

Day 21 Monday December 1, 2008

ATM Lesson #054 - Alan Questel

Pelvic clock #1 w/seesaw breathing, sitting

CD#05/T01 [60 min] DVD#S03-1 Scene 1 [60 min] Source: Amherst?

On back, 5 line scan. Sit, soles tog, lean on hands/arms, roll pelvis for/back. Pause, roll L/R. Roll for/back, feel volume of pelvis, belly in/out. Alt belly/chest expanding. On back, soles tog, fingers on pubic bone, roll pelvis, use hands to help the rolling, expand belly when rolled "forward"/down, expand chest when rolled back/up. Feet standing, repeat. Sit, soles tog, lean on hands, roll pelvis L/R, which hand could lift/press? Slide feet/legs R/L, keep head/shldrs facing forward. Rpt, stay w/legs to L, roll pelvis for/back. Rpt w/legs to R. Slide feet/legs L/R w/o constraint of head/shldrs forward. Overlap feet, roll pelvis for/back. Switch feet, rpt. Slide overlapped feet to side, roll pelvis. Soles tog, roll pelvis for/back. On back, soles tog, roll pelvis. Revisiting 5 lines.

Discussion #056 - Alan Questel

About ATM lesson

CD#05/T02 [8 min] DVD#S03-1 Scene 2 [8 min]

Christy: mvt of chest expanding while pelvis rolled back as unnatural feeling. Monica: word natural.

Discussion #057 - Alan Questel

What has confused, interested, frustrated, excited you in/since last segment

CD#05/T03 [19 min] DVD#S03-1 Scene 3 [55 min]

Groups of 4 discuss what, in and since the last segment, what have you been excited/interested in, frustrated/confused. Large group sharing afterwards: Ginny excited by clients response to her exploration. Gail: taught 2 ATMs/week. Difficulty w/wording. Doing lessons after teaching found didn't understand lesson in the same way. Alan: understanding experientially/intellectually. Diff btwn where mvt takes place and the mvt instruction. Marie: from last segment came away w/self image. Why are some parts aren't included in image? Alan: why questions not as useful because it changes and it takes you into past and keeps you into "cause and effect" thinking. Alan: what am I doing here? Getting to know ourselves. Won't ever have a complete self-image. Story of man who worked with Moshe. Gail: most exciting thing ever done yet trying to talk about it falls flat.

ATM Lesson #055 - Alan Questel

Hip & Shoulder Clocks, on side

CD#05/T04 [55 min] DVD#S03-1 Scene 4 [55 min] Source: Amherst inspired

On side, take shoulder forward/neutral; then back/neutral. ROB Rtrn to side, move shldr for/neutral; back/neutral. ROB, note sides. On side, shldr up/neutral; down/neutral, follow line of mvt. ROB On side, connect 4 pts. To create circle/clock, switch direction. Pause, move btwn 1/11 thru 12. Cont and add numbers. Rpt sequence w/hip. Circle hip/shldr circles same time/direction; opposite directions; one at a time; compare to beginning. On back, note chgs. Stand

FI Exploration #16 - Alan Questel

Mapping shoulder skeletally then move forward/back, up/down & circles

CD#05/T05 [55 min] DVD#S03-1 Scene 5 [77 min]

Functional Integration - not just a series of random movements, though is what you are doing in these practices, learning to touch/move with quality of attention/listening. Need to stay fluid with our definitions. Definition of a function: action within a circumstance. What is an action vs. a movement. Intention of not having an intention going towards something functional. We feel like we don't know what we are doing. Demo: Alan w/skeleton. Sidelying, top arm? Some have arm long resting on side. Series of movements connected skeletally. Functional way of looking at things, connected to action in life. We can also use an ATM structure for an FI. Problem with that, can get too literal and try to make specifics happen. Structure of the arm/shoulder. What defines the arm? Idea that it starts in the hip joint. Question: responses to ATM? Few student responses. FI instruction: trace the scapula, clavicle, move shoulder to find where moves easily. Take shoulder forward/back, up/down. Demo w/Ariane: head props? Beginning point of shoulder in relation to forward/back. Trace shoulder blade, clavicle. Move shoulder forward/back, feeling for easy direction. How far to go, when to stop? Move up/down. Resistance or this is how the person knows how to move really well. Then circle shoulder. Think mostly of scapula throughout. Then add thinking all of her along as take shoulder forward/back, up/down, circling. Including ribs, sternum, spine. Return to just thinking of moving scapula in the 4 directions and circle.

ATM Lesson #056 - Diana Razumny

Tilting crossed knees w/head & arm variations #1, on back

CD#05/T06 [44 min] DVD#S03-1 Scene 6 [45 min] Source: Amherst inspired

On back, legs long, R side of pelvis forward, L side, compare. Bend, stand & cross legs, L over R. Tilt legs L:
Stay tilted L, lift/lower R shldr. Palms to floor; Reach R arm to ceiling, then angle towards L knee; Ref of lowering legs to L. Stay tilted L, explore mvt of R arm that lowers knees; Legs tilted, slide R hand on floor towards overhead/to L. Note connection of arms to tilted knees. Rest, noting indications of one-sidedness; roll head. Sliding R hand overhead/L listen to pt when knees respond; Cont so knees are on L side, note when R hand rtrns when knees respond. On back, R side of pelvis forward, compare to beginning/L side. Stay w/crossed legs tilted L, Palms down, slide L arm/hand up, look at L hand; Hands interlaced bhnd head, slide head/arms down/R; Explore sliding L, compare. Arms extend out to sides, tilt crossed legs L/rtrn, as lower legs, turn head R to see R hand. Rest, note sidedness. Rpt tilting legs L, looking at R hand, add sliding R arm/hand up along floor. Cross R leg over L, still tilt legs L, few times, stay L, sweep R arm overhead/L. Stay w/knees twisted to L, shldr on floor if possible, R arm on floor behind, lift/lower R shldr, gradually start circling R arm overhead/L. Note belly/chest/breathing. Start lifting knees a bit, feel connection through to R shldr. Ref move of lifting pelvis.

Day 22 Tuesday December 2, 2008

ATM Lesson #057 - Alan Questel

Pelvic clock #2 w/head & eye clocks, on back

CD#05/T07 [52 min] DVD#S03-2 Scene 1 [52 min] Source:

On back, soles tog, roll pelvis around clock, explore non-habitual rate/range. Note clock behind head. Intentionally circle head w/pelvic clock. Add eye clock. Chg direction of all 3 clocks, going same direction. Move all 3 clocks btwn 12/6, cont w/eye/head clocks tog, change pelvic clock to opp direction of head/eye clocks. 3 clocks go 3/9, switch pelvis to opp head & eyes. Then head opp eyes & pelvis. Head & pelvis start at 12 then go opp direction to ea other. Go btwn 12/6, take head & eyes opp pelvis. Eyes & pelvis start at 12 and head at 6, roll opp directions the switch so eyes go w/head now going opp pelvis, switch again. Rtrn to all clocks circling clock/counter clockwise. Stand, look up/down w/head & eyes then move eyes opp head. Rpt taking head/eyes btwn 3/9. Walk, explore eyes/head opp.

