

Day 121 April 2, 2007

Discussion #208 ~ Diana Razumny

Overview

CD#25 T01 [17 MINUTES]

Introductions. Overview of week: prep for practicums (beginning; middle; ending lessons); walking theme related to ATM series—ribs/thoracic; Practitioner prep (the “inside job” of becoming Practitioner). “Value book”: fill in what is valuable about this work, for self and/or others. FI practice will come out of ATM.

ATM Lesson #242 ~ Diana Razumny

Rolling pelvis with arms behind back, on back

CD#25 T02 [52 MINUTES] [GABY YARON SERIES FOR PERFORMERS #1]

Walking scan: attend to R foot. Where is R hand when heel strikes; ball of foot? LOB, scan shoulder blades, collarbones, 1st rib. Bend knees, stand feet. Notice air in nostrils; track air. R knee stays bent, lengthen L leg; push w/ R foot to roll pelvis; note movement through spine, shoulder blades. OS. Bend both knees, lift pelvis to slide R hand under lower back, pelvis down; R foot standing, L leg lengthened, push R foot to roll pelvis, note shoulder girdle. As roll, slip R arm further under. As roll pelvis L, roll head L; roll opposite. Stand both feet, lift to slide arm out. OS. Stand both feet, bring R arm under, lengthen R leg; roll pelvis, note shoulder girdle; roll head R; roll head L. OS. Feet standing, both arms behind back (not overlapping); cross L leg over R, tilt legs to L; roll head each way. Switch arms, OS. R foot standing, roll pelvis. OS. Stand, note contact feet/floor; walk, sense R foot & R hand.

FI Exploration #139 ~ Diana Razumny

Inventing FI moves

CD#25 T03 [6 MINUTES]

Groups of 4: one receiver, one inventor, rotate. Draw cards for constraints on position, global movements, and bones or joints.

Discussion #209 ~ Diana Razumny

FI—transmission, whole, constraints

CD#25 T04 [11 MINUTES]

What was valuable? Sue: finding different ways to do something. Joe/DR: if you know in yourself what you want to do, can transmit clearly. Nancy: doesn't have to be huge. DR: can think skeletally or neurologically; flexion/extension throughout whole. Bob: proximal vs. distal. Donna: reinforcement of what have learned. DR: in the FM, have constraints; people come with constraints, constraints of environment; access your inventor; ability to respond to constraints. Realize how much you know. Lengthening: want to create no matter what.

FI Exploration #140 ~ Diana Razumny

Walking observation—hands swinging, recreate ATM, & FI based on ATM

CD#25 T05 [36 MINUTES]

Part 1: Observation of walking in video. Note hands, arms swinging. Groups of 4, watch each other walk, note hands, elbows, forearms. *Part 2:* Small groups, recreate movements from morning ATM. *Part 3:* in partners, exchange FI based on ATM: watch person do an ATM movement to use as reference, do something with person LOB as feeling reference, create something with person lying on side, do LOB feeling reference, do observation reference, end with something related in sitting, watch walking. *Discussion:* August: clarification on what to work with. DR: lesson can be about mvt of ribs within shoulder girdle. ATMs as structures for FI; dance of FI. Switch roles.

ATM Lesson #242 continued ~ Diana Razumny

Rolling pelvis with arms behind back

CD#25 T06 [13 MINUTES] [GABY YARON SERIES FOR PERFORMERS #1]

Revisit morning ATM: scan, track breath, spine/shoulder blades, movement in ribs, top ribs, clavicle. Lengthen one leg, begin movement of rolling pelvis. OS. Both feet standing, tiny rolling, think about walking. Stand, alternate bending knees in place. Walk.

Day 122 April 3, 2007

ATM Lesson #243 ~ Diana Razumny

Breath into Right lung

CD#25 T07 [43 MINUTES] [GABY YARON SERIES FOR PERFORMERS #2]

Walking scan; note contact R foot, R shoulder in relation. LOB, attend to breath: R nostril, compare with L; space in mouth—how change when move tongue, teeth, lips; corners of mouth—turn them up slightly, feel anywhere else? Space in throat, chest. Inhale, track air on R side: nostril, mouth, throat, lungs. Stand feet; track air R side; as exhale, squeeze air out more; as inhale, expand. Legs long, scan skeleton. Arms by sides, lift R arm, lift L arm. On L side, L arm under head, note breath in R side; note R ribs in front expanding with inhale, in back, alternate. R side, note expansion of ribs, shoulder/hip moving apart/towards. R arm overhead resting on head (opening armpit); with expansion of ribs, does R arm lengthen? LOB, stand both feet, inhale, note expansion R ribs. Lift R arm up overhead, how close to head? L arm, both. Leave R hand overhead on floor, palm to ceiling; lengthen, note connection into ribs. L arm. R foot standing, L leg long, push to roll pelvis L, note ribs. OS. Stand, note weight through skeleton R side, L side. Lift R arm to ceiling, feel connections through; L arm. Walk, note contact R foot, R shoulder.

FI Exploration #141 ~ Diana Razumny

Intake Form

CD#25 T08 [9 MINUTES]

Questionnaire as a structure to practice to get used to entering, asking questions, connecting. Serves to identify a practical, functional theme. Options for exploring how Method is bigger than improving movement. Pairs: go through questionnaire, decide on a position and a global movement could start with.

FI Exploration #142 ~ Diana Razumny

We're all a bunch of characters!

CD#25 T09 [53 MINUTES]

Discussion: Check in about interview process. Erin: many ideas. Charlotte: wanted to actually do. DR: this is artificial—know each other. Outside of here with new person, personality comes forward; we take on 'characters' in different roles/places/situations. List of opposites. Demo Diana & Eliza—interview process from character voices.

Activity: Each person chooses a "character opposites" card, pick one of the extremes. Groups of 3 will equal 1 person (3 aspects of 1 person). Pair up with another group of 3. One group will be "Practitioner," one group will be "Student." Each group of 3: choose which of you is the "main character"/speaker; rehearse interaction of your 3 voices. Then with the other group of 3, "Practitioner" asks "Student" questions from interview form; all asking & answering from character voices.

Discussion: Ken: even sane people have these characters; how to meet in genuine way. Sue: thankful no one can read mind. Bob: we manage these all the time, seeing how they interrupt. Nancy: we are judgmental...even though we work on not being. DR: we work on being aware, knowing self, having options of how to be or of recognizing; value in all the characters. Duncan: do what if pick up on personality? DR: staying neutral so don't feed the dynamic. Prisca: personality label is our perception. DR: if react strongly, probably relates to same aspect of yourself. Ayesha: in FI, how reverberate? DR: use of ourselves, what I bring impacts what can happen. Erin: intentions come through, can "read minds." DR: if issues come up (like attraction), refer. Ken: cross-motivation, what plays out physically is often cross-motivation on some other level. DR: internal states represented physically; posture may change via awareness about own characters.

