

Day 51 Monday August 31, 2009

Note: Some of the ATM notes are from other teachings and not exactly what was taught in this segment.

ATM Lesson #120 – Diana Razumny

Rolling head, standing leg, on back #1

CD#11/T01 [55 min] DVD#S06-1 Scene 1 [55 min] Source: Amherst (AQ Melbourne 3)

On back, explore small movements of head rolling: Vary speed/size – feel through spine. Initiate from: eyes, ears, nose (see/hear/smell) lips/tongue. Shuttle between all above. R hand on forehead – roll head. Bell L hand – if interrupts, just bell then start rolling again. L hand on forehead – roll head. Different? Bell R hand. R hand on forehead – roll head. Bell L hand. Add rolling L leg out to L, gradually bend knee, slide heel toward pelvis. Rpt OS. Legs long – roll head w/o hand – feel through spine. Roll R leg out, slide up to standing, reverse. When R leg straight, rpt w/L leg. Alt R/L leg sliding up/down. Pause – alt – as one comes up/other goes down. Roll head – bell both hands –. Draw both legs up, then slide down. Vary speed between bell hands/sliding legs. R hand behind head/L on forehead – roll head between hands. Draw knees up/feet standing – rvrs. Stand feet – Roll head – come up to side sitting – rvrs. Add belling both hands – cont rolling head – back to side-sit/rvrs. Cont. – lift feet, knees over chest, roll to other side up to side sit – Alt. Rpt – cont on up to standing. Eyes closed – turn head side/side. Use sight, smell, sound – pause imagine looking distance-open

FI Exploration #44 – Diana Razumny

Rolling heads

CD#11/T02 [70 min] DVD#S06-1 Scene 2 [81 min]

½ class lying – other ½ rotate through 3 heads to roll while belling other hand. 1st head – practitioner bell one hand, roll head with other – note which part of your hand is on which part of their head – explore finger tips, edge of hand, flat palm. 2nd head – practitioner use easiest hand shape, belling other hand while receiver bells their own hand (start rolling head before they start belling). 3rd head – practitioner roll head then receiver begins to slides leg up to standing – note glitches. Practitioner ½ of class goes down to receive. Discussion about experience. Felt hitches when rolling head and bell hand and/or rolling head and sliding leg to standing. Switch roles. Discussion at end about experiences. Homework project or trios – think of possible reasons/understandings of how movement of head/leg affect each other.

ATM Teaching #23 – Diana Razumny

Teaching sliding leg up to standing & other movements

CD#11/T03 [38 min] DVD#S06-1 Scene 3 [93 min] Source:

Show movement of sliding leg up to standing – Trios form with mover, practitioner and observer. Students think of ways of moving that fit what practitioner says but not what you know they want you to do. How many interpretations could you make out of the instructions? Rotate: teacher lies down, mover and observer move to different group. Use new movement – show: holding foot from outside edge with knee outside elbow, lift foot from floor. Use new movement – Show: Hold right foot with left hand, left thumb between 2nd big toe. Slide foot away, lift and circle to left. Show movement of standing hand into bridging. Discussion at end.

ATM Lesson #121 – Diana Razumny

Scissoring legs #1

CD#11/T04 [49 min] DVD#S06-1 Scene 4 [50 min] Source: Amherst 81/DQ

On back, hip/shldrs dots/lines, diagonal scan. Roll each leg L individually then same time. Outside edge of L foot to floor, inside edge of R. Turn L foot L, outside edge touching, slide L, note R heel/shoulder. Turn R foot L, inside edge of foot touching, slide R, heel going back. Leave R foot slid back to R, add sliding L foot L/center. Start with just sliding L foot L, stay L, add sliding R leg back to R/center. Turn both feet L, slide both at same time, L to L, R to R, like leaping through air to L. Bring tog/apart. Reach through straight legs as they spread, relax into knees bending as come together. Stay w/legs open, seesaw breathing. Legs split to L, keep L leg straight, reach L hand to L foot. Keep both hands palm down on floor. Slide L foot towards L hand. Repeat on other side, legs split to L, take R hand to R foot behind. Alternate. Keep legs fixed distance apart when alternating, slide legs as a unit, L foot towards L hand, R to R, feel hinging in torso. Note head/face. Note torso. Arms straight out to sides, legs split to L, keep legs open/fixed, slide head/shoulders/arms L so L hand comes towards L foot where it is. Repeat to R. Alternate. Leave head/shoulders/arms in middle, scissor legs, note diff. Scissor legs L, open/close. Arms straight out, palms down, add alternating hands to feet w/each opening of legs. Legs close when arms/head pass through middle. Rtrn to simple scissor legs, stand feet, push foot/lift hip, compare L/R. Stand, arms out to sides, tilt L/R, side bend? Twist? Rpt OS

Day 52 Tuesday September 1, 2009

FI Exploration #45 - Diana Razumny

Standing, head relation to standing leg

CD#11/T05 [8 min] DVD#S06-2 Scene 1 [8 min]

Observe before and after sidebending ATM. Note line down center of face points to which leg? Weight shifting? Lift one foot, stand on one leg, switch. Discuss which leg feels more stable. Slide hand down outside of thigh on each side. How does that related to standing leg?

ATM Lesson #122 - Diana Razumny

Bending sideways, on back

CD#11/T06 [33 min] DVD#S06-2 Scene 2 [34 min] Source: AY#103

On back, imagine 4 mvts of spine - flex/ext/side/rot. When imagine sidebending - Of the 4 directions - which easier? Is there one side that seems easier to bend towards? Legs spread, slide L arm on floor overhead/rtrn - start small. Note ribs, armpit, back, neck, head, pelvis, legs. Pause, rpt, cont so L arm goes towards R, rtrn, alt L/R. Note bending in ribs, neck, head, pelvis/rib relation. Rpt sliding L arm up/over to R, invite bending to R. Bring R hand to L wrist, pull, R elbow to R hip. Head/nose stays forward, head/shldrs slide R. Rpt bending to R w/L arm overhead to R, stay bent. Take L leg out to L/in to R leg, alt, note bending. Pause, note readiness to mv 4 directions of spine, compare. Rpt, stay w/L leg near R, add R hand holds/pulls L wrist. Stay pulled to R, move R leg more to R, few times. Then leave far to R and bring L leg to R leg. Spread legs, interlaced hands behind head, elbows wide to side. Slide head/shldrs/arms down to R. Rpt, stay R, bring legs tog, slide as unit L/R. Legs in tog/mid, upper stays bent R, press heels, lift pelvis. Place little L/R (lift/lower), leave L, slide R leg R/rtrn. Rest in mid, compare sides. Legs tog, interlaced hands behind head, slide head/arms/shldrs R. Stay, slide legs apart, slide L leg towards R leg, stay. Seesaw move of chest/belly (expand/contract). Stand on knees, R hand to floor on R, L arm to ceiling, look at L hand, circle L arm. (L leg out to L?) On back, scan, rpt beginning.

