FI Exploration #123 ~ Dennis
Lerí*

Review with making it personal

CD#22 T22 [4 MINUTES]

Go back through the things we've done over the two weeks and make it personal by really noticing what's happening with the person.

*ATM Lesson #226 ~ Dennis Lerí
High point of the hip joint #6:*

*head wrapped by arm with hop,
standing*

CD#22 T123 [61 MINUTES] [ALEXANDER YANAI #297]

Stand, R arm over top of head, L toe out to L, tilt R, find high point. Kneel on R knee and L foot, lean on R hand to R on floor, lift L leg. Repeat, lifting L leg high and back behind and to the R. Repeat, add L arm extended overhead (near ear), stay bent backwards with head, arm and leg, bending middle forward. Same position, arm/leg long, look to L hand then L foot. Same position with arm/leg, bend torso forward/back. On R knee/L foot again, arms hanging, recline backwards, arms hanging back, head hangs back, bring L leg from floor. Let head/arms hang back, take pelvis L/R over high point. Then forward/back over hip joint. Hang head back and bring chin to throat, stay there and circle hip joint. Return to leaning on R hand to side, L arm overhead, bend forward/back in torso, keeping ankle flexed. Return to it, extend ankle, bend knee. Return to erect, head hanging back, chin to chest, circle hip. R hand on floor to R, L leg straight out to side in extension of torso, L arm along side, lift lower L leg thinking of high point. Same position, lift/lower head and L straight leg. Same position, long line of torso and L leg, rotate over R hip taking whole torso towards front facing floor then return to front of torso facing forward. Same except L arm straight out to side to ceiling, take arm backwards with the L hip going back towards belly/face towards ceiling (tiny move). Stand, lean to R, R hand touching floor, lift L straight leg to side, take hand away from floor. Repeat, add L hand

joins R hand, open L arm out to side. Windmill arms, tilt R, L leg lifts straight out to side, R hand toward s floor, several variations here. On R knee/L foot again, R hand to floor on side, lift straight L leg out to side, lift L leg little higher so that the R hand could come away from floor. Repeat with R toes turned under. Stand, R hand behind head, L hand hold below L knee, take L leg behind, push belly forward, head/heel go back behind, think foot print, fold/unfold.

*Discussion #197 ~ Dennis Lerí
Series and closure*

CD#22 T24 [18 MINUTES]

Relating the high point series to Chi Kung and Yoga. Donna: easier with wine. Michela: throat. Gus Solomon voice teacher. August: hurt herself and wants to fix it. Akrisa means weakness of will. Another word for it is the "thief of time" cross motivation robs you of your time and time is precious. Moshe – what here to experience a clear intention. Feel the vitality of the insistence.

*FI Exploration #124 ~ Dennis
Lerí*

Review with making it personal

CD#22 T22 [4 MINUTES]

*Day 111 September 25,
2006*

*ATM Lesson #227 ~ Yvan Joly
Judo roll review*

CD#23 T01 [74 MINUTES] [AMHERST 1981]

Scan with orientation. Sit, knees bent, feet standing, hold in front of knees, roll backwards, rounding back backwards, bow head, note knees open or close. On back, hold in front of/below knees, take feet towards floor, bring feet apart, knees together, feel for when head wants to life. Sit again, holding knees and start rolling back again. Continue but with little space between hands and knees. Sit, hands on floor to sides, round back backwards, roll back then roll back up to sitting. Continue rolling back, take knees to sides of head. Continue, take both knees to one side of head. Rolling forward/back with momentum. Roll all the way so you come up to kneeling facing same wall as beginning. Kneel at end of mat, R arm out to side, R shoulder on floor, look under bridge of L arm, note one knee can lift, plant the toes of that leg, stay and rock a little over the shoulder. Roll through and reverse. Resting on back, imagine how to go over same shoulder from back. Roll forward/back, using eyes. Kneel, roll backwards over L shoulder, reverse. Explore keeping orientation clear, starting and stopping facing the front of the room.

