

Day 31 Monday March 2, 2009

ATM Lesson #081 – Elizabeth Beringer

Head through gap #1, lift/lower hip, hand standing by shoulder, on back

CD#07/T01 [27 min] DVD#S04-1 Scene 1 [28 min] Source: Amherst, Week 7, 1980

On back, arm/shoulder scan. Bridge R hand/arm. Stand R foot/leg, push foot, roll pelvis, explore R knee tilting L or staying up/pointed towards ceiling. Rpt, explore position of foot, in/out, up/down, finding position that creates smooth/easy move of hip. Rtrn to bridging R arm, compare to beg. Stand, note diff. in legs.

FI Exploration #26 – Elizabeth Beringer

Explore movement of hip, leg standing, knee in/out, on back

CD#07/T02 [16 min] DVD#S04-1 Scene 2 [47 min]

Demo w/Christy, bringing L arm to bridge. Stand L leg, push foot. Compared rolling to lifting pelvis. Observe. Eliz hand on L knee, move L/R, feel for quality of mvt in hip. Rpt w/L foot a little to L. Foot farther to L, explore again, changed. Back to neutral foot position, tilt again, feel for differences. Explore again w/foot standing towards middle. Stand foot in neutral position, lift hip again, compare. Rtrn to bridging L arm. Monica: ref back to difference btwn rolling pelvis vs. lifting. Prescribe the symptom. Pairs, exchange in same way. Discussion:

Discussion #075 – Elizabeth Beringer

FI exploration, power of attention/mindfulness and simplicity

CD#07/T03 [6 min] DVD#S04-1 Scene 3 [7 min]

Ginny about foot stability. Paying attention and the conversation allows for change. Importance of simplicity

ATM Lesson #081 cont – Elizabeth Beringer

Head through gap #1 cont, lift/lower hip, hand standing by shoulder, on back

CD#07/T04 [65 min] DVD#S04-1 Scene 4 [65 min] Source: Amherst, Week 7, 1980

Rtrn to bridging R hand/arm, add R foot standing. Rpt on L side. Bridge R hand/arm, stand R foot, L hand on elbow, explore elbow L/R. Explore up/down w/elbow, then circle. Explore direction of fingers and placement of hand, then exploration of hand on floor. Legs straight, bring R hand to stand, compare. Stand R foot, push, roll pelvis L, compare, track mvt through to head, explore head rolling ea direction. Stand R hand, push on R foot, add standing R hand.

Demo w/Harald, bridging arm, push R foot, compare to not bridging R arm. Obsrv just foot push to recognize head response, direct like physics on skeleton. Head moving faster? Which direction?

Rtrn to ATM, explore push from foot, roll of head. Add R arm bridging, note head roll L then slide towards looking overhead, eventually head through gap. Rpt some on L side. L hand/foot stand, R hand on elbow, move elbow in/out, up/down, circle.

Discussion #076 – Elizabeth Beringer

Moshe, Judo and Aikido

CD#07/T05 [39 min] DVD#S04-1 Scene 5 [39 min] & Scene 6 [22 min]

Story of Moshe and Judo with Kano in the 1930's. Jujitsu and inventing self defence techniques, wrote book, adopted by Hagana. In Paris when prof Kano was giving demo. Sent his book to Kano who invited him to the demo as well as a dinner afterwards. Kano invited him to show technique. Moshe impressed by Kano's ability. Kano wanted to bring Judo to Paris and asked Moshe to lead that. First 2 books Moshe wrote were Judo books. Mobilizing power in martial art is same as what do when using self in life when power is needed. Escaped to Scotland to scientific think tank. Presented Judo to that group and some of his ideas of human development that started the material for Body & Mature Behavior. Judo & Aikido – do – the way, path of self discovery. FM as a lifetime path of self-development. Work on floor in Judo. Because of becoming Olympics, lost the aspect of it being a way of life. Both respond to aggression instead of aggressing.

FI Exploration #27 – Elizabeth Beringer

Lifting hip, on back – positioning center to do the work

CD#07/T06 [7 min] DVD#S04-1 Scene 7 [22 min]

Lifting hip: sit to side of person, reach across to opposite hip and "standing" knee, arm straight, rock back. Allow knee to tip and then keep knee forward to create more differentiation in hip joint. Practitioners R arm/hand to person's R hip

ATM Lesson #082- Elizabeth Beringer

Head through gap #2, stand hand, slide knee up, on front

CD#07/T07 [51 min] DVD#S04-1 Scene 8 [51 min] Source: Amherst, Week 7, 1980

On front, head turned to one side or other. Head turned to easy side, arm up on face side, arm down on back of head side. Stand hand on face side, slide shoulder blade towards spine. Explore position of hand for skeletal power. Rpt, look w/head/eyes through gap. Leaving knee drawn up, direct nose, forehead, chin to compare. ROB. On front, arm bridged, take head/knee together apart. Leave head through gap, slide knee up/down. Slide head/knee towards/away from ea other. ROB On front, both arms up by head, note comfort/position of head, turn head to other side. Rpt OS. Stand both hands, look under arms alternately. Check head turned to ea side. On back, stand one foot/hand, bridging, take head through gap. Rpt OS. Legs straight, go up one side, down other. Stand hands/feet, undulate from shoulder to shoulder, then from shoulder to diagonal hip, then hand to foot (same side & diagonal). Hands/feet standing, worm around circle, hip to shoulder on one side, across and down, across. Hands/feet standing, worm up/down, start locomoting.

