

Day 141 September 10, 2007

Discussion #233 ~ Alan Questel

Introduction

CD#29 T01 [12 MINUTES]

FI Exploration #169 ~ Alan Questel

First three moves in FI, over and over

CD#29 T02 [53 MINUTES]

Making lists - What is a function? Functional Synthesis. Function in FI is the theme that runs through lesson. Mobilizing the hip joints; freeing lower abdomen; proximal distribution; connecting head to torso for orientation; connecting to action in their life. Habits in working - SUPINE- roll head, lift shoulders, lift head, roll legs from feet; push through heel, rock pelvis side/side; lift limb; bring leg to standing; rotate ribs; bring ribs together on side; lift and rotate leg; lift shoulder while pressing sternum; roll leg from trochanter; slide shoulder blades up/down. SIDELYING - Shoulder forward/back; pelvis forward/back; lifting spine; lift shoulder from edge of blade; lift lead; lift leg; lift foot; roll from ribs; pelvis/ribs together; shoulder/pelvis opposite; slide shoulder blade up/down; roll head. PRONE - bend knee at 90, hold ankle, lift leg; head to side bend; roll pelvis; shorten ribs on facing side; lift head on forearm; lift shoulder; rolling feet; tilt bent lower leg L/R; slide leg up to side; forehead on back of hands slide elbows; sliding face-side shoulder down. KNEELING - push through sit bone; pelvis side/side; (repeat most from prone list); press spine for extension; lift from front of ribs; arm behind move elbow up/down; flex/ext ankle

Practice: One person lies on table in whatever position, practitioner does just three moves over and over.

Discussion: What was it like doing just 3 moves? Listening with quality.

FI Exploration #170 ~ Alan Questel

Three obscure moves in FI, over and over

CD#29 T03 [14 MINUTES]

From handout with list of moves in different positions. Look over and pick three you would do and put mark next to one that you wouldn't. Discussion: Nancy & Charlotte - didn't make sense. Donna: value of being drawn to something. Bob- exploring and finally started to make sense. Ariane - paying attention from different angles. Circle position and moves used with partner and save paper to use

ATM Lesson #269 ~ Alan Questel

Pressing/lifting ribs, on side

CD#29 T04 [56 MINUTES] [ALAN'S CREATION]

On back, scan. On side of choice, press ribs into floor. Press middle of ribs, how is diff than first time. Lift same ribs. Press/lift same ribs. ROB. Return to same side, sense ribs opposite ribs were pressing, imagine hand, push ribs into hand. Alt pressing/pulling away ribs from imaginary hand. ROB Same side, lift middle ribs away from floor, pause, push opposite ribs into imaginary hand, note diff. Pause. Press middle ribs into floor, pause, pull opposite ribs away from imaginary hand. Repeat sequence with lower ribs. Rpt full sequence with upper ribs. Bring "top" shoulder/hip together, pause, think of "bottom" hip/shoulder move apart. Rvs to bringing "bottom" hip/shoulder together, "top" side separating. Think both activities at same time, top apart, bottom together. Return to middle ribs pressing/lifting, note diff from beginning.

FI Exploration #171 ~ Alan Questel

Side bending in side lying

CD#29 T05 [35 MINUTES] [DVD#29 SCENE 1]

Working with proximal distribution. Demo: Sue lying on side, moving shoulder forward/back; pelvis forward/back. Think of all ways to inform person to move more evenly distributed through torso only touching from bottom of pelvis to top of shoulder, no more. Move ribs forward/back; lift along spine; bring pelvis/ribs tog/apart; lift ribs by scooping up under table side of ribs. When practicing, think of other side, i.e. moving top shoulder, think about bottom one against the table.

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Discussion #234 ~ Alan Questel

What do you need to know or able to do?

CD#29 T06 [45 MINUTES]

Groups of 4 discuss what you need to know in order to be a practitioner or graduate from a Feldenkrais training program. What do you need to learn this month? Reports: Duncan-present method as a learning model; have observational skills; listen/dialogue with whole self; comfort w/not knowing-beginners mind; direct movement w/language; able to answer question "what is the FM" in a variety of ways; embody key ideas of method like being nice to self; sense of skeleton; plan series of ATM or FI lessons; knowledge of skeletal structure/functional anatomy; knowing resources for what you don't know. August – honor student's request; deal w/pain issues; use of self; how to integrate moves w/breathing; 3 good distilled sentences for marketing the FM. Feel confident enough to charge. Charlotte- her assignment to create 5 FIs out of ATM. Using a recipe for side bending from an ATM and knowing how far off can go. Tracy – getting people off table; bring FI into life. Alan- what's a function and how to integrate into the life of person. Shift in thinking, not being responsible for integrating but giving that task to the student. Story of baby who didn't crawl. Debbie- contacting/establishing relationship with person. Incorporate method into personal life. Michela-commitment to continue learning; competent that we know something even if we don't feel like we do; develop somatic empathy, maintain spark of curiosity. Lethe- contextualize request. Alan- giving enough in one lesson or contextualizing how long. Suggest 10 lessons and then evaluate. Ask the question "How would I do that?" What would you have to do to learn how to do the things people have listed as what you need to be a practitioner. Another thing, stay in the process of inquiry and tolerating the unknown. Being on time and stay in the process.

ATM Lesson #270 ~ Alan Questel

Sacral clock

CD#29 T07 [46 MINUTES] [ALAN'S CREATION]

On back, imaginary small clock on back of sacrum. Go between 6/12, 3/9, then circle each direction. Cross right ankle on left thigh, sacral clock again. Note how you adjust to keep clock round. Repeat w/left ankle crossed on right thigh, repeat. Legs long, sacral circle. Cross right ankle on left thigh again, circle keeping it a true circle then allowing circle to be distorted. Repeat on other side. On hands and knees, flex/extend. Repeat but imagine eyes on sit bones, looking up/down. Repeat with attention on top of pubic bone directing it towards and away from floor. On hands and knees, imagine eyes in crease of hip joints and the eyes open/close with the previous movement. Alternate between eyes in different places then just do the movement. On back, hold pubic bone, lifting it up, while holding it up, move 12/6. Repeat but while pushing down on pubic bone. Return to straight legs, sacral clock.

Discussion #235 ~ Alan Questel

Lessons and recipes

CD#29 T08 [29 MINUTES]

Betsy: something stronger than her hands. Joe: lesson was about the ribs. Donna: letting belly go. Ellen: lumbar fusion. Alan: freeing lower belly and hip joints. Recipe. First lessons were just by positions. Gradually putting dots on paper, eventually a rabbit in hat when lines drawn. Emergent quality in lessons. Creative process – rare to arrive where you think. Back pain and co-contraction. Holding belly tight. August: success/failure with recipes for bad necks

FI Exploration #172 ~ Alan Questel

Side bending in side lying continued

CD#29 T09 [36 MINUTES] [DVD#29 SCENE 2]

Demo with Leslie. Repeat from previous practice plus lifting pelvis, lifting belly and lower slowly.

Discussion #236 ~ Alan Questel

Interview questions and requests

CD#29 T10 [26 MINUTES]

What do people ask for? Fix me. Need more info. When did it start? What have you done? When does it feel good? What do you want to be able to do? What part of back? What makes better/worse? Any surgeries? Previous questions are attached to the problem. Medications? When does it show up? "What activities?" helps with functional thread. "What do you like to do?" helps direct. What type of work do you do? Position during the day? Sleeping position? Have you been told not to do something? Seeing other practitioners? Transitions in life? Contextualize in

relation to what they want to do. Book – *Explain Pain* (noie groups) neuro event/reactive response. Handout with interview questions.