*Discussion #198 ~ Yvan Joly
Overview*

CD#23 T02 [20 MINUTES]

What's the end of the 3rd year about? Charlotte: getting series. Ayesha: transition from individual experience to working with another. Working with hands-on. Finding out what person wants when come for FI. Interview. Listening to person say what they want, noting movement and use of words, etc. third year is a "putting it all together." Felden-Sutra, new version. Primitives: flexion/extension; lengthening/compression; side bending/side lengthening; twisting L/R. Positions: on back; on side; on belly; on knees/table; on all fours; sitting on floor/chair; standing.

FI PRACTICE -

*FI Exploration #124 ~ Yvan
Joly*

*Twenty minutes lesson, twisting on
side, trios*

CD#23 T03 [10 MINUTES]

Trios - 20-minute lesson - twisting on side, rotating person on table at end of 20 minutes. One person on table, other two decide how to divide up time and activity. Possibilities - one person as practitioner, other as witness; alternate practicing; watching for self use; brainstorming on what to do, etc.

DEMO

*Discussion #199 ~ Yvan Joly
Twisting*

CD#23 T04 [10 MINUTES]

FI Exploration #124

continued ~ Yvan Joly

*Twenty minutes lesson, twisting on
side, back, front, table kneeling -
trios*

CD#23 T05 [32 MINUTES] [DVD#22 SCENE 6, 29 MINUTES]

Demo: Joe with Mary. Yvan with Mary. Yvan with skeleton.

*ATM Lesson #228 ~ Yvan Joly
Headstand #1: prep, lifting pelvis
and legs, from back*

CD#23 T06 [47 MINUTES] [AMHERST 1981]

On back, throw legs over head and roll along back. Feet standing, lift pelvis, place fists under pelvis, lift legs in air. Lift pelvis/legs, hold pelvis in air with help of hands at back and top of pelvis, lift/lower legs. Hold pelvis in air, bring knees towards head, let knees come to sides of head, keep knees bent, move legs away from chest, knees go up towards ceiling. Sit, stand feet, interlace hands behind head, hang head/elbows between legs towards floor, lift head, open elbows to look towards ceiling, alternate flex/extension. Return to back, lifting pelvis and legs up in the air, holding pelvis with hands. Sit, hold feet, roll back, throw feet overhead to floor. Sit, extend L leg in front, bend R knee, foot on floor, lean on R hand to R, L hand behind head, take L elbow to R knee. Change hands, take R elbow to L knee. Pause, repeat OS Return to rolling back, pelvis up, legs overhead, think of taking one leg back to the floor under so legs are separated.

*Day 112 September 26,
2006*

*ATM Lesson #229 ~ Yvan Joly
Headstand #2: prep, carping,
landing on feet, from back &
head/knees*

CD#23 T07 [66 MINUTES] [AMHERST 1981]

On back, stand feet, lift/lower R leg/foot, start dropping foot to floor. Repeat OS. Alternate L/R. Then both same time. Lift pelvis/leg into air, hands holding at pelvis/back. Stay up, take one leg towards floor under you. (long story) Lift pelvis, rolling back down, have feet land and pop pelvis in air at same time, leave head on floor (contradicts instinct). With pelvis down, lift/drop both feet to floor, lift pelvis when feet hit floor. On knees, place top of head on floor, hands on floor to sides between head/knees to create triangle, circle around top of head. Return to head on floor, find "top" of head. Find top of head. On head, hands, knees and tucked toes, lift one knee, keeping toes on floor. Repeat OS, then alternate. As alternate, create timing so there's a point when both knees are lifted. Roll up spine, lifting legs/pelvis, send heels to floor and lift pelvis when feet hit floor. Hold pelvis in air, start lowering legs down under pelvis, remove hands so feet fall to floor and have pelvis pop forward when feet touch floor.