FI Exploration #143 ~ Diana Razumny

Walking observation—shoulders

CD#25 T10 [10 MINUTES]

Video of walking: note shoulders. Groups of 4, observe in walking the movement at shoulders, with horizontal dowels & dots to help.

FI Exploration #144 ~ Diana Razumny

Guided FI—Breath

CD#25 T11 [60 MINUTES] [DVD#25 SCENE 1]

Guided FI, demo: Michela. Student LOB, roller under knees. Observe breath. Student (S) think of air on L side; lift L arm; R arm. Practitioner (P): touch ribs on L to feel breath movement; then follow movement in & let them expand into. Pick another area on L, same. P: fingers on one rib; S breathe and cause that rib to expand. S lie on R side, expand L ribs as breathe. P sit at pelvis, watch where move most/least, place hands on ribs in a 3-D way (sides,

some front, some back), feel movement; S expand into hands all directions. P fingers on one rib, S direct expansion into fingers. P remove hands on exhale. Observe mvt. P fingers on another rib. P sit below pelvis, hands on ilium crest, as inhale, roll pelvis away from head; as exhale, pelvis towards head. Sit at head, same riding on breath via shoulder. Bring L arm to drape over head if possible, fingers to a rib in armpit area; another area—large or specific. P at pelvis, S arm overhead, together lengthen/shorten on inhale/exhale. P hold arm overhead (at elbow, wrist), lengthen on inhale, change angle, access different areas of ribs. S LOB. Observe breath. S lift L arm, R arm. P pick up L wrist w/ own R hand, bring overhead, access ribs (holding wrist & elbow), change angle. Roll head. Bring R arm overhead, explore lengthening connections, S breathing into R side. Hold head, glide it fwd/back; bring fwd & watch breathing, follow impulse. S slide knees to standing, come to sit. P hands to sides/back of ribs. S lift L arm overhead, P accentuate lengthening/shortening on sides, including weight shift. R arm. S stand, lengthen arms, compare. Walk. Chat. Demo with skeleton, discussion.

FI Exploration #144 continued ~ Diana Razumny

Guided FI—Breath

CD#25 T12 [40 MINUTES]

Reverse roles, Demo: Bear.

Day 123 April 4, 2007

ATM Lesson #244 ~ Diana Razumny

Side bending on side, lifting head & foot

CD#25 T13 [45 MINUTES] [GABY YARON SERIES FOR PERFORMERS #3 & 4]

Walking scan: heel strike, which shoulder fwd/back. LOB, scan: direction toes pointing, pelvis; roll head. On L side, lift head. Wrap R arm over head, lift head. How could a practitioner help you? Wrap R arm, lift head, note R ribs; imagine practitioner on ribs. Same movement, note shoulder & blade; imagine practitioner. Same mvt, note R hip; imagine practitioner. Rest on back, roll head. On L side, as lift head w/ R arm wrapped over, lift R foot, explore angles. Lift R foot only. How could you do same mvt @ hip without foot lifting? Lift head, thinking of mvt @ hip initiating head lifting. Rest on back, roll head. On L side, lift head (reference mvt). Bring R hand to forehead, elbow towards ceiling, roll head (elbow behind/towards floor). LOB, roll head w/ R hand; fix eyes on spot on ceiling, roll head; eyes/head opposite; roll head w/o hand. On L side, R hand on forehead, roll head; let eyes lead; take eyes/head opposite; roll head. Rest on back, roll head. On L side, roll head w/ R hand, let head be passive; roll head, let arm be passive. Lift head w/ R hand; without. Rest on back, roll head, scan feet/pelvis. Stand, turn to look behind, note weight shift in feet. Walk, note shoulders/heels.

FI Exploration #145 ~ Diana Razumny

FI moves based on ATM

CD#25 T14 [16 MINUTES] [DVD#25 SCENE 2]

Demo with skeleton of moves based on ATM, input from students. Pairs: play with some moves, switch roles with each one.

FI Exploration #146 ~ Diana Razumny

Walking observation—shoulders

CD#25 T15 [11 MINUTES] [DV 0-44]

Walking video: note twisting, shoulders. Groups of 4 with vertical dowels in t-shirts. *Discussion:* using tools to highlight, training eyes to watch motion when watch walking.

Pre-practicum #1 ~ Diana Razumny

In house

CD#25 T16 [3 MINUTES]

In-house practicum, include: intake form, walking observation, movement & touch references, “middle” of lesson, tie something from lesson to ending.

Day 124 April 5, 2007

ATM Lesson #245 ~ Diana Razumny

Walking #1—bending head to side

CD#25 T17 [42 MINUTES] [FROM MARK REESE WALKING SERIES #2, PART 1]

LOB, note heels. Lengthen L heel; feel up to head? OS. Alternate. Lengthen R arm on floor away from head. OS. Lengthen L leg; which arm lengthen in response? Alternate arms lengthening; add legs. Walk, note pressure in feet, head—track nose, base of skull, ear to shoulder. Wrap R arm over head, when step on R, bend head to R, back to middle when step on L. Wrap L arm to R ribs, R arm as before, same with stepping, let L arm help bending. L arm over head, take head to R on R stepping, note L ribs. R arm over head, bend to R when lift R foot. R arm over head, L hand on R ribs, same stepping. L arm over head, bend when R foot is in air. LOB, scan; lengthen L leg; R leg, how movement travel now? Quicker. Stand, weight on L foot, L arm over head, bend to L; step with R, bring head to middle, continue. Add R hand on L ribs, continue. R hand over head, same bending/stepping. L arm over head, bend to L as L foot is in air. Add R hand on L ribs. R arm over head, same bending/stepping. LOB, note space between shoulders/hips each side. Imagine alternating legs lengthening; then do. Stand, scan; lift one heel off floor, other, note shoulders; walk.

Discussion #210

Moshe video: FI with Hazel Biddle

CD#25 T18 [13 MINUTES] [FROM AMHERST TRAINING]

Watch video (not recorded); discuss. Bob: MF ways of teaching & dealing with behavior patterns. Coue—about how we think affects how we are. Ellen: MF emphasizing function. Nancy: spontaneity of lesson. Talon: MF straightforward, present, wasn't "careful" even though he was careful. Erin: kept giving her power back to her. Ellen: aggressive body touching. Clear intention/attention, context.

FI Exploration #147 ~ Diana Razumny

Guided FI—shifting pelvis & side bending

CD#25 T19 [36 MINUTES]

Observe partner walking, note head movement. Hold occiput, suggest weight shift. Stand in front as partner shifts weight, observe which leg like to stand on. LOB, stand feet. Sit at head, notice direction nose pointing; how relate to standing leg? Roll head in direction might go more easily. Student (S) lift pelvis in air, translate side to side; Practitioner (P) watch head. S take pelvis to side head responded least, leave it. Roll head; lift head, do hen-pecking movement (fwd/back), side to side, circle both directions. S bring pelvis back to middle. Roll head. S lie on side opposite direction took pelvis. S wrap top arm over head, lift head, P observe. P in front of forelegs, lift top foot to observe pelvis (hips/knees at 90). Lift foot as S lifts head. P sit at head, play with ideas from yesterday's side bending. S straighten top leg, P set up to lift head/arm (arm under head, lift at wrist & elbow). S lift leg to ceiling; then P lift head/arm same time. S wrap arm over head, reference lifting head. S LOB, stand feet, lift pelvis & translate, P observe head response. Roll head. Have S sit, P stand behind, S lift one sit bone then other. S stand, P touch occiput & shift weight gently. Observe head in walking. Discussion & questions. Switch roles.