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Discussion #237 ~ Alan Questel

Interview questions, touching belly, what is FI?

CD#29 T11 [20 MINUTES]

August: shared example of asking questions related to daily activity. Erin: question from handout list. Carl: second lesson questions? Alan: interview process continues through years of working with a person. Nancy: would you let someone know that you are going to touch their belly before you do? Alan: our own issues may be what brings up the question. Ellen: another word for belly and big bells? Alan: our attitude makes a difference. August: about visual observations and being able to listen while noticing what you see.

Discussion #238 ~ Alan Questel

What is an FI lesson?

CD#29 T12 [64 MINUTES]

Arenas of attention in FI. CONNECTION is necessary to start. How to create connection: Have conversation, dialogue, listen. Develop sense of safety. Listening to our self/our sensation; flow; breathing; use of eyes; thoughts; mirroring; aware of our own skeleton in connection to ground. Making connection to the other: Field of welcoming someone as they are; smile (maybe); touching. How do we connect through touch – skeleton. Listen to their breathing. Debbie: the discomfort of the person with the unknown. Alan: set up the circumstances by telling them a little about what's going to happen. When the MOVEMENT begins, what you look for – start/stop; quality; connection through them; relation to breath; heavy/light; in what planes of movement; antagonistic relationships; (is this a lesson if we do just the previous) What would we do next that would take it into lesson? Duncan: function. Identifying the person's PATTERNS (movement or posture) in relation to global movements. Real world terminology for same – bending, reaching, turning, push/pull, – all relate to an environment. Next there is an intension to help define the relationship with environment. The request is at this level, what they want to be able to do. Helps guide how you look at them. Observation –watching a person walk can make self-conscious. Activity has relation to movement/environment. EMBODIED STATES-EMOTIONS/ATTITUDE/SELF IMAGE- getting divorce, life transition, lack confidence, grounded, depressed, lack of energy, enhance creativity, have backbone, invisible. Lacking choice is usually happening. Everything exists within family system. Story of woman with MS using cane.

ATM Lesson #271 ~ Alan Questel

Head on wall

CD#29 T13 [38 MINUTES] [ALAN'S CREATION]

Stand facing wall, put top of head on wall (with pad/towel), bring R arm out to R. Rpt w/L arm. R arm out to R, follow w/eyes. Rpt w/L. L hand to the R. R arm to L. Rpt, watch hand as goes across to other side. Both arms to R, watch R hand. Rpt to L. Bring both arms/hands to R, stay to R, feel which foot lifts easily. Rpt same side, lift other foot. Rpt OS. Rpt w/both arms to R, stay, alt lifting feet. Rpt OS. Return to both arms to R, lift R foot and place to L of L foot. Rpt OS. Rpt, arms to R, cross R foot to L, lift L foot and place to R so face ceiling. Rpt OS.

FI Exploration #173 ~ Alan Questel

Side bending in side lying continued

CD#29 T14 [40 MINUTES] [DVD#29 SCENE 3]

Demo with Bob. Repeat from previous practices plus rolling upper torso back, hooking edge of scapula and pull it away, compressed ribs front/back and rocked, dropped scapula back farther, rolled torso more by taking head/neck. Demo with skeleton.

Discussion #239 ~ Alan Questel

Invent homework for students

CD#29 T15 [21 MINUTES]

Groups of 4 discuss possible homework for students. Notice checklist, differentiate eyes from head, note/practice moves, bit of ATM/FI, nap, do moves they remember, do 3 ways, daily scan, replicate something felt.

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Discussion #240 ~ Alan Questel

Structure and function

CD#29 T16 [42 MINUTES]

How are we different? How we look, half full. We're skilled at observing and look more neutrally. How do we create evaluation that is more proactive than judgment? Identify coffee mug and different functions. Different shapes. Different functions, advantages/disadvantages. Metaphor for looking at people. Practice looking for the advantages with something that normally is judged as bad.

ATM Lesson #272 ~ Alan Questel

Arm reaching forward, variety of positions

CD#29 T17 [59 MINUTES] [ALAN'S CREATION]

On back, pressing shoulder into floor, upper thoracic. Lift/reach left arm/hand to ceiling. Press right shoulder into floor, return to reaching left arm to ceiling. Feel what part of back presses during reach, return to reach. Reach at different angles, across yourself, towards head, towards feet, towards floor. Side sit, lean on right elbow, reach with left arm across to right. Repeat with leaning on hand instead of elbow. Return to leaning on elbow. On back, hold right knee with right hand, reach left arm to inside/outside of right knee/leg, alternately. On hands and knees, left leg crossed behind right, reach with left arm, reach along the floor allowing left knee to lift from floor. Add lifting left arm out to side and hand towards ceiling, pivoting over right hip and shoulder. On back, reach left arm across to right to come onto right elbow and legs come to side sit. Return to being on back and simply lift/reach left arm to ceiling to note changes. Imagine everything on other side then compare reaching of each arm. Stand, reach different directions with each arm.

Discussion #241 ~ Alan Questel

If someone has pain after lesson

CD#29 T18 [15 MINUTES]

Someone calls and says they feel worse. Find out what they did after the lesson. Careful not to "blame" the student. Story of destabilizing person with knee problem. Story of car accident, person feeling very protected, loosening them up caused more pain. Moving towards new organization while still holding onto some of the old can create a little battle internally. Important to really listen to the person when they call and not go into beating up self. If soreness, tell them to wait a day and see what happens. August: wanting more specific answer. Story about Moshe falling asleep and guy's pain went away. Story of man dying on Dennis' table.

FI Exploration #174 ~ Alan Questel

Side bending in side lying continued

CD#29 T19 [25 MINUTES] [DVD#29 SCENE 4]

Demo with Ariane. Reviewed all from first days. Added: pressing straight down on top hip joint with hands overlapped, move forward/back little then tiny circular movement. Then lengthen straight arm forward and pulled (her easy direction) on Ariane's arm, having her resist the pull and feel where she does it and then directs her resistance by sliding shoulder blade towards spine, then whole torso rolling back, then from opening bottom shoulder joint, then from bottom hip/shoulder joint. Demo with Ellen to clarify straight arm.

FI Exploration #175 ~ Alan Questel

Sliding leg up to side, prone with activity in mind

CD#29 T20 [13 MINUTES] [DVD#30 SCENE 1]

Demo with August. Review sliding one knee up to side, thinking of different activities that this movement could be used. Getting on bicycle or horse; climbing ladder, swimming;

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FI Exploration #176 ~ Alan Questel

Giving 45 minute FI

CD#29 T21 [10 MINUTES]

Exchange 45 minute FI: start with interview; use an activity from interview; bring them up and have them walk all within 45 minutes.