Day 32 Tuesday March 3, 2009

ATM Lesson #83 – Elizabeth Beringer

Head through gap #3, press/release worm action, on back

CD#07/T08 [57 min] DVD#S04-2 Scene 1 [57 min] Source: Amherst, Week 7, 1980

On back, bridge L arm/leg, press foot, allow head through gap. Press/release in worm like action from heels to head. Go up/down. Bridge both arms/hands, continue worm, including pressing hands w or w/o shoulders/head. Stand feet/hands, continue. Rpt on diagonal, then diagonal w/one leg straight going from heel to hand, do ea diagonal.

Discussion #077 – Elizabeth Beringer

Worming lesson, state changes, handedness

CD#07/T09 [36 min] DVD#S04-2 Scene 2 [36 min]

Devon: frustration. Harald: detail vs. general. Tony: gap in worming. Dani: thinking vs. not. Eliz: thinking in another way rather than “not thinking”. Sex. Handedness and hemispheres. R hemi more global, L more linear. Two ways of perceiving based evolutionarily. Types of intelligence. Book – *Left Hand Right Hand* Chris Mamanis. Beliefs about left-handedness. Can’t figure out handedness. Monica: culturally decided. Fundamental, from birth, before birth. Organization of brain, 90% have speech center on R hemisphere. Left-handed people have less average brain organization. Story of Moshe’s knee problem switching sides and inspiring him to investigate relation between sides. Dominant side use stimulates one side of brain. If use non-dominant side, both sides of brain activated. Standing leg vs. dominant leg. Leggedness is 40/60 in culture.

FI Exploration #28 – Elizabeth Beringer

Explore spine and tonus with head turned to side, on front

CD#07/T10 [9 min] DVD#S04-2 Scene 3 [38 min]

Demo w/Monica, lying on front, trace spine, feeling for curve related to head turned to one side. Look for which side of pelvis is the weight. Place fingers on spine between shoulder blades as she turns head side/side. Noting tonus on sides of spine when head is turned to non-habitual side. Observe shape of back while drawing knee up on side. Compare sides.

FI Exploration #29 – Elizabeth Beringer

Sliding knee up to side, on front

CD#07/T11 [12 min] DVD#S04-2 Scene 4 [46 min]

Demo with skeleton, showing sliding bent leg up to side. Person on front, head to one side, bend leg on face side, tilt foot/lower leg side/side, note movement in hip joint and then pelvis. Continue tilting foot across midline and slide knee up to side.

Discussion #078 – Elizabeth Beringer

Moshe Video – Voice

CD#07/T12 [68 min] DVD#S04-2 Scene 5 [47 min] & Scene 6 [22 min] Source: Amherst July 28, 1980

Voice, hearing, stutter to singing, vocal cords, whispering, musical instruments, resonances, swinging by adding small impulses at right time, pendulums, frequencies, (skipped ahead) Moshe, finger blocking one nostril. Compare sound on each.

ATM Lesson #84 – Elizabeth Beringer

Equalizing nostrils

CD#07/T13 [24 min] DVD#S04-2 Scene 7 [25 min] Source: AY#5

On back, knees bent. Exhale, counting. Ah sound. Make low sound through one nostril, then other. Sit, repeat. Ah sound. High pitch sounds through mouth, then nose. Repeat on back. Sit, close each nostril, repeat high pitch. Say a phrase w/mouth closed. Repeat on back. Exhale, counting.

Day 33 Wednesday March 4, 2009

ATM Lesson #85 - Elizabeth Beringer

Investigating holding breath, tapping with 4 part breathing, on back

CD#07/T14 [41 min] DVD#S04-3 Scene 1 [49 min] Source: Elizabeth Beringer

On back, notice movement details of breathing. Any area feel contracted, doesn't expand w/breath? Exhale, stop breath then continue and stop again. Note any parasitic activity in the stopping of the breath. Make the stopping gradual then note when you resume breathing/inhaling. What do you stop doing to inhale again? Bend knees, stand feet, inhale, pause, continue. Note how stop inhale. Legs straight, pause after inhale/exhale. Place dominant hand, palm down on floor near side, tap regularly index finger, use the tapping to count the length of inhale/exhale. Whichever was the fewer taps, use that number, break breath into 4 parts, inhale/pause/exhale/pause, each part the number of taps. Get up quickly, walk, note if hold breath. Stand, same arm, tap same number of taps w/index finger, continue the 4 part breathing w/taps while walking. Lie on back, use the larger number of taps to do the 4-part breathing. Keep the rhythm and bend R knee, straighten, bend L knee, straighten, all w/o interrupting the tapping/4part breathing. Cont w/the breath/tapping, bend both knees, leave standing.

Discussion #079 - Elizabeth Beringer

Breathing

CD#07/T15 [30 min] DVD#S04-3 Scene 2 [79 min]

Students sharing about breathing experience.