FI Exploration #147 continued ~ Prisca Winslow Bradley

Guided FI—shifting pelvis & side bending

CD#25 T20 [34 MINUTES]

Reverse roles; led by Prisca Winslow Bradley.

ATM Lesson #246 ~ Diana Razumny

Shifting pelvis on back & side bending on side

CD#25 T21 [42 MINUTES] [GABY YARON SERIES FOR PERFORMERS #5]

LOB. Track air R side, L side. Stand feet, lift pelvis in air, take to R, return; side to side; note head response. Lift pelvis, take to R, put down; lift, to middle, to R further, explore. Leave to R, alternate awareness of breath R & L sides. Bring pelvis to middle, rest. OS. Lie on L side, lift head; wrap R arm over & lift. Lengthen R leg, lift leg & head (arm wrapped over). Lift only leg. Lift leg & head/arm. Lift head (no arm). OS. LOB, lift pelvis, translate side-to-side, note head response. Lift pelvis, take to R, leave; roll pelvis to R; roll to L. OS. Lift pelvis, side/side, note head. Legs long, alternate lengthening legs as in morning ATM. Stand, alternate bending knees, shoulders responding. Eyes in front, keep head in middle, play with knees/shoulders fwd/back. Walk.

Day 125 April 6, 2007

ATM Lesson #247 ~ Diana Razumny

Walking #2—turning

CD#25 T22 [22 MINUTES] [FROM MARK REESE WALKING SERIES #2, PART 2]

LOB, alternate lengthening legs, add arms. Walk, note contact R foot, interval of time/pressure from heel to front of foot. Wrap R arm over head, as step on R foot, turn head/elbow L, return to middle on L foot; use whole heel to toe interval to turn. L arm over head, same. R arm over head, turn to R as step on R foot, to middle on L step. L arm overhead, same. Walk, note changes. Rest on back; imagine alternating lengthening legs, how much feel through whole system? Eventually do. Walk, R arm over head, turn to L when R foot is off floor, return to middle when step on R foot. Walking rest. L arm over head, same. R arm over head, turn to R as R foot lifts. L arm over head, same. Walking rest, note arm swing.

FI Exploration #148 ~ Diana Razumny

Walking observation—taking on someone else's walk

CD#25 T23 [19 MINUTES]

In partners, watch walking, note arm swing. Groups of 4, imitate walking, direct imitator to walk more like person.

FI Exploration #149 ~ Diana Razumny

Shoulder construction

CD#25 T24 [8 MINUTES] [DVD#25 SCENE 3]

Demo: skeleton, how rotating arm affects shoulder girdle, sternum, ribs. Comparison of 5 people lying on front and back, preferences for where they put arms.

ATM Lesson #248 ~ Diana Razumny

Spinning arms with palms on floor

CD#25 T25 [56 MINUTES] [GABY YARON SERIES FOR PERFORMERS #6]

On hands & knees, look up/down, play with direction of fingers—forward, outsides, insides. Sit with legs open, R palm on floor in front, spin hand, note range, what else involved. Rest on back. Sit, both hands behind, spin R hand on floor. Rest on back. Sit, spread legs, put back of R hand on floor in front, spin hand. Rest on back, roll head. Sit, both hands behind, back of R hand on floor, spin R hand. Rest on back. Roll head. Sit, both hands behind, turn back of R hand on floor, switch to palm, what's available with each? Same with hand in front. Rest on back. On hands & knees, fingers forward, look up/down. Rest on back, roll R arm on floor, roll R leg; roll L arm & leg. Repeat all with L hand; include rest on back, roll both arms same direction (one in, one out). Sit, both hands in front palms down between legs; spin both so all fingers go same direction, opposite direction. LOB, arms straight out to sides, roll arms up and down; alternate, note head. Sit, back of both hands on floor in front, spin same direction, opposite direction. Sit, both palms on floor behind, spin both same direction, opposite; same on back of hands. LOB, roll head; alternate lengthening legs. On hands & knees, look up/down. Stand, turn; rotate R arm in/out, L arm, both arms same & opposite, how relate to walking? Return to groups, observe walking.

Discussion #211 ~ Diana Razumny

ATM to FI & check in

CD#25 T26 [43 MINUTES]

Questions/comments. Mary: how translate last ATM to FI. Ken: categorizing ATMs; Prisca—IFF website might have it with AY lessons; advantages & disadvantages of categorizing. Gaby known for simple, symmetrical lessons; Moshe would have her break down his lessons for people having difficulty. Examples of ATM to FI. August—LOB rotating arm; Charlotte—using board on hand. Arm as handle to spine; power of spiral. Hand on torso; lift shoulder. Difference after ATM. Check in about week. Partners, lift head to experience self after this week. Walking video.

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ATM Lesson #249 ~ Diana Razumny

Looking up & down on knees & hands/elbows, with crossed legs

CD#26 T01 [42 MINUTES] [GABY YARON SERIES FOR PERFORMERS #7, WITH DIANA'S INPUT]

In partners, observe walking with one finger on own belly button and pubic "button." LOB, scan. On hands & knees, look up, note lower back. Sit, touch lower back to feel tonus. On knees & elbows, look up. Let head hang down, take R ear to R shoulder, L ear to L shoulder. LOB, slide fingers to feel space between lower back & floor. On hands/knees, look to R and extend, as if to see over shoulder to R hip; OS. LOB, scan. Stand, partners, feel lower back; receiver cross one leg in front of other, shift weight, slide hand down each side. On elbows/knees, turn head to one side, look over shoulder, OS. Hands/knees, turn to look over each shoulder. LOB, stand one leg, roll pelvis. Rest, scan lower back, roll head, relate to ease looking over shoulders? On hands/knees, look up, attend to hip joints. Cross one knee behind other, look up, note hip joints. Knees crossed, shift pelvis side-to-side, switch crossing. Knees crossed, head hanging, take one ear to shoulder, OS, note tailbone moving to same side as head. On L side, wrap R arm over head, lift head. OS. LOB, scan lower back, roll head. Stand one foot, roll pelvis, slide that hand towards heel; OS. Stand, partners, observe crossed-legged shifting weight; walk.