FI Exploration #177 ~ Alan Questel

Repeating 3 FI moves/references over/over

CD#29 T22 [14 MINUTES]

Return to working with person from first day, repeat doing the first 3 moves you would do in FI over and over. Then do the 3 obscure moves. Discussion – Duncan: something emerged. Charlotte: obscure moves were disjointed the first time and this time it was like a story. Joe: obscure was no longer. Bob: more obvious his own restrictions. August: Appreciation

ATM Lesson #273 ~ Alan Questel

Ribbons and fingers pushing and pulling, part 1

CD#29 T23 [25 MINUTES] [ALAN'S CREATION] [NOTES PASTED FROM SFE 2]

On preferred side, imagine string tied to sternum, gently pull forward. Repeat with string on spine behind sternum, pulling back. Imagine a finger on sternum pushing back then on spine, pushing forward. Have a finger in front and back, held between two points push forward/back. Imagine ribbon pulling forward/back at same place. Think of ribbon attached to pubic bone pulling forward. Ribbon attached to sacrum pulling you back. Finger on sacrum pushing forward. A finger on pubic bone and sacrum, pushing forward/back between the two. Use ribbons on pubic bone and sacrum to feel difference of being pulled. Ribbon from sternum through you to the inside of the sacrum. Think of the line from the sacrum through yourself to the sternum continuing in same direction and pull on that ribbon/line. Then pull other direction, back and down, bringing your chest in that direction. Pull back/down then forward up between chest and sacrum. Thread ribbon from sternum through to back, pull forward/back. Ribbon between upper back down to pubic bone, pull down/forward. Think of ribbon between chest and sacrum, leave it there then imagine the one from pubic bone up to upper back. Hold image of both ribbons, pulling up/forward with from chest to sacrum and pulling down and forward from pubic bone to upper back. Reverse direction of pulling ribbons. Return to simple idea of pulling ribbon on sternum straight forward, then through the back, pulling you back.

Day 146 September 17, 2007

ATM Lesson #274 ~ Diana Razumny

Minimal lifting

CD#30 T01 [60 MINUTES] [ALEXANDER YANA]

On back, spread legs, check whole body. Lift R leg slowly, smallest amount. Attn: R heel, pad still touching; imagine electrical current heel/floor; imagine sheet of paper under heel; start exhale then lift. Pause, comp legs. Lengthen R hand/arm above head. Minimally lift. Imagine sheet of paper. Attn: exhale/lift. Lie on front, arms overhead on floor, arms/legs spread. Lift the R leg tiny amount. Add exhaling. Lift R arm and immediately lower it. Lift R leg imagining sheet of paper under knee, whole leg lifts hip to foot. Lift R arm, pause, just R elbow, palm stays on floor. Add lifting palm/elbow same time. Attn: head stays down, Hand slides along floor a little as lift begins. On back, both arms above head, spread legs. Compare R/L sides. Lift R arm/leg same time. Add on exhale. Attn: to lengthening arm/leg away from ea other w/lift. Rest, compare sides. On front, both arms/legs long/spread. Lift your R arm/leg, exhaling. L ear on floor, repeat, switch to compare R ear on floor. Return to L ear on floor. On L side, arms above head, extend L arm, R arm near L. Lift R arm/leg. W/exhale. On back, L leg standing, R arm over head. Lift R arm/leg on exhale. Attn: ease; toes turned out. Rest, compare sides. Arms/legs extended/spread in X position. Alt lifting L/R leg to compare weight/ease. Alt lifting L/R arm. Rest, note/compare sides: legs, arms, face, eyes. Stand, walk, compare legs/sides. Lift R/L arm alt – compare. Stand in front of someone to see asymmetry in face.

Discussion #242 ~ Diana Razumny

Activities facilitated by “minimal lifting”

CD#30 T02 [14 MINUTES]

Groups of 4 discuss activities and then come back to report to larger group.

FI Exploration #178 ~ Alan Questel

De-amplification of activity part 1

CD#30 T03 [27 MINUTES]

Partners: one begins an activity minimally, gradually building up to do the whole movement until the person guesses. Do same movement in sitting, then choose a position and repeat minimal/beginning of lesson. Work with person proximally only exploring the pattern of movement that relates to their activity. Come to standing, repeat activity, see if improved. Discussion with large group. Alan: spend most time in integration and the function is the thread that holds it together.

Discussion #243 ~ Allegra Heidelinde

FGNA information, certification, membership

CD#30 T04 [37 MINUTES]

Discussion #244 ~ Alan Questel

Money comfort

CD#30 T05 [77 MINUTES] LAST FEW MINUTES NOT RECORDED

Read questions, asking people to tune into how they feel when listening to questions. History of money. Self reflection is a new phenomenon. Values. Paid for opinion and time. Sensing and feeling. Cancellation policy. How do you decide what to charge? August: charging \$60. Valuing self so work takes on a different value. Frank: calculating overhead. Alan: What does “making a living”? Tricky to evaluate life style. Worry about money. Four percent more earnings make you feel flush and visa versa. Exercise suggestions – count every penny you spend for three weeks. New projects – things you would like to do that you don’t. Duncan: confidence level and experience. Others can have a value of the work from zero to \$500. After low fees for 200 hours then double from \$30-\$60. Sliding scale. Who do you attract when fees are high or low. Alan – FM tends to be elite system. Bob: what to do with those who started free or low. High prices/getting more. Moshe felt devalued self/other if don’t charge. Sliding scales – “what are you comfortable paying?” Sue story about therapist sliding scale – value of therapist or client. Framing our work for what it is, the value. Afraid to raise fee and loose clients. Cancellation policy: give warning, next time cancel within 24 hours have to pay anyway. Tried giving free lesson if he missed for some reason but didn’t work. Story about CP man wanting to run. Groups of 3. Where are you comfortable/un giving/receiving money? What are the sensations? Issues that arise out of the concrete – feelings we have about money. Money is a piece of paper that has an implied value and losing wallet compared to water bottle are different. People have different values around money. Demand/value. Value/self image. Your value/your student’s value.

Telling difference between cheap/expensive wine. Working with people who had lessons with Moshe. Self image around money. How is money a part of learning. Boundaries/money. Different points of view and choices (doesn't mean you are mature). Story of woman doing something different than how she felt in situation with charging. You will feel uncomfortable when you change your relationship/actions around money. Political question of what population you work with depending on what they charge. We don't know how much money people have and what their values are. Alan's experience with fund raising for the guild law suit. Job is to hold the difficult feelings, be a container for your feelings and find the means to have the conversation. Story of student's difficulty paying for training. Homework: read through questions asked in beginning and find which have a charge. Make a concrete action-oriented plan around it. Time frame and pickup strategy. Partner contact to help keep on track. Decide if you want partner to just listen or give advice. Important not to judge. Non-violent communication. Don't charge one client who is in need and see what comes up. Ellen: volunteer work?

FI Exploration #179 ~ Alan Questel
Bringing person up to sitting from side

[2 MINUTES, ONLY RECORDED ON VIDEO] [DVD#30 SCENE 2]

Demo with Betsy.

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ATM Lesson #275 ~ Diana Razumny

Taking off sweater

CD#30 T06 [58 MINUTES] [?]

Discussion #245 ~ Alan Questel

Contraindications

CD#30 T07 [16 MINUTES]

Question box - hips, shoulders, knees ? Hip replacements. Canes. Stride. Orthotic, braces.

Discussion #246 ~ Alan Questel

The Guild is us

CD#30 T08 [11 MINUTES]

FI Exploration #180 ~ Alan Questel

De-amplification of activity, part 2

CD#30 T09 [17 MINUTES]

Repeat with same person. Work with 2 planes of action, one from yesterday and add one. This time work only distally and can't touch torso. Discussion: Lengthening?

Discussion #247 ~ Alan Questel

About practicums

CD#30 T10 [13 MINUTES]

FI Exploration #181 ~ Alan Questel

Supine to sitting

CD#30 T11 [14 MINUTES] [DVD#30 SCENE 3]

Demo with Frank, Mary and Talon.