Discussion #058 - Alan Questel

About ATM Lesson

CD#05/T08 [25 min] DVD#S03-2 Scene 2 [25 min]

Harald: feel deep engrained patter. Gail: failed lesson & feel better. Ginny: confused about head move. Alan: asking the question is important. Novelty. Story about brother & patterns of behavior. Gail: familiar scan changed. Sue: tongue involved. Christy: nausea. Ginny: also. Alan: eyes in opp naturally. Monica: pace, going slow amplifies jerky moves. Alan: knowing/not knowing what we are doing. Knowing what doing so have choice. Story about Truth - we read or experience. When 2 come tog we have more choice. Story of Moshe's strokes and recovery. Think "walk" when you can't doesn't work. This lesson about exploring unknown & novelty through experience rather than lecture/analytical. "What am I feeling?" sensations, names. Finding congruence w/language & experience. Ariane: memory, recall, context of ATM not focused in same way. Alan: think, sense, feel, move are all effected by lesson.

FI Exploration #17 - Alan Questel

Mapping pelvis skeletally then move forward/back, up/down & circles

CD#05/T09 [51 min] DVD#S03-2 Scene 3 [80 min]

Ram Dass story. Demo w/skeleton: Level of head. Activities related to shoulder moving. Think function. Examine sideling position. Review shoulder work from yesterday. Explore smaller movements. Story of discovering power of small moves. Sit behind pelvis, map out lumbar spine, sacrum, iliac crest, greater trochanter, sitbone by tracing/palpating. Hand on pelvis, move forward/back, up/down, circle. Explore listening through whole while moving pelvis/shoulder. Demo w/Harald. Be aware of fingers, careful at tailbone. From trochanter, use back of fingers to find ishium. Return to sholder, not change.

Discussion #059 - Alan Questel

About FI exploration

CD#05/T10 [18 min] DVD#S03-2 Scene 4 [19 min]

Christy: use of props. Alan: less than more is better. Gail: likes the tracing of the bones, wants more/longer. Smallness felt clearer. Alan: what do you do if someone helps? Ginny: got help. Ariane: gauging conversation.

Discussion #060 - Alan Questel

What is a well-organized movement?

CD#05/T11 [26 min] DVD#S03-2 Scene 5 [49 min]

Groups of 5 discuss well-organized movement - qualities, ideas, attributes and concepts. Large group report: balanced & reversible; available & ready when need it; painless, effective, easy, beautiful, internally pleasing, involves whole body, spontaneous, purpose/use, doesn't do damage, not tiring, efficient, structural. Anyone not understand or agree with this list? Monica questions Alan's choice of words "movement" vs. "body" in the question. Marie: list from her group - relationship to environment.

ATM Lesson #058 - Alan Questel

Holding chin #1, rolling to sit from back

CD#05/T12 [45 min] DVD#S03-2 Scene 6 [45 min] Source:

Sit, explore R side of face w/R hand. Start moving to L side. Reach over top of head to L side of face to explore down to chin. Keep R hand connected to L side of face/chin, move around taking R elbow to R knee, to floor. R arm over/behind head, holding L side of face/chin, slide back of head/arm down to L. Rpt, feel how legs could get involved, bend knees to L

as L elbow slides down. R arm long overhead, L foot stand, roll to R, stay on R allow head to come forward of R arm, bend elbow to hold head w/arm & hand, rtn to back, roll to R. On back, R arm overhead holding chin, tilt bent knees R, R elbow towards R knee, L hand stays in contact w/floor, circle arm overhead. Sit, feet to L, R hand over top of head holding cheek/chin, lower R elbow to R knee/floor. Pause, rpt, take elbow to floor more to R of R knee. Same position, bend forward from hips, reach out with elbow in scooping mvt, lower to floor as bend forward, extending out and then up to return to sitting vertical. On back, touch L side of face w/R hand, compare to beginning. Sit again, take elbow to floor and circle around to R to go down to lying. On back, arms overhead on floor, think of coming up to side sitting to R then back down again.

Day 23 Wednesday December 3, 2008

Discussion #061

Checking in

CD#05/T13 [7 min] DVD#S03-3 Scene 1 [5 min] Source: Amherst

ATM Lesson #059 - Alan Questel

From all fours to lying on side

CD#05/T14 [54 min] DVD#S03-3 Scene 2 [55 min] Source: Amherst

All 4s, lift R arm; lift R leg; lift diagonal arm/leg; lift same-side arm/leg; slide L hand (palm up) towards R knee; rpt w/R hand, cont & bring R shldr towards floor. Cont., bring head to floor, explore eyes. Cont, lower pelvis to floor (plop). On L side, knees/hips at 90, L elbow bent/under L side, stand R hand, lift pelvis to come onto knees. Rpt OS. All 4s, L shldr to floor, lower pelvis, rvrs. Rpt OS. On L side, lift R bent leg, leave R knee against L, lift R foot, lead w/little toe, lead w/big toes, then simultaneously, then leave feet tog & lift knee, alt lifting knee/foot. On L side, palms tog, arms straight in front, lift R arm to ceiling then behind, eyes on hand as goes back behind, leave arm behind, as return arm to front, lift R leg, rvrs. Lift arm/leg same time, cont to roll onto back and to other side. All 4s, start w/R arm under, roll and come onto all 4s. All 4s, rtrn to lifting ea arm/leg, then diagonals, then same side.

Discussion #062

About ATM

CD#05/T15 [10 min] DVD#S03-3 Scene 3 [10 min] Source: Amherst

Monica: Desire to crawl and the synchronicity of the lesson. Diana: concept of "field" and synchronicities. Gail: stability and weight through skeleton on all 4s. Alan: weight lifting, push back into floor. Dani: waiting for permission. Alan: preconceived ideas, like "raise your right hand" vs. "allow right hand to lift".

Discussion #063

Moshe Video - Stability/instability

CD#05/T16 [64 min] DVD#S03-3 Scene 4 [75 min] Source: Amherst video#24 July 80

Stability requires a lot of power to initiate movement. Instability has high potential of energy. Low/high center of gravity and example with dowel. Pause, groups discuss what they do well and what are the qualities. Small groups discuss stability. Large group discussion.