FI Exploration #45 continued - Diana Razumny

Standing, head relation to standing leg continued

CD#11/T07 [39 min] DVD#S06-2 Scene 3 [65 min]

Observe-return to references observations before sidebending ATM. Note line down center of face points to which leg? Weight shifting? Lift one foot, stand on one leg, switch. Discuss which leg feels more stable. Recheck sidebending and standing leg. Discussion in pairs. Demo with Gail and Csara. On back, lift person's leg, create 4 points/circle in easy range. Thinking hip joint and standing.

ATM Lesson #123 - Diana Razumny

Rolling head, standing leg, on back & kneeling #2

CD#11/T08 [41 min] DVD#S06-2 Scene 4 [41 min] Source: Amherst (AQ Melbourne 3)

On back, begin roll head small amt. Note diff in sides, quality, range, neck, shape of head, eyes. L hand to forehead - roll head. Explore parts of hand/head - fingertips, hand's edge. Rpt w/R hand. Hand on forehead, roll head as if someone else. L hand on forehead, R behind, roll btwn hands. Cont slowly, gradually, slide one leg up to stand. Aft leg comes all the way up/down, explore other. Attn to speed of hands/head and leg - vary between them. Switch hands - rpt each leg one at a time. Pause - rpt - add legs moving at same time, 1 up/1 dwn. Stand feet - 1 hand on forehead, other behind, roll head. Lift/lower pelvis, gradually higher - note feet pressing, speed, relationship roll/lift. Pause, rpt w/hands switch, cont, leave pelvis lifted, lift 1 foot. Stand on knees, hands on head, roll. Pause sitting, rpt, knees wide, feet tog, toes long, lower pelvis to heels, come back up to knees, keep head rolling w/o interrupt. Note rhythm/relation of sitting back to rolling. ROB. Rpt w/hands switched. Explore w/o hands, rtrn to hands rolling. Stand on L knee/R foot, feel stability, Switch legs, compare, switch back, how diff? L foot/R knee standing, head between hands, roll head. Sit back towards R heel, track path of pelvis. Pause, rpt w/hands switched, note how many rolls to sit back. Pause, rpt, sit back to L heel. Pause, kneel on both knees, roll head w/hands, pelvis to heels, Note head bows forward as pelvis goes back/down. ROB. Head btwn hands, roll head, slide both legs to standing, then long. Leave feet standing, lift/lower pelvis, note diff. Turns per lift? Keep pelvis lifted, roll head, lift one foot. Pause, switch hands/leg. Roll head, slide legs up/down same time. Stand, roll head, walk, take head towards floor, come up, walk, lower hands, access to environment/horizon?

Discussion #106 - Diana Razumny

About FI exploration

CD#11/T09 [22 min] DVD#S06-2 Scene 5 [22 min]

About FI Explorations. Then about working with emotions and how it relates to what you are comfortable with in yourself.

FI Exploration #46 – Diana Razumny

Slide leg up to stand

CD#11/T10 [39 min] DVD#S06-2 Scene 6 [62 min]

Demos with Christy, Dianne and Marie. Slide leg up to stand via rolling out, bending knee to side. Once practiced, have person roll their own head while you do it. Feel for interruptions.

ATM Lesson #124 – Diana Razumny

Lift pelvis, lengthen arms #1

CD#11/T11 [53 min] DVD#S06-2 Scene 7 [53 min] Source: AY#407

On back, join legs, note effort, breath, belly movement below navel. Spread legs, note length from head to tail. Stand R foot, back of R hand on floor, lift R hip, knee moves away. Note push through spine, chest, head, rolling to L. R shoulder moves away from head. Repeat, R hip stays lifted, look at R hand, slide towards R heel. Repeat on L side. Stand R foot, slide R hand towards R heel, look to R hand, lift heel, slide hand under heel, thumb on outside, fingers inside. Lift toes, add front of foot, heel stays in hand. Lift quickly. Rest. Note breath, belly moving. Repeat on L side. Stand R heel in R hand, lift R hip, look towards R hand, lengthen knee away. Try to hold middle of foot, lift toes, quickly, note breath, belly, length of spine. Repeat on L side. Stand R foot in R hand, thumb between big and second toe, lift R hip, look at R hand, allow R knee to come towards floor in middle, between legs. Rest, note breath, belly moving, length. Repeat on L side. Stand arch of R foot in R palm, allow knee to go R/L, foot moving opposite to bring knee towards floor inside/outside. Repeat while holding big toe with thumb between. Rest noting breath, belly, length. Repeat on L side. Feet standing, arms long, palms up, lift pelvis high, move body R/L, weight on shoulders/C7. When knees/pelvis go R, look L, go L, look R. Simply lift/lower pelvis. Take R hand towards R heel, lift lower R hip. Repeat on L.

Day 53 Wednesday September 2, 2009

ATM Lesson #125 - Diana Razumny

Carriage of the head

CD#11/T12 [51 min] DVD#S06-3 Scene 1 [51 min] Source: audiotape of ATM Book #7

On front, L hand on R, R cheek on L hand. Tilt joined/bent legs R/center. Note L thigh/knee lifts, pelvis tilts, spine twists, elbows slide Stay tilt R, note unnecessary strain. Switch hands/head, repeat in imagination. Pretend legs are tilted L, scan. Imagine legs touch floor to L. See/feel whole of self-while imagine legs moving. Rest, compare sides. R hand on L, L cheek on R hand, legs bent/together, tilt L. Stay L, notice if legs lower than other side. Switch hands/head, tilt legs R, compare. Return to other side to compare. Imagined side easier? L hand on R, R cheek on L hand, tilt legs L/center, stronger twist, sense through self. Stay tilted L, scan. Switch hands/head, L cheek on R hand. Imagine tilting legs R, thinking through whole self. Think legs go freely to floor. R hand on L, L cheek on R hand, tilt bent legs R. Stay to R. Compare to imagined. What's stopping? Return legs, repeat in imagination, scan. Actually tilt, compare. Slowly switch head/hands, tilt L. Easier? Beginning position, L hand on R, R cheek L hand knees bent. Imagine tilting legs R/L. Scan? Do few times ea side. Alternate. Pause. Imagine tilting R, scan how much included. Tilt L/R, compare to imagining. What's not as clear? Slowly switch head/hands, tilt legs L. Close to floor? Tilt R. Stay in middle, imagine tilting R. Actually do it. Stay in middle, imagine tilting R/L. Actually tilt R/L, note ease.