*FI Exploration #125 ~ Yvan
Joly*

*Twenty minutes lesson,
compress/lengthen on side, back, -
trios*

CD#23 T08 [38 MINUTES] [DVD#22 SCENE 7, 16 MINUTES;
DVD#23 SCENE 1, 14 MINUTES]

Talk: headstand and coming out of it. If afraid it's because you don't feel you can fall out of it. Demo with rollers and Michela to clarify terms of lengthening/compressing. Rotate practitioner role with position change, Compression/lengthening starting on side, then on back,

*FI Exploration #125
continued ~ Yvan Joly*

*Twenty minutes lesson,
compress/lengthen on side, back,
stand - trios*

CD#23 T09 [36 MINUTES] [DVD#23 SCENE 2, 31 MINUTES]

Demo with Michelle.

*ATM Lesson #230 ~ Yvan Joly
Headstand #3: prep, carp, land on
one foot, from back & head/knees*

CD#23 T10 [50 MINUTES] [AMHERST 1981]

On back, stand feet, lift/lower feet, drop heels to floor and let pelvis pop up away from floor, contacting with full foot. Lift legs/pelvis high and drop feet to floor, pelvis stays up. Kneel, bring head to floor, interlace hands at top/back of head, roll on top of head, moving pelvis forward/back. Lift one knee, straightening back, toes turned under, lift knee by take to side or straight up towards hip. Repeat OS. Repeat, lifting one knee, the other and then replace one then other. Leave both knees up and walk little towards one side then other. On back, legs/pelvis in air, take one foot towards floor under/below, the other goes overhead, going towards landing on the one foot, reverse, switch legs. Lift both legs/pelvis high like shoulder stand, drop feet to floor then smooth continuous move from lifting pelvis and legs to the dropping of feet, keep pelvis high. On knees, head and hands, triangle with head and hands, lift R knee, switch to L knee lifting, lift both knees, walk feet side/side. On hands/knees, R ankle on L, lift/lower feet, take pelvis towards feet. Same position, lift R knee, note ankle, lift R knee higher, take R foot towards standing on floor to L of L foot, add looking at knee around R shoulder. Hands/knees, repeat OS. Head/hands on floor in triangle, lift knees, pelvis high, walk feet/legs side/side then add hands walking around so pivoting on top of head. Same position, bring one knee to one elbow switch sides.

*Day 113 September 27,
2006*

*Discussion #200 ~ Yvan Joly
Being present, parasitic movement
and freedom of movement*

CD#23 T11 [52 MINUTES]

Lethe: questions about holding and tension. Yvan: presences? Letting go of parasitic. Example of driving car. Story of working with woman with broken ribs. Trauma and protective mechanism. Asking why is not fruitful. Focusing on the skeleton is our simple approach to being in the presence. Choosing suicide has to do with our perception which you change the next day or moment. Ariane: Self-image and the pruning process. Expanding self-image by "pruning". If we change the muscular activity you have a different experience of yourself so it affects your self-image. Spirituality of the FM. We don't have the long history like some traditions to explain different kinds of self-image transformations. Fractals.

*ATM Lesson #231 ~ Yvan Joly
Headstand #4: prep, on head &
hands, walking feet from
head/knees*

CD#23 T12 [52 MINUTES] [AMHERST 1981]

All fours, head down, hands/head in line instead of triangle. Roll on head, add taking elbows opposite direction, note chin to chest. Repeat and then switch elbow direction. Bring hands/head into triangle relation, turn toes under, lift one knee at a time. Same position, lift both knees. Feel length of back of neck when knees are lifted. With knees lifted, walk feet around to one side then other side. Sit, hold knees, roll back slowly, rounding back backwards, eventually rolling all the way so feet/legs come overhead, hands and feet may touch when overhead. Same rolling, take knees to one side of head, arm out to side, roll over the shoulder. Hands and feet overhead, bottom up, walk feet around to one side then other. Head on floor, hands in line with head, walk feet towards head, pelvis high over head, be ready to roll over. Sit, roll backwards and bring hands into bridging position overhead. On head/hands/knees, triangle with head/hands, plant toes, lift knees, bring R knee onto R elbow, then other knee to other elbow and then both knees to elbows, feet still on floor.