Discussion #212 & FI Exploration #150 ~ Diana Razumny

Discussion: Expressions, other sources, practicum/liability

FI: Morning ATM with constraint of position

CD#26 T02 [67 MINUTES] [DVD#25 SCENE 4]

Discussion: Check in about looking for pictures of characters/expressions. Do expressions on outside really match inside? Observing & knowing ourselves, have options to not be stuck. Other modalities to help expand this awareness, including Enneagram, Voice Dialogue, Ken Wilber's work, meditation, Big Minds, Psychosynthesis. Interviewing as a way to interface with someone's world so can offer options. Books: [The Family of Man](#) (photo exhibition created by Edward Steichen), [The Human Figure in Motion](#) by Edward Muybridge (Dover Publications, Inc, NY, 1955). Global movements: all work together in daily life; Gaby's lessons—side bending in relation to other globals; but is way to focus in FI; using one to break pattern of fixation on another. Tracking in FI, tying lesson together. Function as activities in life, looking for global movements, find way to take over movement.

FI: Partners, use morning ATM to stimulate FI. 3 positions to choose from (leaning over table, lying on floor with legs on table, on hands/knees).

Discussion: many practitioners don't have clients sign liability; insurance covers civil (hurt), not criminal (sexual). Intake forms with waiver. Screening on phone, checking in, warning about talking a lot. Questions about practicum. Many ways to think about "lesson," being present, listening; we help them sense selves, their responsibility to learn/integrate.

Discussion #213 ~ Diana Razumny

FI ideas and languaging

CD#26 T03 [21 MINUTES]

About being on back with legs on table: adjusting height, Donna—getting closer, ideas for side bending & extending at same time. Languaging: extension—folding backward, flexion—folding forward; using language the most people can understand. Thinking literally and otherwise, distal and proximal.

ATM Lesson #250 ~ Diana Razumny

Walking #3—arms lengthening overhead

CD#26 T04 [29 MINUTES] [FROM MARK REESE WALKING SERIES #3]

Walk, notice (throughout lesson) movement R hand in relation to R hip. R arm straight overhead, when step on R foot, lengthen R arm. Lengthen R arm when push off L foot. Walk with R heel up (on ball of R foot), lengthen R arm when on R foot. On R ball of foot, extend L arm. Lengthen L arm overhead when weight on L foot. R arm overhead, lengthen when push off L foot. Lift L heel, L arm overhead and lengthen as step L. Lift L heel, lengthen R arm as step on L. Rest on back. Stand one foot, roll pelvis, when feel side bending, extension, flexion? Same side hand overhead, lengthen as push into foot. Same leg, other arm. OS. Seesaw breathing. Walk, seesaw belly/chest as walk. Leave seesaw, walk, expand belly all directions, bend both knees. Look up and walk, note hand swing; look down, note arm swing; alternate. Walking rest, note hand swing, head/shoulders. LOB, roll head. What do you have to offer that's valuable? Envisioning what want, is there anything in thinking that contradicts (cross motivated)? Stand, look around self, walk to notice hand swing.

Day 127 April 10, 2007

Discussion #214 ~ Diana Razumny

Anatomy pictures, assessment

CD#26 T05 [35 MINUTES] [DVD#25 SCENE 5]

Handouts: anatomy of rib relations, resources for starting points and concepts for FI. Seeing self as practitioner, what need to move to your next level. Donna: assessment in FI—going from listening to working. Leslie: remaining present. August: ending lessons—it's coming.

ATM Teaching #22 ~ Diana Razumny

5 lessons led by students

CD#26 T06 [2 MINUTES] [GABY YARON SERIES FOR PERFORMERS #7]

5 lessons going on at once in small groups taught by students ("Errol Flynn" arms, Minimal Lifting, Upper torso rotation on side, a Spinal Chain version, and Crawling Prep).

FI Exploration #151 ~ Diana Razumny

Student-led ATMs into FI

CD#26 T07 [64 MINUTES]

In above groups, create FI out of the ATM taught. (1) Come up with reference movement, can include walking observation (beginning); (2) sequence of movements in one or two positions (literal or not) (middle); (3) reference and transitions in the vertical (ending). In big group, a practitioner, student, & narrator from each group will demonstrate.

ATM Lesson #251 ~ Diana Razumny

Lifting limbs on roller, lengthening limbs on back & front

CD#26 T08 [50 MINUTES] [FIRST PART DIANA RAZUMNY, SECOND PART FROM ATM BOOK LESSON 3]

LOB, scan, roll head; if on beam, which side would pelvis, chest, head slide off to? Lie on roller (tail to head), feet standing on floor. Roll side-to-side, find out which side what rolls more easily. Lift/lower each arm. Lift one foot an inch, allow rolling. OS. Lift arms towards ceiling, alternate lengthening, allow response. Lengthen one leg and opposite arm towards ceiling; other diagonal. Lift same side foot and hand; OS. Cross arms on chest, lift one foot then other. Roll a little side-to-side. How far can roll self to one side so could almost end up on side? Lift both legs, play with rolling. Cross arms on chest, lift one leg and leave it, start lifting other foot. Alternate lengthening arms towards ceiling. Add lifting one foot then other. Slither off to LOB. Expand air on R side, L side, alternate. Arms and legs in X position, lift one arm then other, add leg so lift one diagonal then other. Think of lifting one leg, what goes backwards, think lengthening. Try all four, try different combinations. Lie on front, X position, lift head, lift both arms, head and arms, push belly into floor. LOB, scan tonus; lift combinations of legs/arms. Scan from beginning. Stand, walk. Roller at belly with partner, push/walk.

Day 128 April 11, 2007

FI Exploration #152 ~ Diana Razumny

Walking—pelvis forward/back

CD#26 T09 [8 MINUTES]

Observe walking in film “When the Moment Sings.” Note forward/back in pelvis. Partners, observe walking, use t-shirts and dowels to help if want.

ATM Lesson #252 ~ Diana Razumny

Sliding knee & side bending, one sit bone off chair

CD#26 T10 [71 MINUTES] [GABY YARON SERIES FOR PERFORMERS #8]

In partners, Practitioner (P) will observe and sometimes touch. Stand, P observe which could be “standing leg,” place hands on pelvis and direct weight shift; feel tonus low back; watch person turn to look behind. Observe head/neck as sit, length in spine, skeletal support. ATM: Notice placement of feet, explore options, find where skeleton supports; feet close and apart—how affect lower back? Tilt forward/back, note changing pressure on sit bones, find middle. Lift one sit bone, how lower back and head respond? Look up and down; how much is involved? Sit so one sit bone off table, take that knee forward/back with same side hand on knee, other hand on table; note shoulders. Sit on both bones, lift one off then other. Same cheek off edge, hand on knee, slide fwd/back, when knee fwd look over same shoulder; look over other shoulder. Sit on both, scan. Lift each side. Stand, shift weight. Sit with other cheek off, look over opposite shoulder, over same shoulder. Sit on both, look up and down. Rest in walking. Return to first side, bring opposite hand over head (table hand), lift/lower hip; switch arms. Sit on both, lift each side. OS. Observer: watch sitting, note skeletal support, could they be more effortless, easy, elegant somehow? Come to sit and stand a few times. Stand, turn to look. Observe pelvis, hand swing. Switch roles, include in beginning P with hands on sides of person’s head, lightly shift side to side.