ATM Lesson #276 ~ Alan Questel

Ribbons and fingers pushing and pulling, part 2

CD#30 T12 [22 MINUTES] [ALAN'S CREATION] [NOTES PASTED FROM SFE 2]

Day 148 September 19, 2007

FI Practicums

Three groups, half giving lessons, half watch

NO RECORDING

FI Practicums

Discussion for FI debriefing

NO RECORDING

FI Practicums

Three groups, half giving lessons, half watch

NO RECORDING

FI Practicums

Discussion for FI debriefing

NO RECORDING

Discussion #248 ~ Staff

Discussion about practicums

CD#30 T13 [7 MINUTES]

ATM Lesson #277 ~ Alan Questel

Micro moves of shoulder & hip

CD#30 T14 [34 MINUTES] [ALAN'S CREATION]

On side, move top shoulder tiny amount forward/back. Whole lesson is with micro movements. Have hand/elbow/forearm on floor in front of you, take elbow forward/back tiny amount. Return to shoulder and note difference from first time. Return to moving shoulder then think of scapula moving towards/away from spine. How does it reflect in shoulder? Have arm straight out in front, slide hand tiny bit forward/back. Return to shoulder move. Move ribs under armpit under same shoulder forward/back. Note echo in shoulder. Return to shoulder. On side, micro moves of top hip forward/back. Move knee forward/back, note hip. Movement of hip forward/back again, attention to waist line, move that area forward/back. Return to hip movement. Note hip against floor and change the weight/shift forward/back. Return to shoulder forward/back, note difference. Attention to shoulder against floor, move it forward/back, note effect on top shoulder. Reach top arm over head so upper arm rests against side of head, roll head little forward/back, leaving arm connected to head. Return to shoulder forward/back and notice all the other things participating. Roll pelvis forward/back and notice connection to different explorations. (Sfe2 notes)

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FI Practicums

Three groups, half giving lessons, half watch

NO RECORDING

FI Practicums

Discussion for FI debriefing

NO RECORDING

FI Practicums

Three groups, half giving lessons, half watch

NO RECORDING

FI Practicums

Discussion for FI debriefing

NO RECORDING

Day 150 September 21, 2007

ATM Lesson #278 ~ Alan Questel

Moving spine with imaginary hand, head on wall

CD#30 T15 [49 MINUTES] [ALAN'S CREATION]

Sense spine: on back; standing; standing and side bending; sitting; sitting and flexing; sitting and turning. Skeleton demo: showing shape and size of vertebra and dimensionality in relation to torso. The front of the vertebral body is what takes weight through spine. On back, imagine gentle hand holding around front of vertebral bodies in area of chest (behind sternum) and imagine being turned by the hand. Use image of hand to side bend. Same image for pulling /pushing for flexion/extension. Same image, move one handhold distance down and repeat movements. Move hand one hand hold above initial place and repeat movements. Return to original place of handhold to compare movement there to beginning. On hands/knees, top of head against wall, repeat same movements with imaginary hand. Take one arm out to side while on hands/knees, head against wall, repeat movement of spine. Repeat with other arm. On back, arms straight out in front, repeat moving from spine, note arms/hands. Arms down by sides, same idea, side bending, arms alternately slide down. Sitting, do cardinal movements, compare to beginning. Repeat in standing. (taken from SF2 notes)

FI Exploration #182 ~ Alan Questel

De-amplification of activity, part 3

CD#30 T16 [14 MINUTES]

Repeating as in parts 1 and 2 with the addition of alternating between proximal and distal contact.

Discussion #249 ~ Alan & Yvan

Closure & Ponty

CD#30 T17 [11 MINUTES]

3rd and 4th week meetings with Yvan and final evaluations. Alan handing out article, "The Current Relevance of Merleau-Ponty's Phenomenology of Embodiment" describing skill acquisition.

ATM Lesson #279 ~ Alan Questel

Walking, heel between 2nd & big toe, on back & side

CD#30 T18 [37 MINUTES] [ALAN'S CREATION]

Day 151 September 24, 2007

ATM Lesson #280 ~ Yvan Joly

Rolling interlaced hands #1, on back

CD#31 T01 [64 MINUTES] [AMHERST JULY 13, 81]

On back, interlace fingers, hands on chest, roll hands up/down on chest, elbows out to sides. Repeat w/hands in front of face, rolling hands in space in front of face. Repeat w/hands on belly at navel. Bend knees, feet standing, roll hands on belly, chest, in front of face. Feet standing, interlace hands, L elbow off floor in front, R elbow remains on floor, roll hands in this position. Return to original rolling of hands, place backs of hands on forehead, elbows hanging back towards floor, roll head. Interlace hands in front of face, R elbow on floor, roll hands, take hands in direction overhead, R elbow starts to slide overhead on floor. Repeat OS. Repeat, continue lengthening arms/hands overhead, one elbow starts on floor, hands go through middle then to other side so other elbow comes to floor, circling. Return to rolling interlaced hands on belly, chest, in front of face and then directly overhead. Talk: diff in FM – switching proximal/distal relationship and importance to do so and relevance to pain. Stand feet, interlace hands, roll hands, taking overhead, lifting pelvis. Repeat, lifting head as arms extend. Repeat w/pelvis down. On front, arms extended overhead, interlaced, rolling, stand toes, push from toes, lift head. Repeat, leaving head down, oscillate from feet then hands. Stand, interlace hands, overhead, palms towards ceiling.

Discussion #250 ~ Yvan Joly

Proximal/distal reversal & pain

CD#31 T02 [52 MINUTES] [DVD#30 SCENE 4]

Demo w/skeleton, showing structure of collarbone, shoulder girdle and bringing interlaced hands overhead like in lesson. Question as to why changing proximal to distal can relieve pain. Pain is an interpretation of the nervous system. How we respond to what happens is where we have choice. We shift the interpretation of a movement, like bringing hand to mouth or bringing mouth to hand. Jincey demo with interlaced hands overhead and relationship of head, neck and low back.

ATM Lesson #281 ~ Yvan Joly

Jaw #1

CD#31 T03 [33 MINUTES] [YVAN'S COMPILATION]

On back, stand feet, roll pelvis up/down. Note: when would open/close mouth? Chew imaginary gum. Open/close mouth/teeth. Repeat teeth together/apart w/lips closed. Attn: neck? Hold teeth together, open/close lips. Alt - teeth together/separate lips with lips together/opening teeth. Attn: neck. Stick tongue out/in, hand to throat to feel base of tongue. Open/close mouth, bring tongue out when opening. Attn: tongue direction? Take tongue around lips. Attn: neck, self. Change direction of circling lips w/tongue. Rest, sense inside mouth. Open/close jaw/mouth. Fingers in ears, open/close mouth. Jaw forward/back. Repeat w/fingers in ears. Stand feet, roll pelvis up/down, note connection to jaw open/close. Leave pelvis rolled up (still on floor), breathe in/out through mouth.

FI Exploration #183 ~ Yvan Joly

Jaw and occiput, pushing from feet

CD#31 T04 [70 MINUTES] [DVD#30 SCENE 5, DVD#31 SCENE 1]

Demo with Frank: push from feet to note movement of head/neck, open/close mouth, lips and tongue variation, head/neck connection to jaw, return to pushing from feet. Practice 20 min. Demo w/skeleton. Switch roles, practice.