ATM Lesson #060 - Diana Razumny

Tilting crossed knees #2 w/triangle arms, on back

CD#05/T17 [48 min] DVD#S03-3 Scene 5 [48 min] Source: Amherst inspired

On back, stand feet, cross L leg over R, tilt knees L. R leg over L, tilt R, compare sides. R leg over L, triangle arms w/palms tog towards ceiling, tilt arms/legs to R, eyes on hands, find reversibility. R leg over L, triangle arms, keep arms forward, tilt legs to R, eyes follow legs. Pause, bring arms down, tilt legs R, note chg. R leg over L, triangle arms, tilt all to R/rtrn, note stability, mobility, reversibility. Cross L leg over R, tilt L, compare to R over L tilting R. Note spinal rotation. R leg over L, triangle arms, tilt legs R, arms L, eyes follow hands, note where upper/lower twist meet in spine, amnt of twist and timing of upper/lower. Cont, switch eyes to follow legs to R, hands/head going L, eyes follow imaginary horizon. R leg over L, R hand to L armpit, L hand to R shldr, pull shoulders alternately to roll side/side, note head involvement, explore head variations. Cont thinking of elbows moving R/L. R over L, triangle arms, tilt all to R/rtrn. Pause w/arms down and tilt only legs R, quickly rtrn. Add arms again note chg. Rpt, as roll R, take back of head to L, slide hands up overhead, rtrn, think of arms/legs coming apart while on side, tog in order to return to back. R leg over L, tilt legs L few times then lower legs to, place one hand on chest/sternum, hold/stop mvt while legs tilt, pushing a little to L as legs go R. L leg over R, tilt L, switch legs, compare.

FI Exploration #18 - Alan Questel

Mapping ribs skeletally, review shoulder & pelvis

CD#05/T18 [21 min] DVD#S03-3 Scene 6 [55 min]

Review movements of pelvis & shoulder forward/back, up/down and circles. Add having one hand on the ribs to listen while moving pelvis/shoulder forward/back. Find one rib, follow it. Then conform whole hand to ribs, sense breath and slightly move in with the exhalation.

ATM Lesson #061 - Alan Questel

Holding chin #2, rolling to sit from back

CD#05/T19 [32 min] DVD#S03-3 Scene 7 [32 min] Source: Amherst inspired

Repeat from yesterday on other side.

Day 24 Thursday December 4, 2008

ATM Teaching #07 - Alan Questel

Teach half of lesson instructions

CD#05/T20 [6 min] DVD#S04-4 Scene 1 [6 min]

Have partner, pen & pad. Attend to receiving the lesson so that you can teach the second half.

ATM Lesson #062 - Alan Questel

Folding forward, on back

CD#05/T21 [26 min] DVD#S03-4 Scene 2 [26 min] Source: Amherst inspired

Scan, volumes, shape, weight dimension. Stand feet, lift L leg. Interlace hands behind head, lift head, direct towards L knee, then R knee. Pause, rpt, forehead towards L knee, add lifting L leg, knee towards forehead. Pause, forehead towards L knee w/elbows out to sides, then w/elbows together, rpt w/eyes looking to ceiling, look towards L knee w/elbows coming tog. The last string of variations stimulated by what people were doing in the room. Hold L knee w/L hand, R hand behind head, direct R elbow/L knee towards each other. Create equal amt of mvt of knee/elbow. Pause, cont directing mouth towards knee. Switch arms holding head/L knee. Switch arms again, stay w/R elbow & L knee towards each other and imagine stick between and rock up/down. Rpt mvt/position, but imagine stick between nose/knee. Interlace hands behind head, head/L knee towards each other. Lift only L leg few times, lift R leg few times, compare. Rtrn to scan.

ATM Teaching #07 cont. - Alan Questel

Teach half of lesson after receiving

CD#05/T22 [38 min] DVD#S03-4 Scene 3 [94 min]

Have partner, pen & pad. Attend to receiving the lesson so that you can teach the second half. Make notes for lesson then get together w/partner and teach the other side of the lesson. Discussion in large group after both students have taught. Marie: about eyes. Making distinctions between what is essential to the lesson and when the teacher is speaking to someone in the room. This lesson about flexion and people often feel taller. Ginny about change at end. Christy: got lost. Couldn't observe and say clearly. Alan: Reading lessons. Problem w/reading, thinking/reading is fast. Marty: doing the lesson and trying to remember. Lisa: what's essential/not. Alan: responds then onto sequence importance. As the student, how was it. Diana: leaving in variations & not needing to remember lesson from doing it only and not using recording or transcript. Monica: people remembering different things. Marie: pacing & breathing. Alan: thinking/speaking speed vs. time it takes to feel. When describing movement, doing it internally. Giving processes to help learn to teach ATM. Colleen: rests? Alan: follow students to some degree.

ATM Lesson #063 - Diana Razumny

Tilting crossed knees #3 w/crazy clocks, on back

CD#05/T23 [59 min] DVD#S03-4 Scene 4 [59 min] Source: Amherst inspired

On back, R leg crossed over L, tilt legs R/rtrn. Investigate the return, how?

Triangle arms, lower arms & legs crossed legs to R w/o falling, smooth, even, continuous.

Same position, roll R, continue all the way to side, stay, slide arms & head up along floor in direction of overhead, note legs/pelvis. Add thinking feet coming towards head in back. (small/tall). Bring arms & legs towards each other in the front to roll onto back, when rolling to R, slide apart, get long in front, head & feet come towards each other in the back. Cross R leg over L, cross arms on chest, L arm closest to chin, slide L hand on floor to R, allow legs to tilt, rtrn to back, reaching w/hand, head rolls. Triangle arms, crossed legs, roll R. Cross L leg over R, triangle arms, roll L, how far before falling? Think small/tall. Cross R leg over L, roll R, slide L hand/arm on floor overhead & across to R side, rvrs, allow legs to tilt R & return upright. Stay rolled to R, raise L arm to ceiling, imagine large clock on ceiling, 12 overhead, 6 underfoot, go btwn 12/6, pause, clockwise circle. Pause, turn clock so 12 is in front/6 behind, circle arm clockwise. Switch clock to being on floor w/12 at head, 6 at feet, while moving switch clock back to ceiling, switch again, arm continues clockwise. On back, L leg over R, circle R arm on floor around to L side in front, stay on L side, lift R arm to ceiling, imagine at center of a huge clock where hands of clock connect, as though poked your head up through the middle, half clock is under the floor so when R arm is on floor in front hand is at 12, when touches floor in back it's at 6, 3 is out to the R, and can't access 9 down through floor, imagine numbers btwn 12/3, 3/6 as arm circles half of clock. L leg over R, roll L, imagine huge clock standing on floor, 6 touches floor, 12 touches ceiling, 3 is footward, 9 headward, extend R arm towards clock, circle hand clockwise. On back w/triangle arms, roll L few times. R leg over L, roll R, stay on side, imagine at center of huge clock, this time 12 is at ceiling, 3 is headward, 9 footward, 6 through floor, take L arm btwn 3/9, through 12 at ceiling. Same thing except rotate clock so 12 is overhead, 6 below feet, 9 at ceiling, 3 is through the floor, circle arm btwn 12/6. Turn clock so you're in the middle, 12 is in front, 6 behind, 3 out to L/ceiling, 9 is through floor. Spin the clock so 9 is to ceiling,