FI Exploration #30 - Elizabeth Beringer

Working along spine in crawl position, on front

CD#07/T16 [30 min] DVD#S04-3 Scene 3 [30 min]

Demo w/skeleton, review sliding knee up to side, prone. Leave knee up to side, stand hand on face side, have person look under arm towards knee, have them stay curled on side, arm resting on floor. Sit on back side, trace spine, find area of interest, shorten tissue/muscles along spine. Reach around to front of ribs and draw towards to take more into flexion. Demo w/Marty, on front, draw knee up, had her stand hand, look under arm w/head, then stay curled, feeling for tonus change in this position compared to beginning when flat. Hands on shortened side, bringing tissue more together, moved hands to another place and repeat shortening. Thumbs just to side of spinus process on shortened side, worked in thoracic area. Wrap hands around ribs on short side, bringing towards more curling. Return to having her look under standing arm towards knee sliding up.

ATM Teaching #10 - Elizabeth Beringer

Describe & guide awareness

CD#07/T17 [23 min] DVD#S04-3 Scene 4 [63 min]

Discussion about ATM teaching. Devon & Christy shared. Process of ATM teaching: besides the skeletal script of the lesson there is an apprenticeship of attention when teaching. What is said in lesson comes out of watching the people in the room. Christy in position, ask question or describe what is happening. Students gave Christy input on what to pay attention to while moving. Ask a question and enrich it. Say same thing in different ways.

Discussion #080 - Elizabeth Beringer

ATM teaching process

CD#07/T18 [8 min] DVD#S04-3 Scene 5 [8 min]

Discussion after trios explore. Don't need to be an expert in all sports/specific movement skills but you are learning the building blocks of basic functional movement.

ATM Lesson #86 - Elizabeth Beringer

Head through gap #4, on back & front

CD#07/T19 [46 min] DVD#S04-3 Scene 6 [46 min] Source: Amherst, Week 7, 1980

On back, L foot standing, push foot, lift hip, stand L hand by shoulder, continue pushing foot. Pause, push L hand to lift L shoulder, w/o pushing foot. Note head rolling, allow back of head to go under arm. Rpt, initiate w/arm/shoulder, then whole side at same time. On front, face L, stand L hand, slide L knee/head together, head under gap. Leave head/knee tog, imagine stick between, move up/down. Rtrn to knee/head tog/apart, play w/point of initiation. On back, rtrn to mvt on L, then switch to R side, imagine. On front, imagine on R side. Stand hands, alt looking at knee coming up. Rpt on back.

Day 34 Thursday March 5, 2009

ATM Lesson #87 – Elizabeth Beringer

Sitting back on heels from hands and knees

CD#07/T20 [59 min] DVD#S04-4 Scene 1 [59 min] Source: AY# 507 (with liberties)

Hands/knees, knees/feet tog, take pelvis back towards heels. Rounding back or keeping flat. Rpt w/knees apart, toes standing. Lift R knee from floor, slide R foot to stand by bring forward. Watched Monica, Tony & Ginny then explored all 3 variations. Rpt OS. Legs tog, take pelvis back towards pelvis, hands from floor and kneel, take hip joints back. Hands/knees (tog), alt lifting knees, add keeping one knee in air while lifting other so both knees are up at once. Legs tog, toes tucked, hands closer to knees, take hips back so heels go towards floor, compare looking up/down. Rpt w/legs apart. Take one heel to floor, circle that knee. Rpt OS. Take both heels to floor. Bring one foot forward to stand foot by hand. Leave foot standing, circle knee. Rpt w/other foot. Legs tog, ankles ext, take pelvis back to heels, back round or flat? Legs apart, toes tucked, take pelvis back then roll backwards, then up and return to being on feet, stay folded whole time. Hands/knees, take both heels back to floor, pelvis in air, legs straight. From hands/knees, hop to bring both feet to floor near hands.

ATM Teaching #11 – Elizabeth Beringer

Teach simple structure and improvise awareness guidance

CD#07/T21 [32 min] DVD#S04-4 Scene 2 [91 min]

Pairs teach each other a mini ATM lesson that was given.

Discussion about experience of teaching. Constraints used and habits of students to use their own habits and constraints without instruction. Staying inside your limits. How do you know your limits are? Have to say it many ways because people will stretch and push past their comfort level. Our limits are constantly changing as to what is possible and comfortable.

ATM Lesson #88 – Moshe Feldenkrais

Praying

CD#07/T22 [45 min] DVD#S04-4 Scene 3 [47 min] Source: Amherst July 24, 1980

On back, hands tog like praying, move up/down. Sit, repeat. Talk of quality when Pope moves. Again, then w/R hand only, then only L hand, both again. How far up/down? Add tilting forward/back. As hands come down, when they are in front of face, bow forward, when going up, extend as hands pass in front of face. Cont, turn R/L as go up/down. Cont up/down, side/side, head/hands in opp directions. Turn when up or down? Cont, while keeping distance between hands/head constant. (mvt like licking, atlas/axis) Note how high up (zenith). Kneel on one knee/foot, cont. up/down, ea time move little to L. Kneel on both knees, up/down, eventually hands to floor, forehead on floor. ROB

FI Exploration #31 – Elizabeth Beringer

Defining and sliding shoulder blade, on front

CD#07/T23 [16 min] DVD#S04-4 Scene 4 [55 min]