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ATM Lesson #282 ~ Yvan Joly

Jaw #2

CD#31 T05 [59 MINUTES] [YVAN'S COMPILATION]

On back, note face. Stand feet, open/close mouth. Note which tooth touches first. How do lower teeth fit into upper teeth? Hold teeth together, bite a little, continue with fingers on temples to feel muscular change. Hold teeth tog, hold chin w/one hand to stop the opening of mouth, feel muscles, then stop the closing. Lips closed, open/close teeth, cont w/nose pinched, note suction. Hold teeth to, open/close lips, showing as many teeth as possible, especially lower teeth. Use fingers on lips to expose lower/upper teeth. Teeth closed, open lips, expose more teeth on one side towards back so corners of mouth pull back/out. Show upper/lower, sides then as many as possible. On front, forehead on hands, open/close mouth. Protrude lips forward, note shape. Protrude lips at only: top; bottom; one side; other side. Attn to: nose, ear, tongue, neck. Return to all lips coming forward. On back, tongue out/down; up to cover upper lip, out/down w/o touching lower lip; around lips; stick out far as poss, hand feeling at throat. Hand at hyoid bone, stick out tongue. Open/close mouth. Lift tongue, touch under tongue. Open mouth, tongue out, wait for yawn. Stand feet, roll pelvis up/down, note open/close of jaw

Discussion #251 ~ Yvan Joly

Implicit learning

CD#31 T06 [32 MINUTES]

Implicit learning – definition by? 1. Learning in the absence of intention to specifics 2. In the absence of awareness of that learning. 3. The resulting knowledge is difficult to express. Stanley Kubric, filmmaker, says – finding what to say isn't so difficult, it's how to hide it. In lesson, what to teach isn't difficult, how to not be too explicit. Example of person falling to chair rather than soft landing. What do they need to learn? Reversibility? How to land softly without teaching them to sit and stand. That's not the FM approach. A direct teaching causes another problem, self consciousness. Taking person's authority if you tell them precisely what to do in "how to sit properly". Morn lesson of tongue/jaw – explicit. What's implicit? Duncan: maybe learning was implicit but the person doesn't know what they learned. Lethe: providing a learning environment vs. teaching. Ready to convey process to others makes you a teacher of the method, not that you have concrete answers. You make it your own. Internalizing authority. Feel empowered to do what you can do.

ATM Lesson #283 ~ Yvan Joly

Rolling interlaced hands #2, on sitting

CD#31 T07 [49 MINUTES] [AMHERST JULY 13, 81]

Sit, interlace fingers, hands in front of chest, roll hands, begin lifting/extending arms. As arms go overhead, arms nearer to ears, chest/back getting longer/shorter. Look at hands. Pause, non-habitual interlacing, repeat rolling hands, eventually arms extended overhead, leave there, look up/down with head, start lowering arm a little as head lifts and lift arms when head looks down. Return to rolling hands in front, lengthen overhead, leave overhead, look up/down with head. Repeat, arms overhead, look to horizon, lengthen arms a little. Palms together in front of chest, turn so fingers point down/up, note when would bow forward? Move prayer hands R/L while fingers stay pointed up. Palms together, lift/lower hands, note elbows come tog/apart. Leave hands in front of chest, lift/lower elbows, lift just one elbow, add taking fingers on that side away from other fingers. Palms together, extend arms overhead, lower hands, lift elbows. Interlace hands, roll palms away from you, extend overhead so palms are towards ceiling. Talk of implicit learning and internal authority. On back, feet standing, interlaced hands extended overhead, palms away, rock from pelvis. Pretend pushing palms away while rocking. Create the oscillation from arms/hands then feet and note difference. With arms extended overhead, fingers interlaced, palms away, slide arms side/side, feel as one arm comes closer to head/ear, add lifting head to slide up onto arm that is near. Stand on knees, palms together behind, fingers pointing down, move hands L/R, up/down, turn fingers towards spine then up towards head. On back, roll interlaced hands on chest, up/down front of you. Stand interlace hands, extend palms away, towards sky.

FI Exploration #184 ~ Yvan Joly

Hand on head, invent moves in different positions

CD#31 T08 [10 MINUTES (LAST 5 MINUTES POOR QUALITY)]

Trios invent different FI moves with hand/s connected to head in variety of positions. Recreate trios. Demo w/Donna, lying on her side, hand on side of head, pull from elbow in direction of overhead to access thoracic spine/ribs, then directing elbow in different directions into back/ribs. Detail work around shoulder blade near armpit. Returned to lengthening from elbow over head to connect into back. Then go specific to ribs. Switched to

having hand/forearm under side of head, his palm to hers and repeat. Switched to her palm on her bottom cheek and took her more towards flexion. Incorporated holding lower spine from belly in front. Went towards rotating her onto her back, first from head/arm/shoulder girdle then had her slip all the way onto back. On back, worked with face and jaw. Took head/face directly forward, having her take jaw forward. Circled and figure 8 moves. She sat up, he played with her hand to head in few positions. Arms by her side, taking her from her head in a variety of ways. Ended with fingers on top of head for her to push against in coming up to standing.

ATM Lesson #284 ~ Yvan Joly

Scissoring legs #1, on back

CD#31 T09 [48 MINUTES] [AMHERST JULY 15, 81]

On back, Roll L leg out to L, roll R leg L, roll both legs L. Note pelvis. Allow knees to bend small amount, R more than L. Legs turned L, slide little apart/tog. L leg L, R leg R. R arm stays on floor behind. Stay with legs softly open, oriented L, reach R hand towards R foot. Note ribs bending, head, shoulder girdle, pelvis, back lengthening. Same position, L hand towards L foot. Note spine, ribs, tailbone. How different from reaching with R hand to R foot. Start in same position, add arms straight out to sides, then switch so R leg moves to L, L leg moves back to R. Scissor legs in this position. Same position, face turned L, slide shoulders and head as one piece so R hand goes towards R foot. L arm stays as straight line with R arm. Switch to sliding to the L towards L foot. Note flex/extension of spine as slide L/R. Return to original scissor position, R leg back to R, arms straight out to sides, nose towards ceiling, slide everything R, R hand towards R foot. Stay to R, roll head side/side. Head in middle, everything to the R, scissor legs. Slide head/shoulders/arms back to middle, pause, slide everything L. Stay to L, scissor legs. Scissor legs so R leg is to L, L leg back to the R, nose face L, lift head, note belly. Push belly/back out in all directions as you lift head. Try pulling in and note sensation of lifting head. Resting with legs/all in middle, feel for pelvis/leg orientation. Original scissoring, nose to ceiling, lift head, push belly out on exhale, feel sacrum/belly expand. Scissor position, L hand towards ceiling, reach, drop/tap shoulder blade to floor. Note chest rolling, relation to R leg/pelvis. Repeat but reaching R arm to ceiling. Repeat, both arms to ceiling, reach alternately, note lower back, pelvis. Scissor legs, both arms to ceiling, lift head/arms, lower just head, raise head, lower arms, alternate. Scissor R leg over to L, interlace hands, form arm hoop in front of chest, lower L elbow to floor then R elbow behind to R. Add scissoring legs. Return to original scissoring, feel if it's easier.