FI Exploration #47 - Diana Razumny

ATM into FI

CD#11/T13 [43 min] DVD#S06-3 Scene 2 [112 min]

Trios brainstorm how to use ATM for FI exploration. One from group switches to other group to exchange what group discussed. Then groups demonstrate what they had learned.

ATM Teaching #24 - Diana Razumny

Teaching "Carriage of the Head", part 1

CD#11/T14 [3 min] DVD#S06-3 Scene 3 [5 min] Source: audio version of ATM Book #7

Handout notes for Carriage of the head - give time in class to go through and make their own teaching notes. Have them continue in eve and return to trio in morn to go through.

ATM Lesson #126 - Diana Razumny

Rolling clasped hands, back/belly/kneeling #1

CD#11/T15 [52 min] DVD#S06-3 Scene 4 [52 min] Source: Amherst 1981

On back, rotate interlaced hands: Front of face, navel, forehead, up/down middle. Note range. Repeat w/R elbow touching floor to R, moving L elbow. Near chest. In front of face, note diff. L elbow on floor to L. Pause, note shoulder blades and neck. Move up/down middle, crossing side/side. Non-habitual interlacing, from in front of face, take hands to R, stay to R, go little up/rtrn. extending arms, hands towards overhead, inside of L arm touches L cheek. Repeat with R arm coming to R side of face/head. R elbow to floor on R, rotating arms/hands, start circling hands round top of head to other side. Hands on belly while rotating, start moving up middle towards overhead, retrn to belly. Take hands side/side as going up towards overhead, as arms straighten, touching face. Bend knees, arms long overhead, palms turned away, straighten legs and feel what happens. Press heels to oscillate through to head. Note arms overhead. Stop use lengthening/shortening arms overhead to create oscillation. Rpt lying on front. Sit, prayer hands, lower hands, how low? Lift one elbow and note when the hands move from the middle. Prayer hands, fingers at nose, lift elbow, note if fingers move from nose. lift elbow, move the fingers away from the other fingers at the same time. Do tiny movements like that without effort ten times. Just take the R fingers from L and then add lifting elbow. Go back to prayer hands and see how far down hands can sink. Then interlace fingers and turn palms out to see how they go. Prayer hands, repeat fingers separating and elbows lifting both at same time. Do Small so shoulders don't engaged. The heels of the hands stay together when the fingers separate when the elbows lift, without effort in shoulders. Prayer hands up above head, lower to see how low it goes. Hands in front of face or where you go easily, take hands to one side, separate fingers of hand on side you go, only a small amount the sinking of the two hands in the middle increase. On back, hands interlaced, arms overhead, palms away, arms towards sides of head alternately. Now keep arms straightened overhead, slide head L/R. Note how much sliding to each side. Sit, prayer hands behind, fingers pointed down, lift R elbow, hands stay together and move to the R. Look up to ceiling, keep palms together, move hands up/down. Move fingers away from body then towards until you can turn fingers upward. The back has to extend. Stand on the knees and see it's easier for everyone. The movement of the pelvis makes it easier because you aren't sitting on it.

ATM Lesson #127 - Diana Razumny**Scissoring legs #2**

CD#11/T16 [33 min] DVD#S06-3 Scene 5 [36 min] Source: Amherst 1981

Start like lesson #1, explore scissoring L/R. End w/scissoring to L. Scissor legs L then slide R leg over L to L, L leg back to R, open/close legs here. Reach through straight legs, keeping R shoulder back to R towards floor. Rpt OS (or wait till end in imagination). Repeat, arms straight out to sides, sliding hands towards feet alternately on opening of legs. Note shape/use of torso. Return to original scissoring, note diff. use of torso. Rpt OS (or wait till end in imagination). Scissor R leg over L to L, arms out, take L hand to R foot, R hand to L foot alternately with opening of legs. Stay w/L hand near R foot, roll head side/side. Leave head looking L, push belly out/down on exhale (seesaw), add lifting head. Look R, rpt. Repeat w/face to ceiling. Rpt OS (or wait till end in imagination). Return to simple scissor legs to L. Lie w/legs down, sense legs/pelvis lower back. Bring feet to standing, push foot to floor lifting side of pelvis, compare R/L. Other side in imagination?

Day 54 Thursday September 3, 2009

ATM Lesson #128 - Diana Razumny

Rolling clasped hands, back/belly/kneeling #2

CD#11/T17 [47 min] DVD#S06-4 Scene 1 [47 min] Source: San Francisco (Denver YJ)

On back, interlaced hands on chest, lift ea/both elbows, leave lifted: Roll hands, move hands up/down as roll. Cont, rolling hands overhead, extend arms, palms away from head. Stand feet, hands interlaced, arms extended overhead, turn palms away: Lift/lower pelvis, extending arms as pelvis lifts higher. Add alternately lifting head/pelvis. Leave both partially lifted, rock. Lift arms w/head as pelvis goes down. Alt lifting head/arms. Legs long, lengthen arms overhead, look up/down. Sit, legs long/spread, interlaced hands, palms on floor btwn legs, bend/straighten one arm, shift weight. Sit, legs crossed, interlaced hands on floor in front, bend/straighten arms. On knees, interlace hands overhead to ceiling, bend/straighten, look at hands as straighten, switch to look down. On belly, arms extending overhead, head look up or down. Add toes standing, lifting knees/pelvis/head/arms. On back, lengthen arms overhead, turn palms away, imagine being pulled. Partners - one sitting w/arms extended overhead, partner put weight on hands - explore fingers pointing out vs. in. Discussion - Buddha holding up the sky. Jewish surrender pose (Alan's Tai Chi)

Discussion #107 - Diana Razumny

About ATM lesson, hands overhead

CD#11/T18 [14 min] DVD#S06-4 Scene 2 [14 min]

ATM Teaching #25 - Diana Razumny

Teaching "Carriage of the Head", part 2

CD#11/T19 [3 min] DVD#S06-4 Scene 3 [43 min] Source: audio version of ATM Book #7

Trios discuss making of notes for teaching. Continue to refine making own notes and then divide lesson into thirds, assigning 1/3 to each in trio.