*FI Exploration #126 ~ Yvan
Joly*

*Interviewing, requests, needs and
wants*

CD#23 T13 [12 MINUTES]

Talk - FI is about learning. We take what the person wants and turn it towards what they need. People can have a variety of requests and we use awareness and movement. Example of wanting to be able to walk better. What they ask for is what they want, not what they need. In partners, ask/interview partner about what they want in the context of the headstand lesson series.

*FI Exploration #127 ~ Diana
Razumny*

*ATM Teaching game and
exploration*

CD#23 T14 [31 MINUTES]

Coming up to standing from lying on back, track and recreate verbally for another person. Groups of 3.

*FI Exploration #128 ~ Yvan
Joly*

*Twenty minutes lesson,
flex/extension on all 4s, back -
trios*

CD#23 T15 [14 MINUTES] [DVD#23 SCENE 3, 4 MINUTES]

Demo with Frank.

*Day 114 September 28,
2006*

*ATM Lesson #232 ~ Yvan Joly
Upper back clock, on back*

CD#23 T16 [69 MINUTES]

On back, stand feet, lift pelvis, leave up, imagine clock on floor behind upper back, 12 at top near base of neck, 6 below. Take upper back to 12, 1, 2, 3 etc. Do whole L side of clock, note head move in response. Repeat OS. Add Interlace hands behind head, lift head so pressure goes to 6, create 1/2 circle between 3 & 9 through 6. Then full circling of clock. Repeat circling clock with head down and arms out to sides. Repeat with arms overhead on floor. Carp move. Add hands holding pelvis in air before legs/feet drop to floor. Kneel, head/hands on floor in triangle, circle around top of head on floor. Stay on top of head, lift one knee, lift other. Lift both knees, circle around top of head.

*Discussion #201 ~ Yvan Joly
Daily practice and between
lessons; wants & needs;*

CD#23 T17 [31 MINUTES]

Erin: What people do between lessons. Yvan: get to know someone first so you know the attitude towards self. Sometimes send home a recording or written prescription. People who are engaged in awareness are easy to give lessons to but people who want to be fixed it's difficult. Think of FI as what you do with someone who can't come to an ATM class. ATM is when someone is taking more responsibility. We're looking for people becoming autonomous. Carl: having our own daily practice. Erin: perceived vs. received learning? August: interview process? Ayesha: want and need? Example of reaching for something in cupboard and what they need is to learn how to extend.

*FI Exploration #129 ~ Yvan
Joly*

*Twenty minutes lesson, side bend
on belly, sit on floor, on back -
trios*

CD#23 T18 [30 MINUTES] [DVD#23 SCENE 4, 15 MINUTES]

Demo with Lethe and Ayesha.

*Discussion #202 ~ Diana
Razumny*

*Check in with wants & needs for
segment*

CD#23 T19 [34 MINUTES]

Circle meeting

*FI Exploration #130 ~ Diana
Razumny*

Lying on back to sitting, on table

CD#23 T20 [17 MINUTES]

Brainstorming of ways to come up to sitting from lying on the table.

Day 115 September 29, 2006

*ATM Lesson #233 ~ Yvan Joly
Personalized lesson #1*

CD#23 T21 [41 MINUTES] [YVAN CREATION]

On back, noting own pattern, face, breath. Noting characteristic of self, exaggerating and generalizing. Change orientation in space, any position, start doing any movement that comes to mind. Start developing an ATM related to the movement you chose. Switch to another ATM movement. Look for relationship between 1st/2nd choice. Look for proximal distal possibilities of same idea.

*Discussion #203 ~ Yvan Joly
Using personalized lesson*

CD#23 T22 [33 MINUTES]

Strategies embedded in the process we could use when someone comes to us: How do they embody characteristic?; how could you exaggerate it and distribute it through the whole self. How can we put all parts of them to the service of that characteristic? Choose a position and movement, can be seemingly unrelated and play with it via proximal/distal relations; front/back, forward/back, up/down. As you do that, look for theme that emerges. In trios, show each other what you did in the process. Regroup. Charlotte: does my intension transfer to the client. Our intensions and thoughts have an effect. What do you do when you don't like someone who comes to you? Learn to love them or refer out. Can I put myself to the service of the other person's learning? August: framework vs. artistic expression. Lethe: "seemingly unrelated" movement helps not have tight agenda? Joe: being of service - my body in service to me vs. me in service to my body. Joan: eyes emerged in the exploration. Non-specificity of the method. Practitioner can have idea of what they want to teach the student but it's unpredictable and personal. Ayesha: conversational restraint. NLP idea of good conversation, not bringing people back to their "presenting problem". Yvan demo with Ayesha having her talk and then interrupt her with his hands.