3 is under the floor. On back, R leg over L, triangle arms, roll R, rtn, switch legs, roll L, rtn, note how return. Stay to L, imagine giant clock bisecting floor so you in center 12 in front, 6 in back, 3 out to R/ceiling, arc R arm through numbers of clock, spin clock 90 degrees (or 3 hours) so 12 is at ceiling, 9 in front, 3 behind, cont to spin clock to shift numbers. Shift orientation of clock again so it's perpendicular to existing clock, bisecting through length of you head/foot, 12 at head, 6 at foot, 3 to R/ceiling, spin clock 90 degrees, arcing arm/hand. On back, R over L, triangle arms, tilt R, switch legs, tilt L, note how return.

FI Exploration #19 - Alan Questel

Mapping spine skeletally, review shoulder, pelvis & ribs

CD#05/T24 [21 min] DVD#S03-4 Scene 5 [63 min]

Demo w/skeleton lying on side. Review from previous days with shoulder, pelvis & ribs. Spine rotates when shoulder and hip go forward/back. Showing sections of spine, lumbar, thoracic and cervical. Different movement available in the 3 sections based on shape of the vertebral bodies. Lifting from under spines processes from underneath and lifting to assimilate rotation. Different uses of your hands to do that to accommodate different people's shapes and textures. Distance between hands can vary. Another move, bring fingers towards each other plus going a little forward that creates a little extension in the back, and think of the front of the spine. Demo w/Barbara. Start by mapping out spines processes.

ATM Lesson #064 - Alan Questel

Pelvic clock #3, times two, on back, leaning on elbows & hands

CD#05/T25 [22 min] DVD#S03-4 Scene 6 [23 min] Source: Amherst inspired

On back, soles tog, circle clock. Switch numbers/orientation of 6/12 & 3/9. Imagine clock on each buttock, same orientation of clock, circle around clock on L side (3 on L, 12 down) Circle clockwise then counterclockwise. Propped on elbows, clockwise circles on L clock, then counter clockwise. Rpt while leaning on hands. On back, rpt sequence on R side. Do just bottom half of R clock, then just the upper half, then complete circle. Lengthen legs, compare sides of pelvis. On elbows/forearms, soles tog, clockwise on R clock, cont leaning on hands, starting w/counter clockwise then clockwise. Clockwise on R clock until 3 and then meet 9 on other clock and go clockwise on L clock. Circle one clock for whole pelvis.

Day 25 Friday December 5, 2008

Discussion #064

Check in

CD#05/T26 [25 min] DVD#S03-5 Scene 1 [27 min] Source:

Gail: How much information to give in an ATM. Alan: element of surprise; using visuals, story of chimpanzees; story about Sky (dog); taking time to identify #s on the clock. Harald: clocks brought in another dimension and took away from sensing self. Counting in meditation. Alan: meditation retreat and counting numbers rather than breath. Connecting to the world. Liking numbers. Language – “I’m really stiff” to “You know how to do that really well”. Story of being stoned. Dani: observation, when being moved & helping. Alan: when what’s happening isn’t what I want, what do I do? With helping, practitioner needs to go more slowly & do less, changing the rate. Exploring something new makes it more difficult. If someone is helping, one strategy is to decide to “just be” with the person. When hands are in a certain way the person’s experience is something like “they’ve got me”.

ATM Lesson #064 continued – Alan Questel

Pelvic clock #3, times two, on back, leaning on elbows & hands

CD#05/T27 [40 min] DVD#S03-5 Scene 2 [41 min] Source: Amherst inspired

On back, soles tog, imagine clock behind pelvis, circle. Imagine one clock behind each side of pelvis, L clock, down to 12, up to L to 3, up to 6, R to 9, down to 12. Rvrs circling. Rpt on R clock. Go between 12/3 and note 3 is 9 on the L clock, switch over to the L clock and circle, each time you are at 3 or 9 switch to the other clock and go clockwise on each clock. Start at 12 on R clock, go to 3 and switch to 9 on the L clock continue to 6 and around to 9 and switch to 3 and go to 6 so that you go counter clock wise on one clock and clockwise on the other. 9 on R clock, cut across to 3 and then to 9 at L clock and on to 3 and rtn. Rpt on elbows/forearms, soles together. On back, soles tog, 9 on R clock, up to 6, down to 3, 9 on L clock, down to 12 so making ½ clocks on each side. Then switch to do the other ½ of each clock. On elbows/forearms, soles tog, go to 3 on L clock, dwn to 12, up to 9, which is 3 on L clock, up to 6, dwn to 9, cont. Do other halves of clocks. On back, circle each clock crossing over at 3/9 making figure 8. Soles tog, create one clock, 12 down, 6 up, circle and feel if chg. Stand, imagine 2 clocks and figure 8.

Discussion #065

About ATM

CD#05/T28 [20 min] DVD#S03-5 Scene 3 [20 min] Source:

Appropriate level of challenge. Monica: up/down “wrong”. Alan: orientation in writing in different cultures, left to right. Having clock upside down being very disorienting. Monica described her internal process of transferring her body in space. Alan: how was walking? Dani: walking it was clearer sense of feet. Gail: horseback riding.

FI Exploration #20 – Alan Questel

Forty five minute sidelying lesson combining week’s explorations

CD#05/T29 [16 min] DVD#S03-5 Scene 4 [61 min], Scene 5 [48 min]

Partners give 45 minute lesson using what was learned this week in sidelying including shoulder, hip, ribs and spine. Every move as a potential reference. Demo with Marie. Feeling for differences, not just more movement but a feeling of connection through the whole. Have them roll onto back to notice differences and then go onto other side and end with them on the back to feel. Repeat ways of working with spine, one under spines processes and lifting with edges of fingers, fingertips or with thumbs to create rotation. For extension, thumbs with some distance and bringing together with little indication “forward”. Observe walking before/after. Look generally or specifically. While working, on occasion ask how this has to do with walking. At end, when they walk, see if you notice anything and then find out what they feel.