Demo, Marie on front, draw knee up on face side, hand standing, have her bring knee/head tog/apart, watch and then place one hand on back of neck and behind knee. Stay in folded position, touch back w/full hand. Stand hand, elbow in air, check out shoulder move, hands around in order to lift and slide shoulder blade towards spine across ribs. Trace shoulder blade. One hand under/in front of shoulder joint while other hand tracing shoulder blade and when it's less clear, use other hand to slide shoulder blade to help definition. Trace all the way around and return to lifting shoulder joint to slide shoulder blade along ribs towards spine at different angles. One hand sliding shoulder, the other touching different places in conjunction with sliding blade. Stand hand again and slide shoulder blade. Return to head/knee coming together.

ATM Lesson #89 – Elizabeth Beringer

Roll pelvis, variations of head/arm positions, on front

CD#07/T24 [23 min] DVD#S04-4 Scene 5 [23 min] Source: Elizabeth Beringer (gap related)

On front, hands/arms up by head, head turned to one side, feel weight of pelvis ea side, direction of legs/feet, shoulders in relation to floor? Roll pelvis, note legs, lift side of pelvis where face is directed. Cont lift side of pelvis, have arm on back side down along side, note difference. Bring arm back up by head and turn head other way but still roll pelvis same direction. Rtrn head to face original side, cont lifting same side pelvis. Stand hand facing, other arm along side, cont to roll pelvis. Both hands by head, roll pelvis again. ROB On front, arms by head, head to other side, roll pelvis, cont w/back arm down alongside. Both hands up, roll pelvis, cont w/head turned to other side. Rtrn head to os, roll pelvis, lower back arm, stand face side hand. On back, roll head, sense pelvis weight, note head roll through whole self.

Day 35 Friday March 6, 2009

Discussion #081 - Elizabeth Beringer

Check in: stretching, dreaming & sleeping

CD#07/T25 [17 min] DVD#S04-5 Scene 1 [17 min]

Monica, Dani & Gail. Dreams, sleeping, suggestions before bed. Milton Erickson. Story of lawyer sleeping with stuffed animals.

ATM Lesson #90 - Elizabeth Beringer

Head through gap #5, worm refined, prayer hands, on back & front

CD#07/T26 [73 min] DVD#S04-5 Scene 2 [73 min] Source: Amherst, Week 7, 1980

On back, long scan. Stand R hand/foot, spread/distribute through whole self. Ripple/worm up R side by pressing from pelvis to shoulder, add hand/foot. R arm long overhead on floor, from straight R leg, press R heel and worm up to R fingernails, include head. Include R side of spine. R hand/foot stand, push foot, head through gap, not going to limit, add sticking tongue out as head goes through gap. Stand R foot, prayer hands, push w/foot, incorporate prayer lesson of keeping head/hands moving together. Get up, walk around, return to Rpt on L side. Stand both hands/feet, press hands, allow head to drop back looking overhead. Rpt but lift head to look down between legs. Arms/legs down, lift head to look down. Hands/feet standing, press hands, head away from floor. Pause, worm on diagonals, hip to shoulder and back again, then circle around torso. Circle around, including feet/hands, pause, press both feet/hands, allow head to hang back, bridging to whatever degree is comfortable. Stand hands/feet, lift head to look between legs. Stand hands/feet, push on one side to take head through gap, alt side/side. Sit, circle arm up, around, behind, feeling through whole self, same in standing.

Discussion #082 - Elizabeth Beringer

About ATM experience

CD#07/T27 [32 min] DVD#S04-5 Scene 3 [33 min]

Gail shared about low back involvement. Ginny: even movement throughout. Marie: breathing easier. Several students, position got easier. Eliz: what was the worming about? Agonist/antagonist. Moshe's prayer lesson and students reaction. His style of letting people go off on their own. ATM teaching as aided guided discovery.

Discussion #083 - Elizabeth Beringer

Brain plasticity

CD#07/T28 [32 min] DVD#S04-5 Scene 4 [32 min]

The Body has a Mind of its Own - Sandra Blakelee. Sherrington - neurologist, experience shaping the brain. That paradigm was left behind and shifted to - born with certain number of neurons, don't make new neurons, brain doesn't change after 5 years old. Last 10-20 years those ideas have been turned on head. Animal research - birds - started seeing new neurons being generated but research wasn't funded. Now we know through monkeys that neurons are being produced. Old school retired so new research could happen. Brain structure in first 5 years keeps restructuring through adolescence. Size & shape changes through development into early 20's. Development has also been turned on head with Ester Thelen who did research and development with dynamics systems approach to development. Example of research around reaching of babies. Babies have different pathways to get to the same function in terms of which muscles they use. Example of babies not crawling all the same. Motor development ideas changed. Brain development also different with different kids. Now accepted the brain is dynamically changing. "The Brain that Changes itself" by Doidge.