FI Exploration #48 - Diana Razumny

Bringing arm to head & rolling head, guided

CD#11/T20 [116 min] DVD#S06-4 Scene 4 [124 min]

Reference of lifting arm overhead in standing. Partners sit at head of student. Roll head. Lift shoulder then other shoulder. Use fingertips for light touch with a tiny question and not under scapula. See if one shoulder is more agreeable to movement. Take wrist of more agreeable arm and bring it close to student, slide it across front and bring to the opposite shoulder, keeping contact all the way. Scoop up shoulder blade and lift diagonally across towards sternum. Then feedback: how fast, how big and direction. Do again and add the dimension of the skeleton, how the shoulder blade hooks into the clavicle which attaches to the sternum and ribs. The roll head to see if there is any difference from the beginning. Second part - Bring arm to chest and hand to shoulder again and then lift elbow so arm is against forehead slowly, as much as is available. Move arm back down to side along body. Then roll head again to feel for changes. Same with other arm. Feels very safe if you can keep arm in contact with body the whole way. Roll head and then gently lift head with small movements of the head in different directions. Practitioner reposition at feet of student. Look at how they line up. Lift one leg up to standing. Sit in front of standing leg and then tilt knee left and right and then while student rolls their head. Then lengthen their leg. Talk with partner. Switch roles.

ATM Lesson #129 - Diana Razumny

Lift pelvis, lengthen arms #2

CD#11/T21 [46 min] DVD#S06-4 Scene 5 [46 min] Source: Gaby Yaron San Francisco 1977

Scan on back, roll head. Note breath thru nostrils, space in mouth. Stand R foot, L arm long overhead on floor. Lift R hip, roll pelvis L, lengthen L arm. Add rolling head L, looking at L hand. Switch to rolling head R, back of R hand on floor. Lengthen R arm towards R heel. Note breath R/L lung. Repeat OS. Repeat, leave hip lifted, roll head R/L, lengthening arm looking towards. ROB, note breath, lungs, nostrils. Roll head. Leave hip lifted, roll head R, lengthen R arm, R hand under heel, lift/lower hip holding heel. Hip lifted, lift/lower toes, quick/slow. Lower hip, lift/lower, compare. Lift/lower hip, hip lifted, lift toes then front of foot, heel in hand. Lift/lower hip, compare ease. ROB, compare sides. Repeat OS. Return to lift/lower R hip, lengthen L arm overhead, R hand to heel. Slide R hand under arch, hip lifted, repeat lifting toes then toes/foot. Lift/lower hip, note ease. Repeat OS. R hand holding R arch, lift/lower R hip. L hand under head, lift head towards R knee. Add lifting foot/leg w/R hand, knee/head tog/apart. Return to ref move, L arm lengthens overhead with R hip lift. ROB, note breath, lungs, nostrils, space in mouth, tongue.

Day 55 Friday September 4, 2009

ATM Lesson #130 – Diana Razumny

Rolling clasped hands, back/belly/kneeling #3

CD#11/T22 [55 min] DVD#S06-5 Scene 1 [54 min] Source: San Francisco (Denver YJ)

Reference – lifting forward, turn palm shoulder – lengthening toward diagonal hip – hugging/touching shoulder blade. On back. Extend arms forward, turn palms away, continue to overhead. Leave overhead, stand feet, roll pelvis up/down, belly in and out. Which lengthens arms? Soles together, knees wide, roll pelvis. Stand feet, lengthen arms overhead, take left/right. Leave arms extended, tilt standing legs right and left, note arm/head relationship. Alternate right and left with standing legs. Right and left with extended arms. Tilt crossed legs, arms extended: tilt towards top leg, slide head/extend arms. Tilt away from top leg, extend foot on floor straightening other leg. While foot stands, bring weight into leg, add arms. Foot standing, slide other thigh along lower leg, bring thigh to floor, slide bent leg behind. Extend arms, slide away from standing foot, look at foot lying behind.

ATM Teaching #26 – Diana Razumny

Teaching “Carriage of the Head”, part 3

CD#11/T23 [10 min] DVD#S06-5 Scene 2 [71 min] Source: audio version of ATM Book #7

Trios gather. People teaching part 2 & 3, lie on floor. Person teaching part 1, get notes move to group to the right of you. Teach the two people lying on the floor of that group. After part one is complete, person who taught, lie down in that group. Person who prepared part 2, get up and move to the group to the left of you and teach the 2 people lying there. Person to teach 3rd part stay with group they are with and complete the lesson.

Discussion #108 – Diana Razumny

About ATM teaching

CD#11/T24 [42 min] DVD#S06-5 Scene 3 [42 min]

Importance of being familiar with lesson. Notice students uncomfortable because of their movements so changed teaching to adapt to conditions. Said words that didn't know habits of saying. Easy lesson and with notes it could be easily taught and all could be successful, even without a lot of practice. For FI Explorations, if small group is not working for you, please take responsibility to be able to do exercise or ask trainer to help. On front can be a problem to teach due to neck so may not teach to certain groups or for first time. During the lesson you can offer the students the option of turning on their back to rest. There is the theme of the lesson but also metathemes that can be brought into the lesson. Student became totally confused about the lesson about the movement of the elbows. Demo with Tony to address difficulty of bending the knee while on front.