Discussion #066

About FI exploration

CD#05/T30 [13 min] DVD#S03-5 Scene 6 [14 min] Source:

Ginny: felt improvement. Marion: felt twisted. Gail: being on side so long wasn’t great. Hyper mobile people need more tone. Most people you work with have too much tone. Liz: feeling safe with small/slow moves.

ATM Lesson #065 - Alan Questel

Holding chin #3, rolling to sit from back

CD#05/T31 [37 min] DVD#S03-5 Scene 7 [39 min] Source: Amherst inspired

Sit w/feet to L, R arm wrapped over/behind head to hold L side, take elbow to floor, extend out and scoop up into extension to come to sit. Keep holding head, switch legs, rpt. Then switch legs to other side again. ROB. Sit w/feet to R, L hand behind head to hold R cheek/chin, rpt scooping action w/elbow, down to L then forward/up to ceiling. Switch legs a few times. R arms holds head, feet to L, tilt R, elbow in an arc to floor then to ceiling. Cont w/legs switched, note sit bones. Rpt OS. Feet to R, R arm holding head, turn L/R. Rpt w/L arm straight out to side. Again w/o L arm out to side, note chg. Rpt OS. ROB. Feet to R, R arm behind head, R elbow towards L knee, do scooping action to come up to sit. Rpt OS. Feet to R, R arm behind head, go towards L knee, make wide arc, go onto back via L side, when on back, switch arms and continue around and come up on R side, rvrs. Rpt OS. Arms overhead on floor, come up to side sit via one side, the other. Sit, lean on hands, side sit, flip knees side/side, keep feet planted.

ATM Lesson #066 - Alan Questel

Feldenkrais crawl, all 4s

CD#05/T32 [40 min] DVD#S03-5 Scene 8 [40 min] Source: Amherst inspired

All 4s, cross R leg behind left so knee comes to floor on the L. Rpt w/L leg. Cross R leg behind L, weight on both knees, circle pelvis. Chg direction. Rpt while leaning on elbows. On hands again, open/close feet, leave open, take pelvis to sit back between feet, note back arching/rounding, switch form first choice. Cross L leg behind R a few times to compare. Rpt OS. On all 4s, flex/ext toes, note connection to back flex/ext. When is easier to take pelvis to feet, w/ankles flex/ext? Explore both. All 4s, slide R knee btwn L hand/foot, switch, cont so come to side sitting, quicker. Cross R knee behind L, slide L knee forward and to L of R leg, rvrs. Slide one knee forward enough so can slide foot to other side of standing knee, rpt w/other leg so that you crawl forward like this. Then rvrs to crawl backwards.

Day 26 Monday December 8, 2008

Discussion #067 - Alan Questel

About practicing between segments

CD#06/T01 [23 min] DVD#S03-6 Scene 1 [24 min] Source:

Ginny practicing with husband. Liz: setting aside time to practice outside of class. Alan: set aside the time. Barbara: observing children. Alan: great to see how easy they fall and change orientation. Colleen: working with injury, bulging disc. Alan: go carefully. Diagnosis of bulging discs with no pain. Colleen: numb/burning in legs. Harald: main thing is that the position is comfortable. Alan: Question to ask is it the same all the time? Increase pain when lifting amp, ask questions and examine how. Marion: how I move is who I am. Alan: Self-image connected to how people move so we broaden who "me" is.

ATM Lesson #067 - Alan Questel

Head circles #1, sitting, leaning on hands

CD#06/T02 [51 min] DVD#S03-6 Scene 2 [51 min] Source: Amherst inspired

On back, sense skeleton. Roll head L/R, feel through skeleton, spine, clavicles, sternum, ribs. Increase range, reduce again. Sit, legs crossed, lean on hands, note arm comfort, adjust hand position, note chg in comfort and mobility in pelvis. Bring shoulders for/back alternately, note head. Rpt, keep head in middle. Turn head towards shoulder coming forward. Chg leg crossing, rpt alt shoulders for/back, note head. Keep head in middle. Let head go w/shoulder coming forward. Head in opposition of shoulders. Cont w/head in middle. Soles tog, rpt shldr moves w/head variations. Let head hang back while taking shoulders for/back. Head hanging back, ear on side of shldr coming forward comes to shldr, like head resting on shldr that comes forward. Switch so ear goes towards shldr going back. Soles tog, head facing forward, alt shldrs for/back. Hang head back, leave shldrs, roll head onto one shldr, other, slowly introduce shldrs moving for/back, let ear come towards forward shldr. Cont, bringing shldrs for/back, add head circling forward as shldrs move. Make half circle of head in back, then in front. Stand, sense skeleton.

Discussion #068 - Alan Questel

About ATM lesson

CD#06/T03 [17 min] DVD#S03-6 Scene 3 [17 min] Source:

Ginny: scan of skeleton was great. Marie: felt freedom in shldrs/neck. Alan: identifying where carry tension. Gail: easier to be upright, neck & shoulders. Monica: visualizing and comfort level. Alan: do what feels comfortable. This lesson is not about the neck. Monica: wanting to do small so dangling back didn't make sense. Alan: pelvis needs to be in room in order to be in the room. Many think it's the head. Marion: felt "oiled" in lesson, noted elbow stability, until disoriented with opposition move of head/shoulders. Alan: if ribs are so mobile, what isn't moving? If while moving it's too disruptive, do much smaller, tolerable range. Taking care of self is one of the most difficult.

Discussion #069 - Alan Questel

Giving feedback

CD#06/T04 [24 min] DVD#S03-6 Scene 4 [51 min] Source:

Survey findings in group rating themselves on giving/receiving feedback. We can have misconceptions about how we give/receive feedback. One aspect of giving feedback is people's feelings getting hurt. Discuss questions - What feelings & sensations arise when getting/giving feedback. Where/when were you given feedback that you learned it is/not ok. Describe a contract that would make it safe for you to give/receive feedback. Groups of 4 first then large group. Liz: lack of skill in naming sensations. Alan: recognize internal shift while ATM teaching. Shortcoming in community is communication/interactions. Monica: Addicted to good feedback. Alan: negative feedback - anonymous. Easier to negate negative feedback if you know who it is. Think how it is true? Gail: all in group had same experiences. Liberating to discuss. Alan: putting it to practice is needed. Allowing for the sensations and be able to hear the feedback. Types of relationships - someone irritates you and others and all agree but nobody tells that person. And, that person is needy so we don't want to talk about it because it implies a "relationship". Ask for agreement that we have particular type of relationship - agree to go out of way to say something if it doesn't work. Takes internal strength to say it. We use this opportunity to practice in here.