FI Exploration #32 - Elizabeth Beringer

Review working w/back/shoulder, on front, add head/knee tog on front

CD#07/T29 [37 min] DVD#S04-5 Scene 5 [92 min]

Demo w/Dani. Sit, fold forward/back, look up/down. Lie on front, draw leg up, leave knee up to side. Stand hand, ask to bring head/knee tog/apart and find comfortable position. Review shortening short side from back. Taking shoulder along ribs towards spine/pelvis. Stand hand, bring knee/head tog/apart again. Sit behind, hold side of ribs on shortened side. At pelvis from below, one hand under trochanter, other at top of pelvis near lumbar, direct up, shortening same side little more. Sit at head, hand on back of neck, full palm contact, thumb to long side of spine, lift/roll so nose goes towards table, base of palm at her occiput. Rtrn to knee/head tog/apart. Pairs exchange.

Day 36 Monday March 9, 2009

ATM Lesson #91 – Diana Razumny

Holding feet, folding & rolling, from side & back (part 1)

CD#08/T01 [49 min] DVD#S04-6 Scene 1 [53 min] Source: Amherst Week 8 – July 28, 1980

Partners observing weight shift before/after lesson. Scan on back, feet standing, push to lift hip.

On L side, stand R foot on floor above L leg. Hold lower R leg, ankle w/L hand, R hand below knee. Lift/lower foot/leg w/arms. L palm under R sole, R arm long behind on floor to R, lift/lower R foot from floor. On back, stand feet, L palm to R sole, R hand behind head, lift/lower foot/head. Hold R foot w/R hand from inside/bottom, L hand under head, lift/lower head/foot. Switch to holding outside edge, cont. Stand feet, press w/R foot few times, rpt w/L, compare. Stand, shift weight, note diff. Partners observe. Rtrn, repeat on OS. Sit, soles tog, lean on R hand/arm behind, L handhold outside edge of L foot, lift/lower. Switch arms/legs, repeat. On back, hold both feet, from inside w/hands, lift/lower feet.

ATM Lesson #92 – Diana Razumny

Lift/lower/swing leg/foot/knee, on side

CD#08/T02 [44 min] DVD#S04-6 Scene 2 [46 min] Source: Amherst Week 8 – July 30, 1980 "mobility of hip"

New partner: observe weight shift while standing. On side, legs bent, lift/lower top leg; lift/lower top foot, heel 1st, toes hang. then toes 1st, heel rtrn 1st. Attn to skeletal chain, diff in knee/hip if heel/toes begin. Feet tog, lift knee, note heel/toe relation. Alt knee/foot lifting, emphasize heel lift w/foot, toes lift w/knee, feel rolling of pelvis against floor, note belly button/nose towards ceiling/floor. Lift/lower top leg, leave in air, flex/ext ankle; then knee; then hip; then all tog. Leave top leg straight, swing from hip, allow torso to twist/roll.

Discussion #084 – Diana Razumny

About ATM Lesson

CD#08/T03 [12 min] DVD#S04-6 Scene 3 [13 min]

FI Exploration #33 – Diana Razumny

Lifting foot, rolling pelvis, on side

CD#08/T04 [44 min] DVD#S04-6 Scene 4 [43 min]

Observe weight shifting again while standing.

Lying on side – observe lifting top leg. Where is the work happening? Place hands on top side of pelvis to feel movement there as they lift leg. Hands off, observe them lifting top foot. Place hands, one on pelvis, other on lower ribs, feel movement as they lift/lower top foot. Pause, observe them lifting top foot and touching their own trochanter, replace your hand for theirs on trochanter, they help find. Pause, sit below pelvis, near foot, one hand under foot/ankle, other on trochanter, lift lower foot, feel for movement of trochanter. Feedback points: Pressure, speed, direction and distance.

FI Exploration #33 cont – Diana Razumny

Lifting foot, rolling pelvis, on side continued

CD#08/T05 [53 min] DVD#S04-6 Scene 5 [56 min]

Demo with skeleton. Then switch roles.

Discussion #085 – Diana Razumny

Reframing inferiority

CD#08/T06 [15 min] DVD#S04-6 Scene 6 [25 min]

Summary and impressions from Moshe's video on inferiority written by Diana. Groups of 4 discuss this issue.

Reframing feeling of inferiority

Sometimes we feel inferior, other times superior, depending on the domain or situation. When we have more experience, we can feel more confident, superior to others who have no or less experience. If we are the one with less experience, we could feel inferior. Or, those times we feel inferior, we could switch to realizing we simply lack experience or don't know something, not that there is something wrong with us. A developing child doesn't think, oh, I don't know how to walk, I'm a bad baby, I'm an inferior baby because I am not walking yet. When we put pressure on ourselves to know something that we have no experience or reason to know, we are basically asking for the impossible.

Consider yourself as a baby learning something for the first time, not expecting yourself to know or to be skillful in an activity that you have not done. What we are doing is not something that most people in the world know how to do.

Only those who have developed themselves as a "good lover" or a "good listener" or an artist have any idea of how to do what we are learning here in this training.

Of course, if you have a tendency or habit towards feelings of inferiority, hearing this once may not suddenly eradicate those feelings. Yet, we can bring it into the open and recognize and acknowledge that we all have that to some degree. When we meet someone who has a good attitude about being a beginner, we recognize it and say they are "childlike". It's a growing edge for many of us and the training can be a safe place to explore.