ATM Lesson #131 – Diana Razumny

Lengthening through diagonals, on back & front

CD#11/T25 [48 min] DVD#S06-5 Scene 4 [48 min] Source: Mia Segal San Francisco Evenings 8/24/1977

On back, arms along side, legs comfortably spread. Lengthen L leg from heel, return. Toes stay quiet. Length comes from leg, hip, back, ribs, up to shoulders, eventually head. Feel when leg goes back to place, everything else follows. Think of a line from heel up leg to hip and crossing the spine, where? Pause, note changes. Lengthen R leg from heel. Note same things. How is it different from the L? Alternate, note differences. Imagine the lines and where they meet/cross. Note differences in ribs, chest, hip joints, length of lines heels draw on floor. Rest, note feelings of back and shoulders. R arm long overhead, lengthen R arm as if to reach something above head on floor. Can be at 45 angle. Where do you initiate the movement? Back, ribs, chest, hip, breath. Bring arm down slowly. Repeat with L arm overhead. L arm overhead, alternate lengthening R leg and L arm. Note L arm shortens when R leg lengthens and visa versa. Add turning head towards L arm as it shortens and turn away (to R) when it lengthens. Then switch so the head turns towards arm as it lengthens and away when it shortens. Slowly bring arm down. R arm overhead, lengthen L leg, shorten R arm then visa versa. Note ribs, back, connection between R hand/L foot, where line goes through spine. Add turning head side to side, starting w/turning towards shortening arm few times then away from shortening arm. Note which way is easier. Both arms overhead, lengthen legs alternately, notice how effects arms/shoulders/head. Note line between foot/hand on each side. When you lengthen your R leg, shorten your R arm, then shorten L arm with L leg lengthening. Do quickly. Allow head to move without any intention, note chest, ribs. On front, spread legs, face L, R cheek on floor, L arm extended up at 45 angle, lengthen R leg few times, note effect through you and how it compares to being on back. Where does the line cross your spine? As leg stops lengthening, lengthen L arm, use R foot/toes to help reaching of L arm. Continue reach but inhibit movement of pelvis and notice how that affects your breath, back, neck. Return to pelvis being involved so whole body supports L arm reaching. Rest on front. Extend R arm, face to R, lengthen L leg, as leg comes back, lengthen R arm.

Continue, as lengthen R arm also lengthen L leg, what does pelvis do? Both arms overhead, lengthen L arm, shorten R leg. Alternate lengthening arms, notice where two lines cross. Slowly roll to back, observe differences. On back, both arms overhead, lengthen legs alternately few times. Pause, remember where lines crossed while on front. Interlace hands behind head, think of lifting head/feet at same time, elbows going towards knees, noting what point presses back. Pause, spread arms overhead, legs long, imagine what you do with center of your body if you wanted hands and feet to lift at same time from floor. While imagining, what do you do with your neck, breath, jaw? Stand feet, lift arms/feet from floor at same time, return, note timing. Note when feet come to floor where in back and belly lets go and that's where you organize to lift. Bring arms/legs down, long, rest.

Discussion #109 - Diana Razumny

About ATM positions

CD#11/T26 [11 min] DVD#S06-5 Scene 5 [11 min]

Diana demonstrated elbow positions in twisting bent legs.

ATM Lesson #132 - Diana Razumny

Scissoring legs #3

CD#11/T27 [42 min] DVD#S06-5 Scene 6 [42 min] Source: Amherst 1981

On back, diagonal scan, stand feet, tilt knees L/R. Note ease, compare R/L. Roll legs to point L, spread like for leaping. Do few times. Add sliding hands, palm down, alternately towards foot in front/back (R/L). Repeat on R side. Switch over legs so L crosses over R to the R, R reaches behind to L, scissor. Stay w/legs open, lift head to look at L hip. Hands on lower ribs, lift head on exhale, push belly out. Try on inhale, suck belly in. L hand on ribs, R behind head, lift head. Original scissor legs to R, hands on ribs, help ribs w/hands. Leave legs open, reach R hand to ceiling, lift/lower shoulder blade. Lift head w/arm. Lift/lower arm/head sequentially then in opposition. Alternately press/lift head/shoulder. (Lift head/press shoulder). Scissor legs as before, stay open, reach L arm to ceiling, lift head w/arm then alternately. Legs open to R again, both arms to ceiling, reach alternately, lift head w/each arm. Repeat w/head turned to R. Interlace hands, arms in hoop, roll hoop R, R elbow towards floor then to L. Lift head when elbow touches floor. Scissor legs w/arm hoops. Stand feet, tilt legs. Note ease/difference.

Day 56 Monday September 7, 2009

ATM Lesson #133 – Diana Razumny

Spinal chain in various positions

CD#12/T01 [58 min] DVD#S06-6 Scene 1 [58 min] Source: AY#177

On back, feet standing, lift pelvis, each vert. Interlace hands behind head, lift head, each vert. Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vert move. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vert. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vert. Lift head, look up, push belly out, note vert. Lower head, look under pull belly in. Note if can slide forehead along floor while looking under. If not, come on elbows a bit so forehead can slide along floor. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vert. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vert. Rest on back. On back, stand feet, lift pelvis like beginning, note vert. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine.

ATM Teaching #27 – Diana Razumny

Explore spinal chain lesson AY#177

CD#12/T02 [16 min] DVD#S06-6 Scene 2 [57 min] Source: audio version of ATM Book #7

Trios/Quartets: 1st: share some of what you found interesting in the lesson. 2nd: Discuss any concerns you might have in teaching this lesson. 3rd: Each person choose one instruction (position & movement), teach it to the other 2 and pay attention to the noticing questions or the guided awareness that could go along with that movement.

Discussion #110 – Diana Razumny

Standing as function/Spine as central

CD#12/T03 [31 min] DVD#S06-6 Scene 3 [32 min]

Standing: stacked/hanging masses transferred to feet. Thinking skeletally, these masses of weight get transferred through the spine to get to the feet. Head – on top of spine; Shoulders/arms – hanging via ribs; Ribs – hanging at facet joints. Spine takes the weight/force of these masses then splits force at the sacrum, through pelvis down legs to feet. (Hip/knee/ankle joints). Relationships between these masses potential/limitations. Examples: demo and have experience: Head – forward, held back, looking down/up; Chin tucked-looking down, eye whites; Shoulders – forward, back; Pelvis/belly – tucked/tightened or opp.

Talked about ATM Teaching and difference between twisting and rotation.