*Discussion #204 ~ Yvan Joly
Implicit learning*

CD#23 T23 [30 MINUTES]

Yvan reads question from student: indirect and implicit communication/learning. Examples of behavioral patterns in the training program and in ATM classes.

*ATM Lesson #234 ~ Yvan Joly
Headstand #5: carp, knees to elbows, roll out of headstand, knees to elbow*

CD#23 T24 [35 MINUTES] [AMHERST 1981]

On back, stand feet, carp movement of pelvis up, landing on feet. Lift pelvis, hold with hands, lower feet overhead. Lift pelvis high, hold with hands, take one foot in direction of floor under you. Then both feet come to floor. Bring pelvis up, hold with hands, drop both feet to floor, remove hands at last minute. Kneel, hands/head in line, walk feet towards head. Keep walking feet until would take you to roll overhead, chin to chest. Head/hands in triangle, bring knees to elbows. Bring one knee to opposite elbow. Legs/feet overhead to floor, roll over one shoulder then other, bridge one hand to push. Then think of going over with both hands standing. Triangle head/arms, bring knees to elbows, alternate lifting feet.

Day 116 October 2, 2006

ATM Lesson #235 ~ Yvan Joly

Personalized lesson #2

CD#24 T01 [20 MINUTES] [YVAN CREATION]

Similar to previous beginning of the day. On back, noting own pattern, face, breath. Noting characteristic of self, exaggerating and generalizing. Change orientation in space, any position, start doing any movement that comes to mind. Start developing an ATM related to the movement you chose. Switch to another ATM movement. Look for relationship between 1st/2nd choice. Look for proximal distal possibilities of same idea.

Moshe Video

Intuition

CD#24 T02 [38 MINUTES] [AMHERST JUNE 1981]

Freud as a neurologist and writing about the nervous system before he did analysis. Started in similar orientation as Moshe. Then Freud put people on a couch. What is intuition? Knowing without reason. It never occurs except in the thing/domain you know best. Professor Damar, famous mathematician. Inventing has to be in domains you are familiar. Using inventing engine without piston and lines into circular movement. Refers to a man who offered that idea. So why did Freud have people on couch and sit behind them. Why would he choose that? He was shy and had some difficulties. So he didn't have to face the person. He also studied hypnosis. Charcot was hypnotist and a student of his was Couet. Yvan talks in middle of talk. Moshe translated a book of Coet on auto suggestion. Intuition about creating a different engine. It has to come out of intuition and from experience. Video starts again. Freud didn't reason out why he did what he did. Moshe realized from reading Freud about having people lie down. So much is reduced when lying down and closing your eyes, not connected to external way in habitual way. Freud sat behind and to the same side of the head. Milton Erickson learned hypnosis like Freud. Freud talked in the right ear, affecting other side of brain. Freud didn't undress people. First person who came to Moshe brought a Chaplin with her for protection. Several influences helped Freud make these decisions. Like not undressing because people associate that they are being treated like at doctor. When people put their clothes back on after going to hospital, putting the clothes back on is symbolic of the treatment is coming from the outside and returning to self is when put the clothes back on. Story of Jewish woman being carried by her husband to Moshe. In a few months she could walk on her own. When she got to the street after lesson she lost her ability. Woman realized why it happened - because her family would feel cheated for the time she had it. Dressing or undressing is like putting on/off a mask. Mathematician - Fermat. Talked about lying vs. standing. Before people stand or walk they are lying on the back. In FM we start on back and

learn to lie on stomach. And reverse it. Yvan relating the video to this last week of training, interviewing, thinking with your whole self, not just logic and using words.