Discussion #215 ~ Diana Razumny

Moving like a woman

CD#26 T11 [8 MINUTES]

Bob: above useful. Charlotte: moving like a woman. Donna: upper torso movement. Erin: ribs story.

Pre-practicum #2 ~ Diana Razumny

In house

NOT RECORDED

Day 129 April 12, 2007

ATM Lesson #253 ~ Diana Razumny

Holding head, side bending, on back and front

CD#26 T12 [53 MINUTES] [GABY YARON SERIES FOR PERFORMERS #9]

LOB, scan, roll head. Stand one foot, roll pelvis, note head. OS. Both feet standing, wrap R arm over head, slide head/arm to R. Same, L hand on R to help; how use pelvis/feet. Stand R foot, L leg long, R arm over head, slide head/arm to R, stay there, roll pelvis. Switch legs, same. OS. On front, R palm up on floor, forehead in palm, slide to R. Stay to R, breathe noting L nostril/expanding lungs, breathe R side. Slide to R, stay, lift R side of pelvis so roll weight onto L side. Same, lift L side pelvis. Slide head. LOB, stand both feet, R hand behind head, slide to R; compare with R hand wrapped over head. On front, R hand under head, slide to R; head on L hand, slide to L. Stay to L, breathe into each side. Reference sliding to L. Stay to L, lift L side pelvis to roll; OS. LOB, scan, roll head. Stand both feet, L arm over head, slide to L. Feet standing, interlace hands behind head, alternate sliding each side. On front, one hand on other, palms down, forehead on hands, slide each way. On side, lift head; lift with arm over; add lifting with top leg lengthened. OS. Play with FI move lifting head with top forearm under head. LOB, roll head. Stand both feet, small roll to each side, what find relative to tonus difference. One leg long, roll, how do head, C7, ribs respond, which arm could lengthen up/down? OS. Stand, note weight on feet; ribs placement over pelvis, head. In FI, how would you make a reference in standing/walking?

Discussion #216 ~ Diana Razumny

Moshe video: FI with Hazel Biddle

CD#26 T13 [39 MINUTES] [FROM AMHERST TRAINING]

Watch video (not recorded), this time with a particular question in mind.

How does MF establish contact & repor with Hazel? Nancy: quarrel, outside box of expectation. Duncan: humor, already knows her (husband/cane), wants to engage her. Carl: physical contact. Ayesha: empower.

How does he go about creating a learning environment? Sue: discusses, compares his mvt, reverses roles. DR: "character" play. Ellen: functional perspective (out of medical). Jincey: set stage; repetition. Bob: continuous learning, reframing. Donna: open mind. Leslie: things she could do.

How is he working with her self image? Michela: reframing, bringing out spontaneous. Charlotte: unlabeled her. Joe: empowering. DR: authority. Michelle: "how you used to be." DR: rewriting her script, didn't buy into character, "you're you," primal Be-ing.

What elements in this lesson might you find in many lessons? Duncan: awareness of differences. DR: interrupting patterns, small increments. Erin: reference. Charlotte: touch, individualized. Eliza: "feel don't look," orientations. Bob: angles.

Seeing ATMs: side bending head, shifting weight sitting, sit to stand. Bob: present. DR: developing own way

Discussion #217 ~ Diana Razumny

Community Meeting

CD#26 T14 [42 MINUTES]

FI Exploration #153 ~ Diana Razumny

Review

CD#26 T15 [36 MINUTES] [DVD#26 SCENE 1]

Review of the two weeks. Diana working with August & Carl with input from students. Practice in partners.

Day 130 April 13, 2007

FI Exploration #154 ~ Diana Razumny

Game show

CD#26 T16 [5 MINUTES]

Small groups, 2 groups going at a time, one practitioner and one student, create FI moves from cards for bones/joints, position, and activity. Activities include: using toilet, climbing stairs, sitting, running, breastfeeding, reaching overhead, writing, lifting, coming to stand from sitting on floor, talking, sweeping, mopping, walking, working at computer, skiing, squatting, breathing, punching, stretching, pulling, driving

Discussion #218 ~ Diana Razumny

Video: Moshe talking about FI and Hazel's lesson

CD#26 T17 [60 MINUTES]

Intro and discussion following video.

ATM Lesson #254 ~ Diana Razumny

Walking #4—tilting head

CD#26 T18 [40 MINUTES] [FROM MARK REESE WALKING SERIES #4]

Walk, note head movement, pressure on R foot. R hand on forehead, L hand behind head, while step on R foot turn head to L (return while on L foot); turn to R. Switch hands, same. As walk on R foot, tilt head up; tilt down; tilt R; tilt L. Try variations on alternating R and L. While on R foot, look to ceiling with more back involvement; look down. Rest on back, alternate lengthening legs. Stand, shift weight. Walk, attend to L foot, compare pressure with R, compare rhythm/timing of each foot. While step on L, R hand on forehead, L hand behind, look R; look L. As step on L, hands on head, take head to R, eyes to L. Walk, note head bobbing. Reverse head/eyes. Walk, note head turning, slow walk and exaggerate head turning, add eyes opposite. On L step, nod head down and take eyes up; head up and eyes down. Walk, note nodding, exaggerate. Note side to side. Note tilting, exaggerate, switch to tilt while on other foot. Walk, note head movement. Walk backwards, forward.

Day 131 April 16, 2007

ATM Lesson #255 ~ Yvan Joly

Rolling from side to back by lengthening arm & leg #1

CD#27 T01 [71 MINUTES] [FROM AMHERST JULY 2, 1981]

Lie on side, bend arms/legs on top of each other, bring elbows towards knees. Slide top palm up on floor towards overhead. Slide top leg down towards lengthening. Slide both at same time, as if could lie on back. Rest on back. Repeat arm, leg, both. Rest on back. On same side slide hand, follow hand with eyes (open or closed). Slide leg, notice lower back. Slide both. Rest on back. Sit, legs extended forward, arms to ceiling, note shape spine, look at hands; variations (including leaning on hands, looking up and backwards). Rest on back. Sit legs long, lean on hands, look back, lift one arm to ceiling then other, both. Rest on back. Lie on same side, slide hand and foot; slide to lie on back, return. Stand, raise each arm to ceiling, both arms. One hand on forehead, other on back of head, look towards side of hand in front.

FI Exploration #155 ~ Yvan Joly

Demo of whole lesson

CD#27 T02 [45 MINUTES] [DVD#26 SCENE 2]

Full lesson with Chris (visitor): verbal interview (Chris's interest in right side), nonverbal interview in standing; intent not to correct, "normal", starting with what she does—more extension than flexion; somatic reflection—using his hands to reflect certain characteristics of herself; working along spine; awareness of skeleton; arm/ribs as in ATM; pelvis, foot, leg; representation of whole side in foot; holding/releasing; arm, head; for Chris, using the ATM lesson to get to the beginning movement (elbows /knees together); rolling, sit/stand.