ATM Lesson #134 – Diana Razumny

Rolling fists, on back

CD#12/T04 [56 min] DVD#S06-6 Scene 4 [57 min] Source: Amherst 1980

On back, stand feet, tilt legs to check transmission to C71, rib ring, head, neck. Palpate clavicle (or do before w/rib choker). Reach arms down alt. Stand feet, arms straight out, roll fists down. Gradually feel: hands, lower arm, elbow, upper arm, shoulders. Repeat. Shoulders come forward? R/L more? Note front/back of shoulders. Sense of clavicle, rib ring? Imagine fingers on T1/sternum notch. Rest. Repeat. Timing of shoulders lift. Roll more? Neck, head? Line of arms across chest, note sternum. Add- head lift w/shoulders. breast bone. Hands behind head, lift/lower head, feel breast bone, lower ribs. How high does C7T1 lift? Exhale. Arms out to sides, roll arms, lifting head/shoulders. All one action, vertical/transverse axis. Stand feet, arms to sides, roll arms down, note chest/rib ring, upper back, C7T1, neck, clavicles, back of head? Add head lift without head lift. Rest. Repeat, roll arms UP. C7T1? Neck? Leave arms rolled UP, lift pelvis. Arms easier? Pelvis down, repeat. Neck, C7T1? Repeat, lifting pelvis first, feel when arms roll, vertical axis effecting transverse. Reverse head move, chin up, return to neck flattening, chin to chest. Stay w/pelvis up, keep arms where they are, lower pelvis. Repeat. Roll arms up, feel vertical axis respond. C7T1 to floor, neck lengthen? Pause. Roll arms DOWN, lift head, roll arms up, lift pelvis. Alternate. Central axis coordinated w/arms. Reverse order, arms up/head lifts, arms down/pelvis lifts. Return to original. Leave head/pelvis, roll arms, note rib ring. Roll arms one up/one down, alternate. Rib

ring? Head roll? Which way, Roll arms one up/one down, look towards arm rolling up, lengthen that arm. Arm behind shorten? Exaggerate shortening. How? Rolling rib ring? Roll arms opp again. Arm rolling down pushes to lengthen arm rolling up. Shoulders? Look towards arm rolling down. Vertical /transverse axis different? Head towards lengthening arm again. Light/quick. Simply roll arms up/down as in beginning, note effects on vertical axis. Leave arms out, push/pull spine from feet. Pelvis/force moves straight up, ribs slide up/down relative to shoulder blades. Introduce arm rolls up/down spontaneous way then opposite. Spontaneous way. Leave pelvis/spine quiet, roll arms up/down. Rest. Stand feet, L knee L, note pelvis. Take R knee to R. Alternate, note rib ring. Try tilting legs together, note how moves through or not. Solar plexus soft (midway btwn sacrum/ribring) It has to be free so both ends can be free. Reach down w/arms. Standing ref.

FI Exploration #49 - Diana Razumny

Review last week's explorations

CD#12/T05 [9 min] DVD#S06-6 Scene 5 [47 min]

Groups of 4: Go through list verbally of what you remember. After overview, choose 1 or 2 to practice and/or something that needs clarifying with partner.

ATM Lesson #135 - Diana Razumny

Movement of opposition

CD#12/T06 [20 min] DVD#S06-6 Scene 6 [21 min] Source: AY#333

On back, legs spread, arms at sides, lift head, chin towards throat. Note: Pressure against floor. Front/back of chest. Explore lifting head by taking chin away from throat. Note: If what presses this way is different. Lift head w/chin going backwards. Note: What presses? Extend R arm overhead, lift little. Note: Shape of chest/torso, pressure to floor of spine, shoulder blade, ribs. What moves in opposite direction as arm lifts, opposition move. Lift R leg with same idea, feeling for opposition movement. Note: Pelvis, chest, spine, lower back/ribs, pressing and to L. Lift R arm, leg and head. Note: Easier when lifting all three than each one. Sit, take face forward, think of chin sliding forward. Note: Back moves backwards. Stomach muscles tighten. Sitting, take top of head back, then think it only. Note: Torso shape change, chest, spine, belly, tailbone. Stand, legs spread a bit, hang arms forward, like monkey, take face forward. Note: stomach muscles, back moving back. Repeat, imagine someone pulls crown of head towards ceiling. Note: Changing shape of spine, direction of pelvis moving. On back, Imagine 5 lines, ball for head. Lift head. Strings pulling ball/lines. R arm overhead, lift. Lift R leg. Lift head, R arm/leg. Use idea of strings shrinking to represent muscles shortening. Stand, extend R arm overhead, take R arm/leg forward (like on floor), feel back goes back. Try not letting it go back. Note head. Head comes forward w/arm/leg. Try stopping it. Stand, take face/chin forward SMALL AMOUNT. Note: Whole back goes back. Pelvis? Pubic bone? Front shortens. Hands on belly, repeat. Possible to not move belly??? Lie on back, compare R/L sides. Stand, R arm overhead, R arm/leg forward, foot comes to floor in front. Do few times w/o walking. Both arms up, take back backwards as arm/leg come forward, place foot. Soften knee so more like walking. Walk w/o arm overhead, feel for the spine going back as before but w/o straight arm/leg. Use the back going back to initiate the stepping. Go slow, gradually increase speed allowing the idea to become softer yet present.

Day 57 Tuesday September 8, 2009

ATM Lesson #136 – Diana Razumny

Lifting elbows in front, on back, side & sitting

CD#12/T07 [47 min] DVD#S06-7 Scene 1 [48 min] Source: AY#45

On back, feet stand, fingers under chest, elbows on floor, lift elbows. Lift elbows w/head. Just elbows. Note shoulders/chest. Lift R elbow, lift R shoulder w/elbow, rolling L. Repeat on L. Feet stand, R hand behind back, lift R elbow/shoulder. Hold R elbow /L hand, pull. R hand slides behind so elbow can come forward. Repeat w/L hand behind. Feet stand, both hands behind, palms on floor, lift head/shoulders/elbows. Bring elbows together in front. Feet stand, hands behind, lift elbows, backs of hands slide onto belly, fingers pointing down. Lift head to help. Use R hand to help back of L to lie on belly so fingers point down towards feet. Reverse hands. Have backs of both hands on belly, little fingers touching. Bring elbows tog/apart. Use head lifting to help. Rpt, stand R foot, L leg long, roll L so L elbow touches floor. Touch R elbow to L. Shoulders round forward. Repeat to other side. Bend head forward, elbows touch head/face, nose between arms. R foot standing, back of R hand on belly, hold R elbow w/L hand, slide back of R hand up midline until nose enters crease of R elbow. Rpt OS. Feet stand, hands behind, lift elbows. Lift head, hands slide as elbows come together then return hands behind. Feet stand, R palm on belly, L index finger on wrist, lift elbow, bend wrist. Lift head to help. Same angle in wrist as when leaning on hand on floor. R hand behind back, lift elbow so wrist bent at R angle. Sit, hold hand w/right angle at wrist in front of face, maintain the angle and put hand on belly. Note what needs to adjust. Repeat w/L hand. Sit, both hands on belly, one on top of other, bring elbows together in front, pull in belly, sink chest, lower head. On back, fingertips of each hand close together and standing on floor near to sides. Stand feet, lean on fingers, lift elbows/head. Lean on fingers until lift legs and sit without swinging up. Sit up using only R fingertips. Elbow lifts. Repeat OS. Both at same time, lift elbows, head, slowly sit up. Rest on back, note shoulders/chest, stand, note use of arms.