Discussion #205 ~ Yvan Joly

Mirror neurons and interviewing

CD#24 T03 [15 MINUTES]

Story of how mirror neuron idea came into being. Doing, preparing, imagining or seeing someone do a movement the neurons fire. Hearing a car door close can cause sense of doing the movement yourself. When we talk about something we start firing off neurons. Now called resonance system in Europe and studied in variety of domains: In language - when we hear a word like horse experiences flood in from your past events. Objects - seeing it you can imagine touching it. Building - can sense the space. Art - appreciation of dance or music, you resonate with these things, creating an internal movement. In interviewing, we sense what the person is saying. Listening evokes something in you. Same with touching, you have some experience that comes up for you. We train our own ability to resonate so we can understand better those who come to us and help bring them towards taking their intentions into action. Content wise, FM is amoralistic.

FI Exploration #131 ~ Yvan Joly

Interviewing process in groups of four

CD#24 T04 [23 MINUTES]

What do you want from a lesson? Concrete answer proposed in terms of action. What do you mean? Put it into action. Give it a context. Give an example. One person interviews another, one person is observing how they use themselves while being interviewed. Forth person does something hands on to find the characteristic of the person, make contact with them from the point of view of how they move. And then all together can the four come up with how to start a lesson. Debbie: why observe their movement? Talon: getting where someone is coming from and your lesson will address direct or indirect. Yvan: We aren't interpreting what we see in a psychological way, just in terms of movement. Lisa example of someone wanting a change in relationship.

ATM Lesson #236 ~ Diana Razumny

Three ways to roll up to sitting, holding legs/feet, on back

CD#24 T05 [42 MINUTES] [AMHERST JUNE 1981]

1. On back, holding feet from between knees, straighten knee, roll towards straight leg. Bend knee to return to back. Repeat OS. 2. Roll side to side,

continue, roll up to sit, elbow to outside of leg, reverse. Note head. Reverse. Repeat OS. Sit, head down, roll to side, back and reverse. Soles of feet stay facing each other. 3. Holding feet wide on back, roll to R keeping feet wide apart. Flip L foot to crotch, bending L knee quickly to come to sit. 4. Hold ankles or calves, straighten both legs wide, keep wide, rolling to side. Straight legs come together, roll up to sit, reverse. Repeat OS. 5. Hold 1 straight leg with both hands. 6. Return to holding both straight legs, roll to sit.

FI Exploration #132 ~ Diana Razumny

*Bring person from lying to sitting
#1, from side, on table*

CD#24 T06 [20 MINUTES] [DVD#23 SCENE 5, 7 MINUTES]

Partners sitting on table, going down to side lying, reversing by dropping feet off table, feeling shortening of side near table and lengthening on top, hand on iliac crest to feel movement of pelvis as feet go up and down. Bring self up/down several times feeling what's happening. Demo with Nancy, bringing her up from side lying, one hand on pelvis, one hand at side of neck (nearer to table), emphasize pushing into C7 with blade of arm to send impulse down spine to pelvis as they roll up onto their sit bones. Demo Frank.

Day 117 October 3, 2006

*ATM Lesson #237 ~ Yvan Joly
Headstand #6: carp, roll flexed,
knees to elbows, roll out of
headstand*

CD#24 T07 [60 MINUTES] [AMHERST 1981]

On back, lift/drop feet. Sit, feet standing, roll back with rounded back, let feet come overhead towards floor, knees to sides of head, elbows stand over hands. Shoulder stand, hands on back/pelvis, drop feet to floor one at a time or both. Then roll out of shoulder stand in flexion. Feet overhead, hands standing, imagine pushing hand to bring self to feet in squatting. (Diversion towards idea of doing handspring) On knee, head, hands to sides of head, take head side/side, ear towards floor, extend arm out to side on same side ear comes closer to floor. As arm slides out to side allow palm to turn up towards ceiling. On head/hands, hands in line, lift knees alternately then same side. Continue so pelvis is higher, tuck chin and roll forward up to sitting. Bring knees to elbows, roll on top of head. Demo with Donna about having forearm vertical. Talk about everyone coming along together rather than going forward when some people aren't able to come onto head. Have knees on elbows with feet still on floor, lift one foot at a time and then both feet.