FI Exploration #21 – Alan Questel

Give same sidelying lesson as opportunity of giving feedback

CD#06/T05 [18 min] DVD#S03-6 Scene 5 [57 min]

Give each other feedback during practice of FI. As practitioner, say what you are thinking about what you are sensing. As receiver, say your experience and figure out how to rephrase so not judgemental. State with describing your own experience rather than judging. Judgemental thoughts never go away, just reframe more quickly. Partners came together in big group after exploration. Alan: just as a way to get comfortable with sharing. When people don't talk realize internal rate. Recognize moment of having "negative" feedback and then find way to make it observational. Observation requires being very concrete. Practice thinking differently. First catch it then look for a way to say differently.

FI Exploration #22 – Alan Questel

Observe, describe, imitate & mirror head circles

CD#06/T06 [30 min] DVD#S03-6 Scene 6 [49 min]

Groups of 6, 3 sit, lean on hands, circle head with shoulders alternately coming forward as in morning ATM. Other half of group observe the movement and describe in concrete terms what you see. Look for differences between people. Look from front/back. Sit behind one and imitate their movement. Rotate to imitate next person. Then place hands on to mirror then give little input, constrain a little. Switch roles.

ATM Lesson #068 – Alan Questel

Circling head, sliding nose along arms, on front

CD#06/T07 [39 min] DVD#S03-6 Scene 7 [39 min] Source: Amherst inspired

On front, L hand on R, forehead on back of L hand, move btwn forehead/nose being on back of hand, feel through spine to pelvis. Stay w/nose on hand, move to chin on hand. ROB. On front, R hand on L, rpt moving head from forehead to chin. ROB. On front, L hand on R, nose near L hand, slide nose/mouth along L arm towards elbow, note spine. Switch hands, rpt OS. Cont, fix legs/pelvis, note mvt of head, then let legs/pelvis respond. ROB. On front, L hand on R, take nose along L arm to elbow then up arm to shoulder, rtrn. Rpt OS. ROB. On front again, L hand on R, nose along L arm, across clavicle to middle, rvrs. Rpt OS. Rpt on OS and cont down R arm to elbow, along forearm to hands, rvrs so making full circle one direction. Switch hands/direction. Sit, soles tog, lean on hands, circle head around shoulders coming for/back, compare to morning. Stand, hands up in front of face like on front, move head around arms.

Day 27 Tuesday December 9, 2008

ATM Lesson #069 - Alan Questel

Lengthening through heel

CD#06/T08 [37 min] DVD#S03-7 Scene 1 [37 min] Source: Russell Delman.

On back, stand L foot, turn head R, lengthening R leg through heel, hold/fix head. Rpt w/legs switched. Rpt OS. Roll head btwn. 5 lines scan. Started w/o holding skull fixed. Instruction of leg turned out when pushing and imagine foot against something.

Discussion #070 - Alan Questel

About ATM lesson

CD#06/T09 [14 min] DVD#S03-7 Scene 2 [14 min]

Lisa: 4 lines & dot. Ginny: yesterday's lesson & use of mouth to bring mouth forward. Monica: sniffing helped in yesterday's lesson. Alan: no context for lessons, i.e. "good for tennis serve". Marie: being organized. Alan: "how am I using myself?" during ATM and in life. Monica: more than curiosity when sniffing w/a lift.

ATM Teaching #08 - Alan Questel

Teaching a movement to 6 people with student demonstrating

CD#06/T10 [37 min] DVD#S03-7 Scene 3 [93 min]

Groups of 8, one mover, one teacher, 6 students.

ATM Lesson #070 - Diana Razumny

Lifting/turning straight leg, rolling torso, on side & front

CD#06/T11 [62 min] DVD#S03-7 Scene 4 [62 min] Source: Gaby Yaron inspired San Francisco evening Aug. '77

Scan on back. On L side, R hand over top of head, holding L side of head, L arm under head, lift/lower head, note R hip, inhale/exhale. Lengthen R leg directly below pelvis, lift straight R leg. Lift head/leg same time. Pause. Extend R ankle and just lift R leg, pause, flex ankle and lift/lower leg, note difference btwn flex/ext of ankle. Pause, lift head, pause, lift leg, pause, lift both. Rpt OS. On back, interlace hands behind head, stand feet, lift head forward/down middle then little R/L. On L side, lift straight R leg, rpt leading w/heel. Rpt, add turn toes to ceiling as leg lowers. Wrap R hand over top of head, lift head/leg, heel leads. Rpt w/toes pointing to ceiling, looking at leg. Rpt OS. On L side, lean on L elbow/forearm, turn leg in/out, torso turning for/back, look over R shoulder to see heel as heel goes up towards ceiling, chest goes down to floor. Then look over L shoulder as heel goes up, chest down. On L side, L arm under head, R arm over top, lift head/leg, stay in air, turn leg in/out, heel/toes alt point to ceiling. Rpt, allow torso rolling side/back/side/front. Rpt OS. On front, hands by head, face to L, lift L leg, add looking over L shoulder to see heel, then look over R shoulder to see heel lifting. Rpt OS. On front, arms long at sides, palms towards ceiling, back of hands on floor near pelvis, chin on floor, press hands into floor. Alt pressing hands. Pause. Press R hand, lift head & R leg, switch to pressing L hand, still lifting head & R leg. Switch to L hand pressing, lift head & L leg, then press R hand lift head & L leg. On front, fists under pubic bone, chin on floor, lift head few times. Leave head down, lift legs few times, then lift head & legs. Rpt, lift head once, lift legs once, start rocking between two. On front, hands to sides of head/shldrs. Face L, lift head/legs alternately, switch to lifting R leg, rocking on diagonal to L shoulder. Switch head, do other diagonal. On front, fists under pubic bone, rock up/down lifting head/legs alternately. Switch to hands near shoulders. Look over one shoulder, lift leg on that side, look at heel moving towards ceiling, cont, push w/hand, roll to side, turn toes to ceiling to roll towards back. Rpt OS. Rtrn to original position/mvt, on side, lift head/leg, rotate, expand to roll, looking over shoulders

ATM Lesson #071 - Alan Questel

Head circles #2, sitting, leaning on hands

CD#06/T12 [38 min] DVD#S03-7 Scene 5 [38 min] Source: Amherst inspired

Sit, lean on hands, soles tog, alt shoulders for/back, let head circle around w/shoulders. Side sit, lift R knee to stand on R foot, rpt head circles w/shoulders moving for/back, change directions. Stand. Rpt OS. ½ circles, circling from diff part of torso, circle each direction. On front, propped on elbows, head hanging, swing head side/side. Pause, rtrn to swinging head side/side, increase so head comes up higher on each side, eventually circling, chg direction. Rpt, propped up on front side again, straighten one arm so one shoulder higher. Rpt OS. Rtrn to propped on both elbows, circle each way. Sit, soles tog, lean on hands, circle head, compare to beginning, chg directions.