Efforting, trying to be something we are not is futile. It's an idea not connected to reality in some way. It comes from an internal belief or idea that doesn't match the external. We can talk about this, to address the mental activity associated with this particular topic. Yet, this work acts on thinking, feeling, sensing and acting. So, when we are doing ATMs, we explore movements, become able to do something we couldn't do before, or come into a posture we didn't have before. We begin to explore new ways of being, especially when we have a stronger sense of our skeleton and the ease of moving with biomechanical efficiency that creates a sense of ease, that gives a new sense of self, a new sense of ease in being in the world.

In this group, having different levels of experience, new people, people who were here from the beginning, it is an opportunity to observe and become aware of how we identify with the state of feeling superior or inferior. Consider that these states are fluid and by becoming aware you have choice. Beginner's mind is also a state and a choice.

ATM Lesson #93 - Diana Razumny

Holding feet, folding & rolling, from side & back (part 2)

CD#08/T07 [35 min] DVD#S04-6 Scene 7 [37 min] Source: Amherst Week 8 - July 28, 1980

Bend knees, stand feet, lift pelvis, fists under pelvis, lift feet, bend/straighten legs, swinging. Stand R foot, hold L foot w/both hands, lift/lower leg, what direction? Add lifting head w/foot. No strain in arms or leg. Switch legs. Rest. Hold both feet from inside, lift head. How lifting head? Leave back of head on floor, sliding so chin comes forward/away. Switch hands on feet to outside edges from over top/outside. Lift/lower feet, holding from inside, lift chin. Tuck chin, lengthen back of neck, sliding head, feel arms lift legs when chin tucks. Stand feet, arms down, tilt head up/down chin for/back, feel movement in pelvis. Quick, note pelvis, belly. Nod head so pelvis follows along passively. Slide head, chin to chest, feel belly/pelvis flex towards head. Hold feet from outside edge over top of feet, lengthen legs alternately, rolling towards long leg, head rolls towards lengthening leg, chin forward towards long leg. Rest, hold both feet from outside, roll L, take chin forward quickly so entire body moves. Lengthen legs towards floor so when chin comes forward one leg gets longer (top) (connection of head to shoulder/arm to hand/leg) Rpt rolled to R. On back, fists under pelvis, feet/legs swing to sides, compare to before.

Day 37 Tuesday March 10, 2009

ATM Teaching #12 – Diana Razumny

Trios study & teach sitting rotation from workbook notes

CD#08/T08 [38 min] DVD#S04-7 Scene 1 [66 min]

Sitting rotation workbook section – Trios use Esalen notes from workbook. Each person in group read through whole lesson. Then starting with first instruction, each person put first instruction into own words, one after the other, learning from each other, refining to make simple/clear instructions. Other 2 in group do what the 1 is saying. Stay true to what they say, not what you know they mean. Work your way through as many steps as possible. At end, each trio teach whole group 1 step, dividing instructions into 3 parts: position, movement and noticing questions so each person speaks. Each person in group does one of the 3 instructions, position, movement, noticing. Class discussion about experience.

ATM Teaching #12 continued – Diana Razumny

Trios teach class sitting rotation ATM

CD#08/T09 [31 min] DVD#S04-7 Scene 2 [32 min]

Each trio teaches one step of sitting rotation lesson to whole class, dividing instructions between position, movement and noticing questions.

ATM Lesson #94 – Diana Razumny

Side bending on front & back

CD#08/T10 [37 min] DVD#S04-7 Scene 3 [38 min] Source:

On back, L hand over top of head, hold R temple, slide down/L, face stays towards ceiling. Rpt, stay to L, bend L leg, stand foot, push foot, lift L hip. Lengthen leg, slide head/arm side/middle. Add R hand on L hand to push L. Switch to R arm long overhead, lengthening. L arm overhead, slide L, stay, bend/stand R leg, lift R hip. Rtrn to L foot standing/pushing. Alt legs. On front, L hand on R, forehead on hands, slide L arm/head down/L. Stay to L, lift L side of pelvis, switch to R side. Slide both hands/head L, inhibit pelvis/legs, allow again, note legs short/long. On R side, L arm over top of head, lift/lower head/arm. On L side, lift/lower head w/R arm, compare. Stand, slide L hand down outside of L leg, then R down R, compare

FI Exploration #34 – Diana Razumny

Sidebend review plus lifting head with arm over top, on side

CD#08/T11 [34 min] DVD#S04-7 Scene 4 [55 min]

Shift weight standing, hands to sides of pelvis. Demo with skeleton for review yesterdays sidelying lesson. Watch lifting of whole top leg. Hands on top-side of pelvis while they lift whole leg. One hand on pelvis, one on lower ribs while they lift/lower "top" foot. Hand on trochanter while they lift foot. Lift foot with other hand on trochanter, emphasize the rolling of upper leg. Sit behind, hand on lower ribs and pelvis, bring together on exhale. Sit below pelvis, one fist behind trochanter, other near crest of pelvis (on side), direct pelvis to roll headward for sidebending at waist. Return to ribs/pelvis for side bending. New addition for today, push through sitbone towards side bending, fingers on top side of spine, directing towards head, scooping to side bend.