FI Exploration #133 ~ Yvan Joly

Interviewing and twenty minute lessons, in groups of three

CD#24 T08 [7 MINUTES]

Trios, one interviews another verbally, other interviews with hands, both pay attention to the non-verbal.

FI Demo ~ Yvan Joly

FI lesson with Bob

CD#24 T09 [46 MINUTES] [DVD#23 SCENE 6, 39 MINUTES]

*Discussion #206 ~ Yvan Joly
About FI demo*

CD#24 T10 [10 MINUTES] [AMHERST 1981]

ATM Lesson #238 ~ Diana Razumny

*Rolling up, holding behind thigh,
on back & sitting*

CD#24 T11 [53 MINUTES] [AMHERST JUNE 22, 1981]

Stand feet. Lift L leg, interlace hands behind L thigh, flex foot, take knee away from chest, feel the loop of arms as link pulling shoulders from floor as knee goes away from chest. Think of giant clock on floor

under L leg, heel is near 6 when knee is closer to chest, as heel pushes away it goes towards 12. Hold behind L leg with just L arm, take knee away, note head/shoulders. Switch arms, R arm holds L thigh, extend heel down, knee moves away from chest, note head/shoulders. R fingers at base of skull on cervical vertebra, L hand holding L thigh, feel movement with fingers, heighten that movement a little with fingers. Switch hands, repeat. Interlace both hands behind L thigh, lengthen leg away again, aim heel/leg a little out to L, note L elbow can come out to side a little to roll towards coming up to sitting. L hand behind head, R hand behind L thigh, lengthen leg away again, lift head with L hand as leg lengthens away, rolling towards L. Switch hands. Interlace both hands behind leg again, extend leg down, knee away, feel possibility of coming to sit, but don't. Sit, stand R foot, hold behind L knee w/both hands, slide L heel on the floor away from you towards 12, 11, 10. Lift heel from floor and do same thing, take heel in/out, directing heel towards each hour around top of clock. Note direction of head. Repeat with heel on floor, slide it in/out, noting head tilt as if looking towards sole of foot when heel is in and out, note bending in the ribs/sides. On back, interlace hands behind thigh, extend L leg down/L, rolling over L elbow up to sit, reverse.

FI Exploration #134 ~ Diana Razumny

*Bring person from lying to sitting
#2, cradled & swivel, on table*

CD#24 T12 [13 MINUTES] [DVD#24 SCENE 1, 11 MINUTES]

One person on back on table, feet standing. Practitioner standing to side, lift head and slide arm under head to support head and bring into flexion (chin toward chest). Have person lift knees, bring other arm over top and scoop knees up with forearm so elbow comes next to outside of knee, forearm is behind knees, lean person a little towards you and swivel them a little side to side and eventually swing them around to sitting, still holding their head and torso in same relationship throughout the transition. Demo with Lisa Knox bringing up to sit. Demo: use of self, holding roller and swinging side to side. Demo with Carl then Joe with Yvan. Michelle does kipping - YIPPY!

Day 118 October 4, 2006

*ATM Lesson #239 ~ Yvan Joly
Headstand #7: judo roll, roll
flexed, knees to elbows, roll out of
headstand*

CD#24 T13 [64 MINUTES] [AMHERST 1981]

All fours to rolling over one shoulder with arm extended out to side, other hand standing with elbow in the air, head under bridge, walking feet towards head, pelvis is high. Reverse the roll. Triangle head/hands, knees to elbows, pelvis up overhead, roll on head forward/back. On hands/knees, lift one straight-arm, other, then both. Hands/knees, lift one knee, note direction, take it in/out, putting weight in each place. Lift leg backwards and extend. Note head, lifting or lowering when leg comes up, try both. Lift R leg and L arm, lengthening and arcing in back, keep the arm and lift/lower arm/leg alternately. Triangle hands/head, knees to elbows, lift one bent leg up, return then lift other. On back, carp, imagine having just fallen out of the headstand. Triangle hands/head, knees on elbows, lift legs, take foot towards floor.