Day 153 September 26, 2007

ATM Lesson #285 ~ Diana Razumny

Standing #1, shifting weight on heels, on crossed legs

CD#31 T10 [64 MINUTES] [ALEXANDER YANAI #274]

On back scan. Stand, feet parallel, shoulder's width: Shift weight; Exhale shifting, inhale when come onto one foot; Note weight on foot; Repeat with weight coming onto heels; Stand, R foot cross over L: Stand on both feet; Shift weight R/L with weight on heels; Note pelvis, chest, breath, hip joints; Add the breathing with shifting; Feet parallel, note difference; walk. Repeat, OS: Note hip joints/shoulder blades; Stand parallel, walk. Cross R over L, shifting side/side with breath: Weight in heels, start lifting front of foot; Note chest, neck, pelvis; Uncross, stand, repeat OS, ROB. Feet parallel, shift weight heel to heel: Take pelvis in arc backwards while shifting 3-9 via 6; Walking pause; Arc pelvis forward while shifting; Full circle of pelvis; Stand, feel weight in feet, walk, ROB. Stand, weight on heels: Shift R, add lifting front of foot; Add head/eyes looking down; Note back, shoulders, ribs; Shift onto whole R foot, note diff; Walk, stand, repeat OS. Shift side/side, look down when to side, look forward in middle. Shift to R heel: Lift inside of R foot; Lift outside of R foot; Stand, walk, repeat w/L foot, ROB. Shift onto heel: Lift front of foot when on heel; Stay on heel, front lifted, circle over hip joint; Repeat w/Ear to Shoulder on same side, circle opp direction. Repeat on OS. Stand, shift R/L on heels: Lifting front of foot; Cross R foot over L, shift heel/heel, toes down; Stay on L heel, circle hip joint one direction, change direction; Change crossing, repeat. Stand, walk. Stand, feet parallel, shift heel/heel, breathing as before. Then full foot while shifting, then drop the breathing rhythm. Stand, walk, note hips, legs, neck. Interspersed with reading from *Body and Mature Behavior* chapter Erect Posture.

Discussion #252 ~ Diana Razumny

AY notes project

CD#31 T11 [4 MINUTES]

Gave out full AY notes and teaching notes to study previous ATM lesson in depth.

FI Exploration #185 ~ Diana Razumny

Walking observation, pivot point, pushing through foot

CD#31 T12 [29 MINUTES (END OF RECORDING LOST)]

Ended with trios, balancing dowel in the palm with Styrofoam ball at the top of the dowel. Ref move of standing on one leg

Discussion #253 ~ Yvan Joly

New books, scar tissue, frequency of lessons

CD#31 T13 [60 MINUTES] [DVD#31 SCENE 2]

Yvan shares his new books. *The Body has a Mind of it's own* Sandra Blakeslee & Matthew Blakeslee. *Embodiment and Cognitive Science* Raymond W. Gibbs, *Balance, in search of the last sense* Scott McCredie, *Mindful Brain*, Daniel J. Siegel Mary shared from acupuncture point of view. Ken: purpose of scar tissue initially, 6-10 weeks is the window for change. Mary: cranial sacral point of view. Michelle: massage technique for building up tissue and breaking down. Erin: valuing the technique based on the particular client. How many FI to suggest to student. Moshe's idea, have people come to you until they can come to your ATM classes.

Frank: anatomy with jaw and hyoid, muscles and tongue, swallowing. Different books. *Anatomy of Movement*, Netters, *Myofascial Pain and Dysfunction the Trigger Point Manual*, *Travel & Simins*. Michela about vocal use and the hyoid. Ken: culturally in Hawaii. Example of high voice from large man Izzy.

FI Exploration #186 ~ Yvan Joly

Working with jaw & face, guided

CD#31 T14 [84 MINUTES]

Guided FI in dyads.

Day 154 September 27, 2007

Presentation ~ Bob Schlesinger

Musical themes

CD#31 T15 [83 MINUTES] [DVD#31 SCENE 3]

FI Exploration #187 ~ Yvan Joly

FI Demo

NO RECORDING

FI demo with Cici.

ATM Lesson #286 ~ Diana Razumny

Standing #2, shifting weight on heels, looking up and down

CD#31 T16 [54 MINUTES] [ALEXANDER YANAI #275]

On back scan, stand, walk. Stand, shift weight foot/foot. Note where weight is on foot; Shift heel/heel; Exhale while shifting, inhale while on one heel; Feel through whole skeleton when on heel; Feet crossed, shifting heel/heel: With breathing rhythm; Cross R over L, when shift to R heel, R ear to R shoulder; Shifting L, L ear to L shoulder; Alternate L/R quickly, note pelvis; Shift slowly, interlace hands on chest, continue shifting; Feet parallel, note standing, walk. Cross L over R, repeat above steps. ROB. Stand feet parallel, weight on heels: Knees little bent; Look down towards feet keeping weight on heels; Looking down, bring pelvis forward exhaling; Looking back up, inhale, pelvis moving back; Quicker, stand, walk. Try same thing with knees locked. Feet parallel, weight on heels: Bring chin to/away from throat; Chin to throat, take head back; Repeat, take pelvis back at same time; Repeat, inhale taking pelvis/head back, exhale on return; Repeat previous with knees straight; Stand, walk. Return, knees bent, weight on heels, pelvis/head back w/inhale; Repeat with straight knees, note chest; Repeat w/hands interlaced on chest; Same quickly, stand, walk, ROB. Feet parallel, weight on heels: Hands to ceiling, palms facing, repeat previous movement; Start with hands/arms going with head then arms opposite head. Return to beginning, shifting weight on heels, exhale as shift. Stand, walk, note differences from beginning.

FI Exploration #188 ~ Yvan Joly

Thoracic movement with hand connected to head

CD#31 T17 [22 MINUTES] [DVD#32 SCENE 1]

Demo with skeleton and then Charlotte on side. Groups of three explored variety of moves.

Day 155 September 28, 2007

ATM Lesson #287 ~ Diana Razumny

Standing #3, shifting weight on heels, turning with arms lifted

CD#31 T18 [52 MINUTES] [ALEXANDER YANAI #276, DIANA'S VERSION]

Stand, shift weight side/side on heels: Allow head to move through space; Add inhaling on heel, exhale shifting, eyes fixed on point in front; Do same movement, head staying in middle but slow it down; Shift to one heel, lift other, knee bends, alternate side/side; Repeat quickly so head stays in middle like walking in place; Return to slow shifting heel/heel. Shift weight to R heel: Turn with whole L side to L as one piece, pivot on L heel, Head, eyes, shoulders all stay together turning L except R leg; Note relative movement in R hip joint, everything else as unit; Track point on back of head moving R when turned to face L. Inhale as you turn on R heel, exhale to return to front. Stay turned L - turn to front: only L leg, L leg & pelvis, add shoulders, head stays L, alt head to front, everything else to L. ROB. Repeat OS Stand, arms extended forward, shift R, turn L; Note back of head goes back/R of R heel, eyes look little up; Inhale when returning to front, exhale while turning to L; Do quickly, easily. Slowly again, inhale while turning to L, exhale coming to middle; Compare to inhale in middle, exhale while turning. Interlace hands on chest, turn side/side. ROB. Rpt OS. Stand, arms extended, alternating turning side/side: Track back of head making large arc, 1/2 circle; Cont turning everything except head/eyes stay forward Rtrn to begin, keep head in middle, shift to heel, lift other; Return to turning, making light/easy, as if someone holds head; Go quickly, inhale/exhale. ROB. Stand, turn L, weight on R heel (note inhale/exhale): Return only L leg to front, then quickly; Only shoulders to front, quickly, L leg/pelvis to front, quickly; Fingers interlaced on chest, turn chest/shld to front; Turn everything L again, return everything to front except head; Switch, turn head to front, everything else to L, head/body opp; ROB. Rpt OS. Stand, alt turning side/side, shift heel/heel, head in mid, lift one heel. Lift arms in front, note weight shift pelvis/heels.