ATM Lesson #95 – Diana Razumny

Holding below knee, directing knee down/away, on side & back

CD#08/T12 [41 min] DVD#S04-7 Scene 5 [41 min] Source: Amherst Week 8 - July 30, 1980 "Mobility of hip"#2

On L side, hold below R kneecap w/R hand, lift/lower leg. Take knee down/away, push into hand, feel connection to head/shoulder, allow head to roll face to floor, rtrn, bring knee to head, head to knee; imagine stick between head/knee. On back, hold R knee w/R hand, take knee away, back/forth on an elevator dial, ea time push knee into hand, feel connection arm/shldr/head. Rtrn to side, rpt mvt. Rpt on back, add L hand lifting head when knee moves away. On side, hold knee, imagine stick between head/knee, as knee goes away, head follows, as knee comes up, head moves away/back. Bring knee/head tog/apart. Push knee away, rtrn, lift knee, roll towards back. Eventually roll to back and other side, few moves of head/knee combinations on other side, roll to back and other side. On back, hold both knees, alternately push, push at same time, use to roll up to sit.

Day 38 Wednesday March 11, 2009

ATM Lesson #96 – Diana Razumny

Lift/lower leg & head, on side

CD#08/T13 [51 min] DVD#S04-8 Scene 1 [51 min] Source: Amherst week 8 - July 31, 1980 "mobility of hip" with embellishments

Scan w/attn to hip joints and eyes to hip joints. On R side, L hand over top of head, hold R side of head: Lift head to side, towards eyes on horizon; explore various initiations; Lift bent L leg w/head. On R side: Lift L heel; Lift L toes; Lift L toes/heel alt – quickly. On R side, hold L shin w/L hand: Head/knee tog/apart; Rpt w/R cheek in R hand, sliding head w/hand. On R side, hold L knee w/L hand: Lift R leg, parallel w/L leg, cont, direct L knee down/away from head. Bring head/knee tog/apart, feel tension when apart, pull through arm taking knee away, pulling through arm to shoulders/head.

Discussion #086 – Diana Razumny

Teaching ATM – setting the stage

CD#08/T14 [54 min] DVD#S04-8 Scene 2 [54 min]

What do people need to know when they first experience ATM? What reminders do you need to give during the lesson? How do you explain the differences between ATM and "exercise"? Who has what planned for practicing ATM teaching? Review yesterday's ATM teaching. Make up when missing days.

FI Exploration #35 – Diana Razumny

Observe side bending moves from lesson on back/front/side, guided

CD#08/T15 [38 min] DVD#S04-8 Scene 3 [44 min]

Groups of 4 with 2 on mat, wrap hand over top of head and slide head/arm down to side (yesterday's ATM). Observe where bending happens, how they do it. Switch to lying on front, forehead on top hand, slide down to side w/ legs straight; leg up on bending side, opp leg up. Compare bending, where in spine. Then on side, hand over top of head, lift head/arm to side, thinking of spine, where/how bending?

FI Exploration #35 cont – Diana Razumny

Observe ½ group tilting bent legs to side, sitting

CD#08/T16 [73 min] DVD#S04-8 Scene 4 [74 min]

Switch roles. Large group, ½ sit, stand feet, lean on hands, tilt legs side/side. Examples of how to adjust teaching based on what people are doing.

ATM Lesson #97 – Diana Razumny

Prayer #2, eyes on hands and turning

CD#08/T17 [31 min] DVD#S04-8 Scene 5 [31 min] Source: AY#363

Sit, soles opp, palms tog, bend/bow, head/arms tog, up/down. Exactly together. Hands in front of face, distance set, no relative mvt btwn head/arms. Cont, eyes closed, imagine see back of l hand w/ L eye. Switch to R eye to R hand. L eye/hand. Both eyes/hands. Rpt, head fixed, move arms only, L eye on L hand, R on R. Switch so arms are fixed, move head only. Rtrn to head/arms move tog, eyes on hands. Lower arms so forearms parallel to floor. Turn arms/head/all to R, eyes on hands. Rpt to L. Alt side/side, arms/head opp dir, eyes on hands. Rtrn to head/arms same direction, note chg. Bow up/down again, move from hip joints, not back. ROB Stand on knees, spread, ext toes back, arms/hands for prayer, take pelvis back. Sm emphasis on coming up, eyes on hands. Lift arms to ceiling as come up. Light pressure between hands, note face when going down. Rpt at half speed. Rtrn to reg speed. Sit back towards heels, hands on floor. ROB Stand on knees, spread feet/legs, palms tog, bent a bit, take pelvis R/mid. Few times then L. Alt ROB Rtrn, take head/hands L/R. When R, pelvis is L. Hands on floor, sit on heels. ROB On knees, palms tog bend/straighten, compare to beginning. Cont, take pelvis towards heels, eyes on hands, L to L, R to R. Arms go higher as come up. Stay half way, turn R/L, eyes on hands. In mid, up/down, compare. Ext ankles, hands on floor, sit back on heels. ROB Stand on knees, toes tucked, palms tog, turn R/L, note tail draws arc. Rpt w/ankles ext, butt to heels. Bow up/down, stand toes when up, extend when go down. Hands to floor, ext ankles, sit on heels. ROB Sit, soles tog, palms tog, bend/bow. Then arms only up/down, eyes on hands. Leave arms fix in front, bow head up/down. Arms/head tog bow. Go half way, turn R/L, sense backs of hands. Head/arms opp R/L. Stand on knees, hands on floor, sit on heels