Discussion: learning folding fwd via what she does spontaneously (folding back); theme of lesson—lengthening side. August: lengthen via rotation? Theme with variety of pathways to get there; patterns in feet reflecting whole self—change organization of feet, change organization of whole person. Michelle: reason for holding/releasing? She was already holding; Chris—felt delay, jerks. Duncan: observation of her availability of side bending, mix of spinal moves. Partners, push against sides of pelvis

Discussion #219 ~ Yvan Joly

Moshe lecture—consciousness & skeleton

CD#27 T03 [18 MINUTES]

Moshe Video

Moshe lecture—consciousness & skeleton

CD#27 T04 [53 MINUTES]

Importance of the skeleton. Taking risks. Safe and stable is dead like the skeleton. Getting up from the chair. Variations where to take the head. Any change of situation is a risk. Stability or instability. Turning on one leg is more risky but better. We're made for transition. Judge health by ability to . . . Ligaments, hip joint. Walking on slope, the muscles of the leg have to carry the leg and doesn't when on flat surface. Moshe leans on knee with foot standing to show skeleton is built for taking compression. The twists in the bones create strength. Example of polio leg doesn't have stress so doesn't develop the bone in the same way. Skeleton and the use of consciousness. "Skeleton Will Survive Your Soul" as the name of his next book. What do you mean by existence? Talking is not thinking. Alan on table to show how he's like the skeleton. The future of consciousness is awareness of skeleton. Shows on Alan how head relates to standing leg by using dowl lined up with nose to one leg. Talks about Alexander work. Principle of no principles. Pressing on front of knee would break it. FM helps you do all you do be better. Skeleton on table again. Talk of dancer having an operation. She no longer feels so has to use her attention. Supporting behind knee while lying on back. When head is tilted there is one eye more dominant and example of shoulders are asymmetrical. Talks about girl he worked with not being able to act on her intension.

FI Exploration #156 ~ Yvan Joly

Sit to stand holding head

CD#27 T05 [26 MINUTES]

Person sitting, one hand on top of head, feel which direction head tilts, forward/back, side/side, circle. Stand in front once and back to note difference. Hand head between hands. Hands on sides of head to guide up to standing.

Discussion #220 ~ Yvan Joly
Practicums and feedback

CD#27 T06 [12 MINUTES]

Yvan: Feedback, right/wrong, culturally very complex. There are many distinctions to be made. Note how you relate to the feedback you give/receive. Compulsions. Systems theory. Types of evaluations – formative and summative.

ATM Lesson #256 ~ Yvan Joly

Rolling from side to back by lengthening arm & leg #2

CD#27 T07 [19 MINUTES] [FROM AMHERST JULY 2, 1981]

Lie in any position, note breathing and attitude. Allow/find an available movement. Start the movement and repeat several times. Note how you can spread the movement through your self. Change position, do another movement. Reading from article about creativity and blocks.

Day 132 April 17, 2007

Practicums

Groups of 6, 3 giving FI, 3 observing

NO RECORDING

Discussion

About practicum

NO RECORDING

Groups of 6 processing lessons with staff supervisor.

ATM Lesson #257 & FI Exploration #157 ~ Yvan Joly

Sit to stand

CD#27 T08 [70 MINUTES] [YVAN'S INVENTION]

Sitting on table, lift bottom and move it to side and place it to sit. Sit, look up to ceiling. Feel hyoid bone. Look up again. Heel of hands of cheekbones. Repeat and lift pelvis to glide it to side. Rest. Sit, hand interlaced behind head, take head/arms forward, elbows forward, when head is lowered, lift and slide bottom to side. Demo with Harriet, Tracy, Mary and Donna. Return to ATM, repeat with hands behind head. Roll head between hands, stand when turning towards hand in front, return. Demo with Ayesha, hand on top of head, lifting chest while lengthening lower back. Looking at skeleton and the front of the spine and back of the sternum, movement of breath and ribs. Partners lift ribs from front and back. Sit, think of moving pelvis to one side and use it to stand up. Stand, walk.

ATM Lesson #258 ~ Yvan Joly

Rolling from side to back by lengthening arm & leg #3

CD#27 T09 [49 MINUTES] [FROM AMHERST JULY 2, 1981]

On back, breathing movement. On side, legs/arms folded in front, one on top of the other, lengthen top arm/hand overhead on floor and then back. Leave arms together, slide top leg down/back, allow pelvis to roll. Lengthen top arm/leg at same time. Come onto back, return to side, folding. Continue, pause when half way rolled, one arm/leg long, other folded and do seesaw movement of chest/belly. Return to side, lengthen top arm/leg, stay with one side long, other short, imagine long side shortening while other lengthens to help roll to other side. Stay on new side, slide top arm/leg a little long, continue, eventually rolling side/side, little faster without hurrying. Group move synchronized. On back, lift chest while lengthening lower back and belly.

Day 133 April 18, 2007

ATM Lesson #259 ~ Yvan Joly

Lengthening leg, holding ankle, on back & sitting

CD#27 T10 [71 MINUTES] [FROM AMHERST JULY 1, 1981]

Sit, soles together, hold R ankle w/R hand, lift foot towards ceiling. Repeat, leaning on L elbow. Note relation of elbow/knee, bend/straighten knee taking elbow in/outside of knee alternately. On back, holding both ankles, extend R leg to R, rolling to R side, note elbow/knee relation. Stop, demo with people who do easily or difficult. Note knee turns in for those with ease. Add heel striking out like martial arts kick. On back, L leg lengthening L, rolling to side. Repeat sitting while leaning on L elbow. Sitting with both feet off floor, walk forward/back on buttock. Think of lengthening heel, turning knee in while stepping forward on that side. Switched to hopping on buttock. On back, contract both buttocks, release. Alternate side/side. On back, holding ankles, extend legs alternately, rolling side/side. Continue with head lifted. Repeat, ending on side with both legs long, roll side/side with legs long the whole time. Return to sitting, leaning on L elbow, holding R ankle, lengthening leg. Demo of Harriet, lengthening and turning leg in w/lumbar flex or extension. Demo with Ken, pulling foot to ceiling, lower back hangs backwards naturally. Walk on butt. On back, arms/legs straight forward to ceiling roll side/side. On back, hold behind knees, roll forward to sitting, keeping lower back rounded back, turning knees inward. Leaning on elbows, legs straight up to ceiling turn legs in/out. Sit, hold ankles, extend legs alternately. Stand, jump, note knees turning in. Walk, note knee direction in/out. Stand on L leg, R ball of foot on ground, heel lifted, straighten knee to take heel towards floor with internal twist in leg.

FI Exploration #158 ~ Yvan Joly

Sit to stand variations

CD#27 T11 [30 MINUTES] [DVD#26 SCENE 3]

Demos with Donna and Lethe. Review of yesterdays ATM and use of hands on head, cheekbones, interlaced behind head, rolling head between hands. And then just holding head from front to bring them over feet.