FI Exploration #50 – Diana Razumny

Shoulders, arms & head affecting crossing point, guided

CD#12/T08 [84 min] DVD#S06-7 Scene 2 [84 min]

Demo with Barbara. Pick partners and Diana demonstrates with skeleton while students are guided. Use lifting of shoulders to find diagonal crossing point of spine. And/or, use sticks down midline of face and sternum, find where they cross as possible area in need of attention. Stand feet, cross leg, tilt, look for spiral up spine, note crossing point area of spine found by lifting shoulders. Bring hand to opp shoulder, lift shoulder, rolling/twisting spine. Leave shoulder lifted, roll head towards lifted shoulder. Lower shoulder, head to middle, slide forearm up onto forehead, roll head w/arm, rtn arm to side. Tilt crossed legs, note change. Bring hand to opp shoulder, lift elbow to ceiling, slide back of hand onto sternum, fingers pointing down, direct elbow to opp side, lifting shoulder via directing elbow. Rpt OS. Lengthen arms overhead, pulling through to access crossing point of spine. Tilt crossed legs, note change. Group discussion. Demo with Steve.

FI Exploration #50 continued – Diana Razumny

Shoulders, arms & head affecting crossing point, guided continued

CD#12/T09 [41 min] DVD#S06-7 Scene 3 [45 min]

Switch roles.

ATM Lesson #137 – Diana Razumny

Lengthen arms, hold chin from behind

CD#12/T10 [36 min] DVD#S06-7 Scene 4 [37 min] Source: AY#44

On back, arms long overhead on floor, hold L wrist w/R hand: Pull L hand to R, lift head, slide L arm behind head. Rpt w/R foot standing, R hip lifts, roll L. Cont so roll all the way to L side. Rpt, roll onto L side, stay, allow L ear to come to floor. Pull L arm so elbow lifts, bent. Very slowly lower arm when rtn to rest on back. Rpt pulling L arm to roll to L side. Rpt several times, rolling to back/side alt. Rest on back, arms by sides, compare lifting ea arm. Rpt OS. On front, forehead on floor, spread legs, arms behind head: Hold R wrist w/L hand, pull arm to L, elbow behind head. R elbow bends, comes dwn to side. Change arms, rpt. Sit, legs crossed: Hold L wrist w/R hand, pull, bring L hand to R cheek/chin. Head turns R. Place R hand on L elbow, pull to help hand to chin. Rpt OS. Side sit, R leg back, L in front, R arm behind head, R hand to chin: Fold forward, elbow to floor in front, L hand on floor to help. Once elbow is touching, bring L hand to R elbow, pull. Rpt OS. On back, stand feet: R arm behind head, hold wrist w/L hand, pull. Bring hand to chin, hold R elbow w/L hand, lift head. Rpt OS. Stand, lift arms overhead. Pull one arm at wrist w/other hand, catch chin, rpt OS.

Discussion #111 - Diana Razumny

Use of language in ATM

CD#12/T011 [9 min] DVD#S06-7 Scene 5 [9 min]

Use of can and can't and habits of using words and awareness about those habits.

ATM Lesson #138 - Diana Razumny

Cross-leg tilts, triangle arms, lift/fix turned head, on back

CD#12/T12 [37 min] DVD#S06-7 Scene 6 [37 min] Source: AY#140

On back, bend knees, stand feet, cross R over L, tilt knees R. Leave knees to R, expand chest on inhale, expand belly on exhale. Rtrn to tilting knees, note difference. Rpt-other side. Stand R leg, palms together, arms extended to ceiling, tilt triangle of arms to L & back. Stay w/hands near floor on left, straighten R leg, seesaw breath. Tilt arms to L a few times, note ease. Stand R leg, tilt triangle arms to L, note ease. Rpt-other side. R leg cross over L, tilt R, turn face L, R hand behind head/L ear. Lift head/arm, elbow towards feet. Rpt-other side. R leg cross over L, tilt legs R, face to L, backs of hands on R cheek.

Day 58 Wednesday September 9, 2009

FI Exploration #51 – Diana Razumny

Sliding shoulder blades down while tilting crossed legs

CD#12/T13 [20 min] DVD#S06-8 Scene 1 [34 min]

Partners, observe ea other tilting crossed legs, note side see less movement. Note sternum and diagonal pull from shoulder to hip. Bring hands under shoulder blades, emphasize sliding shoulder blade down towards pelvis as legs tilt away from that side. Return to them tilting legs to note if improved. Group discussion. There is a lot of information when first meeting a student from how they move. Watching them stand and walk will give you information. Set up several things that you like to observe when meeting new students and your ability to see more about them will grow over time.

ATM Lesson #139 – Diana Razumny

Pulling arm overhead to come to standing, on back, kneeling, side sitting

CD#12/T14 [47 min] DVD#S06-8 Scene 2 [48 min] Source: AY#89

On back, arms overhead, fist L hand, hold L wrist with R hand, pull/lengthen L arm. Repeat w/R foot standing, rolling L, head hangs back, looking up at L hand. Repeat-OS. Hold wrist, pull arm overhead, diagonal foot pushes floor to help lengthening arm, head/eyes follow. Push w/same-side foot to lengthen arm, pull arm across face. Stand both feet, holding head, ears between thumb/index – turning head, lengthening as if to take head away from shoulders, lengthening neck. Feel all the way into pelvis. Pause, repeat. Head is just a little from floor. Kneeling on both knees spread, catch wrist, pull, lengthen arm as before. Bring hands to head again, pull/lengthen through spine while turning head side/side. Fingers point backwards. Eyes stay open to horizon. Chin doesn't lift. Stand R foot/L knee, extend R hand fist overhead, hold wrist with L hand, lengthen R arm. Continue to pull arm but now in front of face, feeling whole R side down into pelvis lengthening. Change legs, repeat, still pulling R arm. Continue until R knee comes from floor to follow hand going up. ROB. Kneel on L foot/R knee, pull L wrist w/R hand, L hand fist. Pull so the whole body is being pulled along so you don't lose balance. If you lose balance it's because there is effort between your legs in the pelvis. Allow lengthening so force isn't required, feeling all the way down to the knee. Arm is in front of face between eyes. Repeat w/same arm, legs switched. Lengthen so the knee starts to lift. Stand on R knee/L foot, hold head, lengthen, pull whole body. Roll/lengthen from head.