Discussion #254 ~ Diana Razumny

Ethics

CD#31 T19 [31 MINUTES]

Small groups discuss and role-play several scenarios addressing ethical issues related to sex, time, money, emotions. Large group discussed findings. Recommended books - The Educated Heart by Nina McIntosh, Teaching Yoga: Exploring the Teacher-Student Relationship by Donna Farhi,, and Hal & Sidra Stone's work with positive and negative bonding patterns - The Psychology of the Transference. *Ethics of Touch* by Benjamin & Sohnen-Moe.

FI Exploration #189 ~ Diana Razumny

Shifting weight from head, standing & sit to stand

CD#31 T20 [47 MINUTES]

Standing, holding partner's head, shifting weight as in ATM. Holding head and going up/down sitting to standing. Turning in partners (Aikido) Pushing hands, pushing pelvis, pushing chest w/one leg back. Feeling for skeletal contact.

Day 156 October 1, 2007

ATM Lesson #288 ~ Yvan Joly

Scissoring legs #2, on back

CD#32 T01 [74 MINUTES] [AMHERST JULY 15 & 16, 81]

On back, roll legs L. Stand feet, tilt knees L, continue, gradually straightening legs. Talk: getting angry, taking care of self. Legs straight, roll legs L, allow knees to bend to L, stay w/legs oriented L, slide legs apart/together. Pause. Leave legs oriented L, arms extended forward to ceiling, reach alternately towards ceiling. Cont lifting/reaching R arm/hand, note R knee, continue until you roll onto L side, stay on side, lift head and take forward/backward down, add twisting on axis w/movement of head. Explore direction of arm with/against head movement. Pause on side, continue, slide R leg back when head slides back w/o intentional arm movement. Rest, return to open/close legs while oriented L. Rpt OS. Play w/breathing seesawing the volumes chest/belly, affecting the knee. While twisted R, lift head a little, slide head side/side, face stays towards ceiling, lengthen R hand/arm towards R foot and then L hand towards L foot. Hands on lower L ribs, lift head to see L knee. Form hoop of arms in front, take hoop side/side, when moves L, flip knees over to L side, reverse. Hoop/legs going opp direction.

FI Exploration #190 ~ Yvan Joly

Compression and lengthening from head, on back

CD#32 T02 [47 MINUTES] [DVD#32 SCENE 2]

Demo Joe and Demo with skeleton. Working from head.

Discussion #255 ~ Efrem Razumny

Where do we go from here?

CD#32 T03 [70 MINUTES]

Hopes, dreams and fears of where we plan on going forward with this method.

FI Exploration #190 cont ~ Yvan Joly

Compression and lengthening from head, on back

NO RECORDING

Switch roles and repeat.

ATM Lesson #289 ~ Yvan Joly

Coming to sit, holding behind leg, from back

CD#32 T04 [45 MINUTES] [AMHERST JULY 22, 81 HAMSTRINGS]

Day 157 October 2, 2007

ATM Lesson #290 ~ Yvan Joly

Face

CD#32 T05 [56 MINUTES] [YVAN'S CREATION]

On back, feet standing, roll pelvis up/down, note face, open/close of: jaw, mouth, nostrils, eyes, brows, 3rd eye, forehead, scalp, ears. Note feet press/pull? Skeleton sliding inside skin of soles of feet; cranium and scalp. Open/close mouth/jaw. Lips touching, move corners of mouth back; back and up; back and down. Open nostrils. Return to rolling pelvis up/down, note facial expression. Open/close 3rd eye, eyebrows tog/apart. Intend to open eyes, keeping eyelids touching. Squeeze eyeballs/lids. Move ears. Express joy, anger; fear, discuss, sadness, love, sexual desire, neutral - note cheeks, lips, nose, eyes, forehead, breathing.

Discussion #256 ~ Yvan Joly

Facial expressions and emotions

CD#32 T06 [46 MINUTES]

August: letting go of jaw. Michela: neutral. Yvan: neutral is between movements. Same with facial/emotional expression as well as posture/acture. Darwin - *Expressions of emotions in man and animal*. Paul Ekman - facial muscles. Susanna Bloch - Alba Emoting. Manfred Clynes - Sentic. Musician created electronic pad and used finger to express emotions on the pad to register the differences btwn emotions. Agree on 5/6 emotions. Bloch looks at face, breath, whole body moves. Wm. James - which comes first-feeling or sensation. How we move and emotions are connected. Bob: *Blink and Tipping Point*.

ATM Lesson #291 ~ Diana Razumny

Heel dropping

CD#32 T07 [49 MINUTES] [ALEXANDER YANAI #138]

Ref. Stand on one leg. Observe each other preparing to jump. Lift/drop heels 10x, stop, rpt. Slight jolt, accent on drop. Knee care. Attn: back of neck, chin doesn't lift. Walking rest. Feet/legs little spread, bend L knee, big toe touches for balance, L leg limp. Heel drop on R leg - 10x, stop, rpt. Walk rest. Rpt OS. Walk rest. Drop both heels same time. Attn: direction of toes, pressure on toes? Btwn big/2nd toe. Walk. Lift/lower R toes. Simple/faster. Rpt OS. Attn: neck, hands, breath, hip, belly, btwn legs. Walk w/toes lifted - note hands/fingers, legs parallel. Lift/lower front of R foot. 10x, stop, rpt. Attn: heel stays down, without tilting. Rpt. OS. Pause, alternate L/R, faster. Walk, note parallel feet? Lift fronts of feet, walk on heels. Keep going (MF:even if hurts) Attn: simply/not stiff, back of neck, back, btwn legs, chest, hands. Feet tog, stand on heels, walk tiny steps to R. Rtrn L on same line, quickly. Attn: where on heels, arms, chest, exactly to side. Walk. Rpt, 10 quick steps R, forward, L, back, make square. Feet shldr width, parallel, lift/lower R heel, R knee bends forward. Attn: heel higher, weight big/2nd toe, body quiet, Quick. Walk. OS. Walk on heels making square again, opp direction. Attn: breath, weight on heels, fingers, neck long. Walk. Toes wider than heels, lift/lower R/L heels alternately, faster/higher. Attn: body quiet, head/pelvis same level, pressure on big/2nd toes. Pause, hands on knees, lift/lower both heels. Rpt w/ head lowered, back rounded back. Walk. Hands on knees, alt lifting heels. Attn: equally, no weight little toe, btwn big/2nd toe, quickly/light, hips/knees move equally. Lift both heels high, light, quick. Walk. Legs/feet together, lift/drop heels 10 times x 10 = 100. Attn: posture forward/up. Lift R leg/foot from floor, lift/drop L heel 5x quickly, stop, rpt. Attn: tiny moves, balance, breath, forward/up, chest L armpit, L hip. Rpt OS. Feet tog, alt lift/drop heels, quick. Attn: knees forward/inward, weight btwn big/2nd toes, body quiet. Lift both heels 10x, body quiet. Legs spread a bit, lift/drop heels, quick. Just L leg, just R leg, both again. Walk quickly without effort. Note legs, breathing, posture, uprightness. Ref moves then walk around quickly, randomly changing directions, readiness to move in all directions as ideal posture. Some people balance dowls on palms.