*FI Exploration #135 ~ Yvan
Joly & Diana Razumny
Pre-practicum, giving lessons to
each other*

CD#24 T14 [4 MINUTES]

Six people draw names from the hat, find a buddy to be with you as you give a lesson for support of your choice. Others pick a lesson to watch. Yvan and Diana each watch three and debrief at end of lessons in the group of coaches, observers and practitioners. Second round of the same.

*FI Exploration #136 ~ Diana
Razumny
Bring person from sitting to
standing#1, on table*

CD#24 T15 [30 MINUTES] [DVD#24 SCENE 2, 18 MINUTES]

First reading from Awareness Through Movement from chapter on posture which accompanies the lesson of sit to stand. Demos with Frank and Michelle. Giving person input at back of the neck to help them remain long there.

Day 119 October 5, 2006

FI Exploration #137 ~ Diana Razumny

Bring person from sitting to standing #2, on table

CD#24 T16 [40 MINUTES] [DVD#24 SCENE 3, 38 MINUTES]

Reviewing and clarifying from yesterday. Demos with Carl & Cici.

FI Exploration #138 ~ Yvan Joly & Diana Razumny

Pre-practicum, giving lessons to each other

NOT RECORDED

Six people draw names from the hat, find a buddy to be with you as you give a lesson for support of your choice. Others pick a lesson to watch. Yvan and Diana each watch three and debrief at end of lessons in the group of coaches, observers and practitioners.

FI Demo ~ Yvan Joly

Joe's class lesson

CD#24 T17 [36 MINUTES] [DVD#24 SCENE 4, 41 MINUTES]

First six minutes not audio recorded, but on DVD.

FI Exploration #138 continued ~ Yvan Joly & Diana Razumny

Pre-practicum, giving lessons to each other

NOT RECORDED

Six people draw names from the hat, find a buddy to be with you as you give a lesson for support of your choice. Others pick a lesson to watch. Yvan and Diana each watch three and debrief at end of lessons in the group of coaches, observers and practitioners. Second round of the same.

Day 120 October 6, 2006

ATM Lesson #240 ~ Yvan Joly

Headstand #8: judo roll, roll flexed, knees to elbows, roll out of headstand

CD#24 T18 [39 MINUTES] [AMHERST 1981]

On knees, triangle hands/head. Walk feet to bring knees to elbows, bring heels to butt, lift knees from elbows. On back, carp. Shoulder stand, bend knees, feet to butt, drop heels to floor. Shoulder stand, legs straight up, imagine have rolled out of headstand. Roll out of shoulder stand to sitting. Carp from shoulder stand, hands standing near head. Knees, hands/head triangle, bring elbows to knees, lift knees, keep heels towards sit bones, tuck chin, feet fall behind. Fall out of head stand through rolling or carping. Go into head stand and slowly bring knees back to elbows. Knees on elbows, roll on head. Head stand, legs straight up, open/close to sides then one forward/one back.

Discussion #207 ~ Staff

Circle Meeting

CD#24 T19 [62 MINUTES]

ATM Lesson #241 ~ Yvan Joly

Rocking on front

CD#24 T20 [59 MINUTES] [AMHERST 1981]

On front, arms down along sides, palms up, lift shoulder on face side, then press same-side hand against floor. Repeat OS. Add lifting leg on same side as hand pressing and shoulder lifting. ROB, repeat OS. Repeat with shoulder, hand and leg on back side of the head. Rest chin on floor, alternate lifting shoulders with pressing hands. Repeat with forehead on floor. Alternate return head to floor on chin or forehead. Chin on floor, press R hand, lift shoulders, lift R leg few times, then L leg few times then alternate. Repeat OS. Evolves to rocking on belly with feet/head lifted, hands pressing into floor, back side arced.