Discussion #221 ~ Diana Razumny

Moshe Video with Raïssa lesson #1

CD#27 T12 [56 MINUTES]

Discussion #222 ~ Yvan Joly

Learning theme of Moshe's lesson

CD#27 T13 [2 MINUTES]

Write down the learning theme of Moshe's lesson with Raïssa and also with the last FI you received or watched.

Discussion #223 ~ Yvan Joly

Fractal patterns and change

CD#27 T14 [42 MINUTES]

FI Exploration #159 ~ Yvan Joly

On front, exploring Raïssa's lessons

CD#27 T15 [1 MINUTE]

Day 134 April 19, 2007

ATM Lesson #260 ~ Yvan Joly

Bridging arm #1, on back

CD#27 T16 [64 MINUTES] [FROM AMHERST JULY 6, 1981]

On back, R arm bridged, hand near head, L hand on tip of R elbow, keeping elbow in place, spinning palm on floor. Leave fingertips pointed down towards shoulder, L hand on R elbow, move elbow up/down. Bridge R arm, stand R foot, lift/lower shoulder. Add taking back of head through bridge. Cont, involve pelvis. Repeat with L arm. Stand both hands/feet, alternate taking back of head through bridges. Arms to sides, feet standing, lift pelvis, start with tailbone. Leave pelvis lifted and walk shoulders towards pelvis. Hands bridged, feet standing, lift/lower head/shoulders alternately. Repeat with arms/legs down. Stand feet, lift pelvis, walk shoulders down towards pelvis. Arms/legs long, move R shoulder up towards R ear then down. Repeat OS. Bridge arms, take shoulders up/down alternately. Stand hands/feet, walk shoulders down towards feet. Arms/legs long, press/release head and heels. Press/release head and R heel alternately. Repeat OS. Press/release head/heels. R shoulder and R heel, R shoulder L heel, L shoulder R heel, L shoulder L heel. Fast/small. Stand hands/feet, lift pelvis, walk shoulders to heels. Take both shoulder s towards feet then head.

Discussion #224 ~ Yvan Joly

Fractal patterns and change

CD#27 T17 [20 MINUTES] [DVD#27 SCENE 1]

Duncan shares book of fractals.

FI Exploration #160 ~ Yvan Joly

On front, exploring Raïssa's lessons

CD#27 T18 [19 MINUTES] [DVD#27 SCENE 2]

Demo with Duncan. Same trio as yesterday, new person on table. Come up with a theme when individualizing the lesson.

Discussion #225 ~ Yvan Joly

Feedback

CD#27 T19 [42 MINUTES]

Story about toilets in Germany. T groups and group dynamics. Important part of training. Authority, right/wrong. Our personal perceptions are true for us. Feldenkrais training has it's own truth so it's like it's outside of us. Examples, attitudes, styles towards receiving feedback - "Don't give me feedback, I want to learn on my own." "Give me feedback but I will challenge it." "Challenge in terms of fighting or letting it sit inside, testing in own experience." Hear but change the subject, maybe take it in deeply or ignore. "This isn't about me it's about you." Collapsing or inflating. Nancy about fact vs. opinion.

FI Exploration #160 continued ~ Yvan Joly

On front, exploring Raïssa's lessons continued

CD#27 T20 [10 MINUTES] [DVD#27 SCENE 3]

Demo with Bob.

Day 135 April 20, 2007

ATM Lesson #261 ~ Yvan Joly

Bridging arm #2, on back

CD#27 T21 [55 MINUTES] [FROM AMHERST JULY 6, 1981]

On back, bridge both arms, lift shoulders. One hand bridged, other on the elbow, direct elbow up/down, in/out, bring back of head through bridge. Bridge both, alternate sliding head under bridges. Arms along side, lift pelvis little, walk shoulder towards feet, hands towards heels. Bridge arms, stand feet, lift pelvis, walk shoulders towards feet. Repeat, go far enough that heels are lifted, stay there, lift shoulders bringing top of head to floor, seeing overhead. Arms/legs long, contract buttocks, then each side without anus contracting, alternate, then quickly. Arms along side, feet standing, walk shoulders down, take hands to ankles. Bridge arms, stand feet, walk shoulders down, look overhead, slide top of head on floor.

Discussion #226 ~ Staff

Community meeting

CD#27 T22 [47 MINUTES]

FI Exploration #161 ~ Yvan Joly

Interviewing in trios

CD#27 T23 [7 MINUTES]

One person is the student, the other two ask questions, starting with physical pain or discomfort.

ATM Lesson #262 ~ Yvan Joly

Standing, bringing parts back

CD#27 T24 [12 MINUTES] [AY #234]

Day 136 April 23, 2007

ATM Lesson #263 ~ Yvan Joly

Bridging arm #3, on back

CD#28 T01 [58 MINUTES] [FROM AMHERST JULY 7, 1981]

On back, bridge arms, lift pelvis, walking shoulders. Arms along side, feet standing wide, lift/drop R foot. Move R foot side/side heel/toe alternately. Repeat OS. Arms bridged, feet standing, pelvis lifted, walk shoulders down/up. Slide back of head under arm bridges alternately. Arms along side, lift pelvis, thinking tail first, opening front of hip joints, lengthening quads without arching lumbar. Continue, add walking shoulders down, bring hands to ankles, think of sliding back of head on floor in direction of being on top of head. Sit, bring R hand into position of bridging. Repeat OS. Stand, repeat, alternate R/L then both. Then with back to wall, bridge one arm, take head through bridge until turned to face the wall. Both hands on wall, bridging arms, look up/back. Stand on knees, stand toes, bridge R arm, think of reaching R heel w/R hand, start by bridging then turn to actually reach heel. Repeat OS. Alternate and then both hands to ankles. On back, bridging, walking shoulders down, slide to top of head, push up so head lifts.

Discussion #227 ~ Yvan Joly

Bridging and Stretching

CD#28 T02 [54 MINUTES] [DVD#27 SCENE 4]

Demo with skeleton about bridging. Discussion about stretching

FI Exploration #162 ~ Yvan Joly

Bridging the arm, on back

CD#28 T03 [23 MINUTES] [DVD#27 SCENE 5]

Explore how to bring the person's arm/hand into bridge and standing near shoulder. Demo with Charlotte.

Discussion #228 ~ Yvan Joly

Posturology

CD#28 T04 [22 MINUTES]

Imaginary life of a person's posture forming through experiences. Addresses stretching again in relation to the person's experience. Proximal/distal reversal. Expanding repertoire through variation in ATM.

FI Exploration #163 ~ Yvan Joly

Giving whole lesson around a theme

CD#28 T05 [2 MINUTES]

Partners each give a lesson starting with interview and developing a them.

Day 137 April 24, 2007

Practicums

Groups of 6, 3 giving FI, 3 observing

NO RECORDING

Discussion

About practicum

NO RECORDING

Groups of 6 processing lessons with staff supervisor.