Day 39 Thursday March 12, 2009

ATM Lesson #98 - Diana Razumny

Rolling with straight arm/leg part 1, on side

CD#08/T18 [39 min] DVD#S04-9 Scene 1 [39 min] Source: Amherst

On R side, L arm/leg straight out to side to ceiling, take forward/back. Increase range. Take arm/leg opp same amount, starting out to side (to ceiling). Take arm/leg up/down w/stick between. Rtrn to taking for/back, go all the way to floor on L, R leg bent on floor. W/arm/leg on floor to L, slide up/down w/stick btwn. Roll to R w/L arm/leg straight until up to ceiling again, reaching up/out of hip/shldr joints. Rpt. ROB. Rpt OS. Switch/alt.

FI Exploration #36 - Diana Razumny

Sidebend review plus sitbone push & spinal lengthening, on side

CD#08/T19 [85 min] DVD#S04-9 Scene 2 [121 min] & Scene 3 [6 min]

Groups of 4 review this week's hands-on explorations. Add pushing from sit bones to help lengthen during the person lifting head to side. Add scooping along short side of spine to lengthen towards head while pushing through sit bone. Demos with Devon and skeleton. Switch roles after lunch with no recording. Push through sit bone after each session and have student lift head. Discussion recorded.

ATM Lesson #99 - Diana Razumny

Holding below knee, directing knee down/away, on side & back, roll to sit, on side

CD#08/T20 [35 min] DVD#S04-9 Scene 4 [35 min] Source: Amherst week 8 - July 1980 "mobility of hip"

On L side, knees bent, hold R knee w/R hand, push knee into hand so arm is straight, pulls on shoulder a bit, release, repeat. Imagine clock above floor, 9 in front, 12 is when knee is lifted out to R side, 3 behind. Gradually make mvt of directing knee away hour by hour, to 10, 11, 12, 1. Rpt on R side. On back, hold both knees, push L knee into L hand, roll R, rvrs. Allow head to roll, face towards floor, lifting head at end. Continue, pushing L knee away, bring R knee closer, direct knee down/away straightening to sit up. Cont w/o hands/arms.

Day 40 Friday March 13, 2009

ATM Lesson #100 - Diana Razumny

Holding below knee, roll up to sit plus. . . .

CD#08/T21 [62 min] DVD#S04-10 Scene 1 [62 min] Source: Amherst week 8 - July 1980 "mobility of hip"

Sit, legs crossed, hang head, swing head side/side like pendulum. Cont w/arms behind to support behind, cont head circle behind. Cont w/R arm moving w/head arm is near head, feel the circle through whole self. On back, hold knees, roll side/side, directing knee into palm to sit up on side, rvrs. Roll side/side, coming to sit w/o use of hands on knees. Sit, lean on R hand/arm, L hand on top of head, circle arm/head, think elbow or head. Cont w/straighten L arm to ceiling, circle head/arm tog. On back, hands behind head, elbows forward, lift head. Rpt w/one hand, moving towards opp side, other arm along side to roll towards to come towards sitting. Roll head w/R palm on forehead. L hand on forehead, R hand behind, take head R/L, come to sit. R hand behind head, L hand/arm on floor to L, roll L to sit up.

Discussion #087 - Diana Razumny

About ATM & Study guidelines

CD#08/T22 [48 min] DVD#S04-10 Scene 3 [50 min]

About rolling and/or turning head different in sitting and how to language it when teaching. Bacha about why do this lesson since the movement is easy. Students shared by the method works and is important for them.

Time off guidelines to study between segments. Diana added on side bending from this week for improving observation skills. Also to use FI exploration from this segment for your practice.

ATM Teaching #13 - Diana Razumny

Teaching daily activities in groups of 4

CD#08/T23 [11 min] DVD#S04-10 Scene 3 [69 min]

Groups of 4, 1 person teaches 2 people, other observes. Drawing slips of paper that have descriptions of activities to teach. Such as: putting pillow case on pillow; opening a can with hand crank can opener; putting on tennis shoes, going into old fashion phone booth and dialling a number. Group discussion at end of exercise.

ATM Lesson #101 - Diana Razumny

Rolling with straight arm/leg part 2, on side

CD#08/T24 [34 min] DVD#S04-10 Scene 4 [34 min] Source: Amherst

On L side, R arm/leg to ceiling, leg/arm for/back in opp dir. Pause, move up/down. Take R arm/leg all the way back to floor (to R), stay, move arm/leg up/down, pause, slide them to/away from ea other. When tog, hold ankle/leg w/hand, roll. Rpt OS. On back, R leg straight for/up to ceiling, slide hands along sides of leg towards ankle, hold ankle, roll L/R, lengthen leg to roll. Rpt w/L leg, then holding both legs and rolling. Sit, cross forearms behind knees, ext legs forward; hands to ankles, hold, roll R w/o falling, rtrn. Rpt OS. On back, hold straight legs, roll side/side, stay on one side, roll up to sit w/straight legs. 4 people back to back, roll in circle.