Day 28 Wednesday December 10, 2008

ATM Lesson #072 - Alan Questel

Head circles #3, elbow propped, on back & front

CD#06/T13 [43 min] DVD#S03-8 Scene 1 [45 min] Source: Amherst inspired

On back, scan as skeleton, elbow propped (skeletal support), soles tog, gradually start circling head. Go between looking forward/down & then up/back, using pelvis/belly in coordination. Note knees & pressure of soles tog, lower back, hip joints. Dangle head back, bring ear to shoulder, shift weight onto opp side of sacrum so that knee lowers to floor, continue circling, alt side/side. Then combine the up/down & side/side to create 4 dots with the circling of the head. Rpt, leading w/eyes, start w/moving through midline up/down. Cont, shift to leading with mouth, then nose, forehead, back. On front, propped on elbows, circle head. When find a glitch, feel through whole of self to explore what else is participating. Straighten elbows so chest is high, circle head again. Rtrn to elbows, cont. On back, sense skeletally. Stand skeletally.

Discussion #071 - Alan Questel

What is the *Feldenkrais* Method?

CD#06/T14 [13 min] DVD#S03-8 Scene 2 [44 min]

Take 15 minutes to write a description of the method. Groups of 4 read what you wrote to each other. Groups shared in larger group. Marty: exploring habitual movements. Alan: what we do is more non-habitual. Harald: all different and all good. Alan: Surprises? Liz: outcomes vs. what you actually do. Some makes sense to people who have never done vs. someone who has done method. Alan: What you get/results of method and speaking in the person's familiar terms/domain is good approach. Theoretical/scientific language impresses people, but what does it mean? Beware of jargon. Dani: who are you speaking to? Alan: targeting a market. Idea - practice monthly writing what you think the method is and watch how it changes. Whatever you say, can you evoke questions and interest, curiosity in the person you wrote.

ATM Lesson #073 - Alan Questel

Sliding shoulder blades, elbow propped, on front, back & side (Sphinx)

CD#06/T15 [54 min] DVD#S03-8 Scene 3 [55 min] Source: Amherst inspired

On front, propped on elbows, looking forward, bring shoulder blades tog/apart, think of spine between coming towards floor/ceiling. Note head up/down. On back, R arm out to side at shoulder height, take R scapula to/away from spine, note if moves up/down. Take shoulder forward/back, track direction. On front, L arm down along side, R out at shoulder height, slide scapula to/away from spine, explore palm up/down (for/back). On L side, R arm straight out to side, hand towards ceiling, slide scapula to/away from spine, explore palm facing for/back. On front, on elbows, scapulas to/away from spine, eyes/head on horizon, note up/down of head. On front, elbow propped, straighten L arm in front, slide L scapula, L palm sliding on floor, elbow stays straight. Cont, vary position of L palm on floor. On front, both arms extend out to sides at shoulder height, face R, sliding both scapula towards/away from spine. Cont w/face to L. On back, arms straight out to sides, slide both scapula to/away from spine, then explore each individually. On front, arms extended forward, lean on hands, bring scapula tog/apart. Cont, switch to leaning on R elbow and L straight arm. Cont, on both elbows. ROB. All 4s, bring elbows to floor, overlap hands, place forehead in hands, cont movement of scapula. On back, elbow propped, head/eyes on horizon - cont, note head up/down. Rtrn to original pos/movement, elbow propped on front, scapula tog/apart. Sit, soles tog, lean on hands, head circles. Stand, one arm out to side at shoulder height, move scapula, then arm forward, rpt.

ATM Lesson #074 - Diana Razumny

Eyes, jaw, tongue and knees left & right, on back

CD#06/T16 [26 min] DVD#S03-8 Scene 4 [26 min] Source: Alan?

On back, roll head R/L. Move R eye R. Roll head, focus on R eye. Take jaw to R. Add head rolling R, add R eye moving R. R eye to R, jaw to L, roll head R. R eye to L, add head rolling L, add jaw moving R. Roll head. Stand feet, tilt knees L as roll head R. Rpt, let R eye moving R initiate head rolling. Then jaw goes R first to roll head R while knees tilt L. Pause. Explore tongue moving in mouth, touching teeth. Stick tongue out to R, let head roll in response to reaching tongue to R.

FI Exploration #23 – Diana Razumny

Use eye, jaw, knee lesson to create FI w/verbal instructions

CD#06/T17 [23 min] DVD#S03-8 Scene 5 [71 min]

After ½ of ATM lesson, groups of 3 recreate (in writing) structure of the lesson. Use the structure to create FI practice w/particular approach of practitioner moves the person from one place and instruct the receiver verbally to do another part of the movement. Combine head, eyes, jaw, tongue and knees moving individually, in combinations in same direction or opposite direction. Sometimes start by moving them first from where you are and having them come into the movement or stop and have them do their part and then combine. Can also alternate between the two moves. Convert one of the combinations to sitting.

ATM Lesson #075 – Alan Questel

Head circles #4, arm variations, on back & front

CD#06/T18 [40 min] DVD#S03-8 Scene 6 [41 min] Source: Amherst inspired

Scan ribs. On front, lean on R elbow, have L arm down along side w/back of hand against the floor. Rpt OS. On R elbow, L arm along side, circle other direction, note shape of clock. Rpt OS. On both elbows. On back, bend knees, stand feet, lift head. Lift pelvis, overlap hands behind lower back, palms facing back towards floor, lower pelvis to floor, lift head, note differences. Lift again w/o hands behind lower back. Rpt, feeling for differences. Stand R foot, lift head, take chin towards chest and lift tiny bit to feel what/how use belly. Play w/tightening belly. Rpt OS. Stand feet, fingers on pubic bone, move up/down. Elbow propped, head/eyes on horizon, soles tog, ½ circle of head in front, side/side. Take head up/down, forward/back, imagine hands facilitating the movement. Imagine head is going forward so the nose could come into the space between your legs and that the legs are lifting to come towards your head then actually lift legs. On back, legs long, roll head L/R, quicker. Pick point in front to fix eyes on, cont quick movement. Elbow propped and soles tog, rpt quick head movements L/R with eyes fixed on point in front. On back, roll head, make sound.

Day 29 Thursday December 11, 2008

ATM Lesson #076 - Alan Questel

Head circles #5, with circles on back

CD#06/T19 [50 min] DVD#S03-9 Scene 1 [51 min] Source: Amherst inspired

Discussion #072 - Alan Questel

About ATM lesson

CD#06/T20 [12 min] DVD#S03-9 Scene 2 [12 min]

Discussion #073 - Alan Questel

Moshe Video - Attention, Awareness & Consciousness

CD#06/T21 [70 min] DVD#S03-9 Scene 3 [90 min] Amherst July 29th, 1980

Watch few minutes of video then groups of 3 discuss "what is attention?" Repeat with consciousness. Falling asleep. Genes & DNA. Groups discuss awareness. How do you laugh, swallow, sneeze, yawn?