ATM Lesson #264 ~ Yvan Joly

Bridging arm #4, sitting & on back

CD#28 T06 [69 MINUTES] [FROM AMHERST JULY 8, 1981]

Sitting, bring arm up/back, fingertips pointing down, take all the way back like backstroke. Do each arm then alternate. Repeat, both arms at same time. Kneel, reach for ankles with hands, thumbs inside first then outside, take pelvis forward. Reach with one arm/hand at a time, stay with one hand on heel, change hand, thumb inside or outside and feel which way opens the chest more. Add looking up or forward. Reach to diagonal heel, take other arm to ceiling. Reach for both diagonals. Reach for R hand with both hands. Stand, reaching with each arm up/back, then both. On back, arms bridged, lift pelvis, walk shoulders down, lift shoulders to come onto top of head. Arms/legs forward, hold ankles, open legs, rolling little side/side. Arching backwards from kneeling. Hands to heels, lift pelvis, go onto head.

Discussion #229 ~ Yvan Joly

Basics of Functional Integration

CD#28 T07 [43 MINUTES]

Basics of FI – Request in terms of action, activity and context. Look for understanding about how the person is framing the lesson for themselves and find out how they might start to use the lesson. Constraints help creativity. Nancy: hands-on. Verbal also. Person feels themselves. Reference movement (not essential) Characteristics: proportional distribution, uniform muscle tone, Attending to the breath. Practitioner is included in the equation through use of self. Theme-idea that holds all the pieces together. The theme can emerge as you are working, doesn't need to be pre-determined, it's personalized and improvised. ATM of reference.

Day 138 April 25, 2007

FI Exploration #164 ~ Yvan Joly
Free style exploring of characteristics

CD#28 T08 [51 MINUTES]

Explore self, movement. Find new position/characteristic. Partners watch each other moving creating a characteristic. Repeat movement with verbal description/stream of consciousness. Move to different position and repeat. Witnesses, observe the nature of the person's description. Switch roles. Return to lying alone. Talk of implicit/explicit. Groups of 2 couples share experience.

FI Exploration #165 ~ Yvan Joly
Class FI with Donna

CD#28 T09 [70 MINUTES] [DVD#28 SCENE 1]

FI Exploration #166 ~ Yvan Joly
Coming up to sit in flexion

CD#28 T10 [31 MINUTES] [DVD#28 SCENE 2]

One person lying on back, other sitting at head. Person lying, hands behind head, elbow forward, bring R knee towards elbows, elbows towards knee. Both knees to both elbows. Use to come to sitting. Stay seated and go down on the other side. Come up on other side, continue around alternately sitting/lying. Stop on back, practitioner find a way to bring the person to sitting and standing using the same idea. Various Demos.

ATM Lesson #265 ~ Yvan Joly
Bridging arm #5, sitting & on back

CD#28 T11 [60 MINUTES] [FROM AMHERST JULY 8, 1981]

Rest on back. Sit, reach R arm forward at shoulder level, turn on axis, same to side and to back. Take R arm overhead, take arm back towards bridging. Repeat OS. Lean on buttock on side arm goes back. Leave arm back, turn on axis. On back, bridge arms, jiggle up/down, push/pull, feet to hands. We jiggle to bypass control. Sit, arms up/back, both at once then one at a time. Kneeling, toes tucked, reach one arm up then back to heel. Note thumb in or out. Reach for opposite heel. Repeat OS then both. On back, stand feet, walk shoulders/hands towards ankles, hold ankles, roll onto top of head, keep heels down. Bridge arms, feet standing, jiggle up/down. Kneel, ankles/toes extended, reach for R heel w/R hand, then L to L, then both. On back, feet standing, arms bridged, walk shoulders towards feet, pelvis lifted, belly forward, lift shoulder come onto top of head, lift head if possible. On back, hold knees, lift head to between knees.

Day 139 April 26, 2007

Discussion #230 ~ Diana Razumny

What do we have to offer?

CD#28 T12 [12 MINUTES]

FI Exploration #167 ~ Diana Razumny

Use of eyes in FI

CD#28 T13 [26 MINUTES] [DVD#28 SCENE 3]

Demo of Charlotte walking with eye patch. Groups of 4 using eye patch.

Discussion #231 ~ Diana Razumny

Moshe video FI with Nancy

CD#28 T14 [43MINUTES]

ATM Lesson #266 ~ Diana Razumny

Walking and crawling

CD#28 T15 [41 MINUTES] [DIANA'S INVENTION]

FI Exploration #168 ~ Yvan Joly

Free form FI exchange

CD#28 T16 [40 MINUTES] [DVD#28 SCENE 4]

Class FI lesson with Sue. Then pairs exchange lessons.

Day 140 April 27, 2007

ATM Lesson #267 ~ Yvan Joly

Bridging arm #6, sitting & on back

CD#28 T17 [58 MINUTES] [FROM AMHERST JULY 9, 1981]

On back, bridge arms, stand feet. L hand on R elbow, explore verticality, lift R shoulder. Stand R foot/R hand bridge, lift shoulder/hip alternately. Lift one when the other is lowering. Repeat OS. Stand both feet/hands, walk shoulders towards feet. On L side, hold R knee w/R hand, lift/lower leg, continue with hand down towards ankle, continue lifting leg and take foot to floor behind. Repeat OS. On L side, hold ankle, all fingers/thumb in front of ankle, take foot/head back behind. Continue holding leg, arched with head/leg behind, rolling onto front and return. On L side, hold both ankles from behind. Repeat OS. On back, walk shoulders towards pelvis, hands to ankles, lift pelvis. Come to standing, note where eyes look. On back, lift feet, hold ankles, legs in front, extending legs alternately, note knee can go inside elbow as it lengthens. Stand, note eyes in sockets, where you look.

Discussion #232 ~ Yvan Joly

Themes, limits, preferences and closure

CD#28 T18 [60 MINUTES]

Themes in many arenas. Patterns. Duncan: personalized themes through "what they don't know." Much more not noted. Rattleback demo.

ATM Lesson #268 ~ Yvan Joly

Standing, bringing parts back continued

CD#28 T19 [49 MINUTES] [AY #234]

Stand, hold one wrist, take backwards: pelvis ; low back; between shoulder blades. ROB Stand, hold wrist, R foot in front of L, repeat taking parts backwards. Both feet together/parallel, holding wrist, take pelvis back, continue with only one side of the pelvis. Continue, add other side going back, one after the other. ROB. Stand, hold one wrist, arms in front at shoulder height, take R shoulder back. Repeat w/hands changed. Hold arms out in front again, leave hands same place and take R side of pelvis backwards. Repeat, taking R pelvis/shoulder backwards. Repeat OS. Take sacrum and between shoulder blades backwards. Hug self, take top of pelvis back. Repeat, alternating side/side. Repeat, taking R shoulder/hip back. ROB. Stand, hug w/other crossing, R side of pelvis and L shoulder back. Hold wrist, arms hanging, take pelvis back; take between shoulders back; C7 back; atlas/axis; everything backwards. ROB. Hold wrist, arms hanging, take back backwards