Discussion #257 ~ Diana Razumny

The challenge of instability, the gift of mobility

CD#32 T08 [28 MINUTES]

Human structure is not designed well for standing, particularly for standing still. With our 210 bones and 610 muscles and all the joints, we have many degrees of freedom to move. Car with 4 steering wheels. If joints in neutral/optimal position there is very little effort needed to stand, the bones do the work. If not, the muscles have to compensate. Line of gravity, gravity going down through the bones, we assimilate this when we push from top of head, bottom of feet, C7 while someone is lying on back. Pressure on foot of a "standing" leg has 80% on heel, 15% on big toe, 5% on little toe. Handout from David Gorman's book *The Body Moveable* showing line of gravity going through skeleton in alignment with joints in neutral as well as two versions of being out of alignment. One with pelvis forward, one with pelvis pulled back. Diagram of human skeleton with a dot where center of gravity is when

on all fours and gradually coming up to standing. Turning on all fours versus in standing. Count in pairs how many turns possible in 10 seconds. Example of moving someone when center of gravity is low/lying on floor, little higher in sitting, highest in standing. Ability to move in 6 cardinal directions.

FI Exploration #191 ~ Diana Razumny
Pushing through skeleton, standing and lying

CD#32 T09 [16 MINUTES]

In standing, pushing down from top of pelvis, down to feet/heels to floor. Hands or forearms on top of shoulders to push down to feet. Hand on top of head w/person kneeling on one foot/other knee. While lying on back, pushing from feet, C7 and top of head. La Nuba DVD showing, looking for balance, center of gravity, walking, emotions in face and posture.

Day 158 October 3, 2007

FI Exploration #192 ~ Yvan Joly

Coming to sit/stand from lying & full lesson

CD#32 T10 [20 MINUTES] [DVD#32 SCENE 3]

Demo with Harriet on different ways to come to sitting/standing from table. The full lesson exchange between students.

Discussion #258 ~ Staff

Circle meeting

CD#32 T11 [52 MINUTES]

ATM Lesson #292 ~ Yvan Joly

Rolling, back & sitting

CD#32 T12 [63 MINUTES] [AMHERST JUL 22, 1981 HAMSTRINGS]

Sitting, soles towards each other, hold ankles, lift/lower ankles alternately. Hold ankles, bring R ankle to floor in front of R leg, extend L leg to ceiling. Rpt OS. Alt side/side. On back, holding ankles, roll side/side, extend leg on side rolling towards. Switch so R foot comes to floor on L. Rpt OS. Alt side/side. Roll side/side w/both legs long, stopping on each side, one leg on top of other. Stay leaning on one elbow, other leg straight up to ceiling, turn leg in, push belly forward. Rpt. OS. Sitting, hold both ankles, lift both, balance on bottom, stay balanced, turn legs in/out, belly forward/back. On back, hold behind one leg w/interlaced hands, extend leg forward and come to sit. Rpt OS. Cross arms, hands behind opp leg, rpt coming to sit from lying. Sit, legs forward, R forearm behind both knees, L hand on back of head hanging, rpt os, stay and lean a little on elbow behind knees. Stand, fold, wrap arms around knees. On back, feet to ceiling, climb up legs w/hands towards feet/ankles.

Day 159 October 4, 2007

ATM Lesson #293 ~ Diana Razumny

Standing behind chair, walking theme

CD#32 T13 [57 MINUTES] [MARK REESE ADVANCE WALKING W/DIANA'S ADDITONS]

Stand behind chair, hands on chair, fold forward tiny amount so same amount of movement in all the joints, ankles, knees, hips, spine, head, very slowly, re-erect yourself. Half step back w/R foot, lift R heel, bend knee, fold all, weight comes onto L foot w/folding, weight goes to R heel when it returns to floor. Sense R hip moves for/back. Add - turn head/shldrs R when heel goes down, hip goes back, chest comes forward, lean on back of chair w/hands, creates extension in spine. Rtrn, same except turn head/shldrs L when R heel goes down, R hip going back, L shldr/R hip comes together front/back alternately. The diagonal lengthen/shortens front/back, Rtrn to first move, looking down to R when R heel lifts. Walk. Softly fold everything like beginning. Repeat OS, L foot half step back. End w/folding/extending smaller, smaller then feel balance over feet.

FI Exploration #193 ~ Diana Razumny

Ankle role in walking, foot on roller

CD#32 T14 [17 MINUTES] [DVD#32 SCENE 4]

Demo with Donna and then Diana demos foot on roller. Partners. One standing, foot on roller, rolling roller forward/back, play with ATM movement of dropping heel towards floor, swinging leg from hip.

Discussion #259 ~ Yvan Joly

Q & A, general

CD#32 T15 [35 MINUTES]

Jincey: jaw. Sleeping with awareness. Give self message to wake up if you start feeling uncomfortable. Spacer in mouth at night. Charlotte: oscillation. Diana: Trager. If it works it's Feldenkrais. Hypotherapy - working with horses. Donna: injured backs.

FI Exploration #194 ~ Yvan Joly

Working with hands

CD#32 T16 [16 MINUTES] [DVD#32 SCENE 5]

Demo with Frank Mardavich. Partners play as if a Martian exploring human hand.

ATM Lesson #294 ~ Yvan Joly

Table position, belly up, on hands and feet

CD#32 T17 [34 MINUTES] [AMHERST JULY 16 & 21, 1981]

Stand, slide hands down front of legs, lift sit bones. On back, feet to ceiling, slide hands towards feet, hold feet, turn knees in/out. Sit, feet standing, hands behind to sides of pelvis, lift pelvis, walk on hands/feet. Walk homolateral, contralateral, homologous. Stand on hands/feet, lift and move pelvis to feet then hands, send it back between hands and lift hands to ceiling. At hands on back of chair, feet away, take sit bones back/up. On back, hold feet in air, take legs/feet to floor, sitting over long legs. Hold feet, straight legs in air, balancing on butt, take belly forward. Stand, hands towards floor, take sit bones way back.

Day 160 October 5, 2007

ATM Lesson #295 ~ Yvan Joly

Sliding hand down leg and folding like a cat

CD#32 T18 [65 MINUTES] [AMHERST JULY 29 & AUG. 3, 1981 HAMSTRINGS]

Stand, slide hand down front of R leg, think of sit bones going up, shift weight onto L leg, lift front of R foot and pivot on heel, turning R foot to the R. Alt side/side. Slide both hands on one leg, alt. Simply side each hand down fronts of legs, thinking of sit bones. On back, folding. Legs towards ceiling, hand towards feet. On R side, L leg lengthened out in front on floor, R arm behind on floor, slide L hand down L leg, allowing face to turn towards floor, caressing hamstrings. Rpt OS. On back, legs extended towards ceiling, caress legs w/hands, lift head. Stand, slide hands down legs. Slide R hand down back of R leg. Rpt OS. Bend forward.

Discussion #260 ~ Staff

Closure

CD#32 T19 [73 MINUTES]

ATM Lesson #296 ~ Yvan Joly

Standing & Tango walking

CD#32 T20 [31 MINUTES] [MOSHE'S LESSON WITH MYRIAM]

Stand, bring one leg forward, place on floor w/o weight. Cont, bring weight onto front foot, noting toes, eventually allow rear heel to lift. Sit rest. Stand, bring same leg forward, feeling the floor in front and around, think of string pulling knee forward, place foot forward, bring weight onto foot, note toes. Rpt OS.