FI Exploration #24 - Alan Questel

Head circles on front, sniffing arms

CD#06/T22 [31 min] DVD#S03-9 Scene 4 [59 min]

Demo with Harald. Pairs then groups of 4. 2 watching 2 sitting doing head circles. Then sitters onto stomach and do head circles, sniffing around the arms. Pairs with practitioner watching movement and then explore the quality of movement by choosing to enhance or work in place that doesn't move or restrain a place of movement.

ATM Lesson #077 - Alan Questel

Head circles #6

CD#06/T23 [33 min] DVD#S03-9 Scene 5 [33 min] Source: Amherst inspired

Day 30 Friday December 12, 2008

ATM Lesson #078 - Diana Razumny

Jaw & head circles, on back and sitting

CD#06/T24 [67 min] DVD#S03-10 Scene 1 [67 min] Source: Anna Chase

Hands behind head to explore the angle and height as if standing. In that position, open/close jaw, note line in space or track mvt. Does head move? Place hands on neck, cont. Place hands around jaw/face, fingertips near temples, base of palms at chin, open/close. Position eyes in relation to jaw joint. Note tongue. Hang head back little, cont. Slide jaw forward, note tongue/lips, ears/hearing. Resting, note distance between upper/lower teeth. Swallow, note tongue/teeth. Open jaw, swallow. Bring lips forward as if to kiss, reach/release. Note face, mouth, tongue, eyes, nose. Sit symmetrically, chg legs as needed, open/close jaw, compare to lying. Hands on face, cont. Note if head tilts back. Slide lower jaw forward, lower teeth come in front of upper. Leave forward, go L/R. End of index finger between teeth, pad on lower, nail touching upper, take lower jaw L/R. Note eyes. Chg hands. Pause, swallow. Sit, jaw forward/back, L/R. Forward, R, forward, L. Pause, pull lips. Pause, jaw forward. Index finger between teeth, jaw L/R. Chg hands, note tongue. ROB Note breath. Sigh. Note tongue, jaw, ribs, diaphragm, belly, floor of pelvis. Extend tongue to ceiling, inhale. On exhale, let tongue fall back. Note jaw. Tongue out/down towards chin, rpt inhale/exhale, tongue out & down and then exhale tongue in. Slow on exhale, noting jaw. Rpt w/tongue towards nose. Extend tongue out/R, allow head to roll, inhaling. Exhale coming back to middle. Rpt to L. Sit, soles tog, hold ankles, tilt head back/forward, note mvt through spine/pelvis. Head hangs in mid, swing over to side, jaw opens, back to down/mid, jaw closes, swing head to other side. Note eyes making large arc, looking up/overhead to each side, down in middle. Cont head mvt, take jaw for/back. Hold L ankle w/L hand, ext R arm straight out in front, make circle with index in space in front, large, follow with head/eyes. Cont, take jaw for/back while head circles. (R ear/shldr connected while circling?) Lean on L hand, circle jaw horizontally - forward/R/back/L. Ext R arm in front, circle arm, add horizontal jaw circles. Rpt OS. Hold both ankles, soles tog, head forward/down then up/back. Add jaw for/back, light/quick. ROB, feel face, jaw, mouth, tongue, eyes, neck. Open/close lower jaw, feel head mvt.

Discussion #074 - Alan Questel

Time-off guidelines

CD#06/T25 [16 min] DVD#S03-10 Scene 2 [16 min]

Form study buddies. Alan: read handout of time-off guidelines.

ATM Lesson #079 - Alan Questel

Taking off a sweater movement of arms

CD#06/T26 [49 min] DVD#S03-10 Scene 3 [49 min] Source: Alan

Scan on back, attn to arms. Palms down, slide L hand along floor and up onto pelvis, rvrs. Cont, take little farther towards midline, feel texture under hand, note tissue vs skeletal contact. Cont on to the R side of pelvis, elbow lifts. Lazy, easy least amount of work. Gradually cont up R side w/L hand, hand sensing torso, torso sensing hand. Eventually come to R armpit, flat of hand softly feeling torso. Cont all the way to shoulder, allow arm/elbow to fall onto face, rvrs. Cont, allow arm to fall off face onto floor, rvrs so arm just comes onto chest, rvrs again, eventually circle arm all the way around to the L side and start again w/the hand sliding onto pelvis, across, around to side, to shoulder, arm falling onto face then floor, continuing around w/arm to L side. Do just the beginning of the movement again. Switch to R hand. Do both arms, add feet standing, lifting pelvis when arms come up overhead.

FI Exploration #25 - Alan Questel

Repeat side-lying lesson, emphasis on soft hand quality

CD#06/T27 [18 min] DVD#S03-10 Scene 4 [54 min]

Pairs, give lesson of moving hip and shoulder with attention to soft hands that was cultivated in the "taking off sweater" ATM lesson.

ATM Teaching #09 - Alan Questel

Head circles on front, sniffing arms

CD#06/T28 [25 min] DVD#S03-10 Scene 5 [77 min]

Groups of 4, 2 lying, doing the "sniffing around the arms" movement, other 2 watch, explore verbally guiding to get them to do what the other is doing. Make up movement instruction that might help them move in area they weren't. Discussion.

ATM Lesson #080 - Alan Questel

Rolling from side

CD#06/T29 [35 min] DVD#S03-10 Scene 6 [36 min] Source: Alan

On back, feel heavy/light areas. Where stable/mobile? Begin to move, note how. On L side, lift R leg; lift R foot; rpt, lead w heel; switch to leading w/big toe; then keeping foot that lifts parallel with one on floor; keep feet touching and lift R knee; alt lifting knee/foot; as one lowers/other lifts; lift whole R leg to compare weight/ease compared to beginning. ROB. On L side, arms straight in front, palms tog, lift R arm to ceiling then cont behind, watch hand, as arm returns start lifting R leg. Lift R arm/leg all the way to other side, alt side/side then stay on L side, lift R leg, note weight/ease. ROB. On L side, palms tog out in front, note where L arm meets torso, as R arm lifts, note open/closing of L shoulder. Cont, think of pressing L arm into floor. Rpt idea while lifting R leg. Lift R arm/leg at same time. Cont so end up rolling all the way to the R side. Pop open on one side and snap shut on other, do quickly. Stay on L side, rtn to doing slowly w/attn to the top arm/leg. On L side, lift whole R leg, compare weight/ease to beginning. On back, feel heavy/light areas. Where stable/mobile? Begin to move, note how. Stand, imagine someone calling behind to R, stepping back to look taking R leg back.