repeat. "A feeling that God's angel lifts the body"

FI Exploration #52 – Diana Razumny

Using Sliding sternum/ribs, twisted #1 ATM (AY#217), guided

CD#12/T15 [50 min] DVD#S06-8 Scene 3 [57 min]

Rotation on side. First, observe standing leg and standing rotation. Remember diagonal pull from shoulder to hip and crossing point of spine. Observe partner on side, hand standing, other arm straight out in front, lift head, look down at floor then over/behind bottom shoulder. Rpt w/top leg on floor in front of bottom leg. Note diff. Observe how spine/torso twists. Legs stacked, hand standing, hold at elbow/shoulder blade, direct forward/back, note spinal twist. Roll from let/knee and look for rotation. Bring arm to head, roll back so face is to ceiling. Have them interlace hands behind head, lift head to look at hip, ride along on ribs/sternum then on sitbone. Return to ref move of looking over bottom shoulder. Pull from elbow to note twist. On back, tilt crossed legs, compare sides. Demo during guiding with skeleton. Group discussion. Demos skeleton and Marie.

FI Exploration #52 continued – Diana Razumny

Using Sliding sternum/ribs, twisted #1 ATM (AY#217), guided, continued

CD#12/T16 [69 min] DVD#S06-8 Scene 4 [69 min]

Switch roles.

ATM Lesson #140 – Diana Razumny

Sliding sternum and softening ribs #1, head and shoulders twisted to back from side

CD#12/T17 [22 min] DVD#S06-8 Scene 5 [23 min] Source: AY#217

On R side, knees bent, R arm straight forward, L hand standing near chest, lift head, turn head/eyes to look to R shoulder. Repeat, Other Side. On R side, L knee on floor in front/above R, L hand on floor near chest, turn to look along floor to R. Repeat, OS. On R side, knees bent one on other, take L arm to L, eyes/head look L, without lifting knee. Stay looking L, R hand wrapped over top of head to L temple, take R ear towards R shoulder. R hand helps head lift and look L. On R side, turn shoulders L, stay, fingers on sternum, push sternum L. Trace sternum, feel pairs of ribs connecting to sternum, fingertips press each set of ribs to slide sternum L. Repeat, OS. On R side, L hand on floor, look along floor to R and

behind, note change. Roll shoulders L, return to looking around to R. Stay looking to floor, L palm holding forehead, roll head with L hand to look more to R. Repeat, OS. On R side, turn shoulders L, fingers on sets of ribs at sternum, press down, flattening chest from all 9 sets of ribs, exhaling, softening chest. Change legs to other side, continue. Then while lying on back. On R side, L hand on floor, R arm straight out in front, look along floor to R/behind. Put L palm on forehead when looking down to floor, take head to look more to R and lift head, belly out. Repeat, OS.

ATM Lesson #141 - Diana Razumny

Lifting fingers into flying, on back & front #1

CD#12/T18 [44 min] DVD#S06-8 Scene 6 [45 min] Source: Gaby Yaron

On back, feet standing, arms out at shldr height, palms forward, press/release R fingernails to floor. Press ea nail individually, starting w/little finger. Feet standing, arms out to sides, press all 5 nails of R hand. R hand fisted, press: thumbnail, little, index, 3rd, 4th. Open palm, press all nails. Note: arm shorten/lengthen, shldr active, breath? Repeat w/L hand/nails. Repeating fisted moves. On front, L knee bent up to side, arms out at shoulder height, face L, palms forward against floor, lift each finger, think lengthening arm. Lift thumb/little finger; thumb/3rd; thumb/5th, thumb/4th, thumb/2nd. ROB, compare sides. On front, L knee bent up, arms out to sides, lift 5 fingers, then palm, wrist remains. Pause, cont, add lifting whole arm. ROB On front, R knee bent up, face R, arms out, compare hands, lift 5 fingers of R hand, repeat lifting each in sequence then combinations with thumb. Still on front, lift fingers, palm, wrist, arm. ROB. On front, R knee up, arms out, lift fingers/palm/arm. Pause, switch head/legs L, lift fingers/palm/arm, compare. Turn face only to R, repeat lifting L fingers/palm/arm. On front, face R, lift R fingers/hand/arm. Switch head to L, L knee up, repeat lifting R fingers/hand/arm. ROB, roll head. On front, R knee up, face R, arms out, lift R fingers/palm/arm. Ease? Turn face L, cont w/R fingers/hand/arm. Pause. R knee up, face L, lift L fingers/arm. Face R, lift L fingers/arm. Face L, lift L fingers/arm. On front, L knee up, face L, arms out, lift L fingers/arm. Ease? Lift both arms. Lift head, imagine someone pulls/lengthens back. Head down, lift arms. Pause, face R, lift arms. Lift head. Lift arms. ROB, roll head. On front, R knee up, face R, lift both arms. Lift head then arms, turn head L. Rpt to OS, alt head turn w/arms lifting. Lift R arm only. Switch head/legs, lift L arm only. Pause, switch to L side, circle lifted L arm.

Day 59 Thursday September 10, 2009

ATM Lesson #142 – Diana Razumny

Sliding sternum and softening ribs #2, tilted crossed legs; sliding head shoulders to side with arm holding over top of head, on back

CD#12/T19 [60 min] DVD#S06-9 Scene 1 [60 min] Source: AY#218

On back, stand legs, cross R over L, tilt R, stay. Hold head with L hand over top, slide head/shoulders L. Pause, repeat sliding head L with legs long and spread. Stand feet, cross R leg over L, tilt legs R, stay, L hand holding head, take head/arm L, stay. Hands on sternum, elbows lifted, push L. Note ribs that are sticking up/interfering. Note, L side of ribs in back are lifted. Push to change the shape of chest, taking ribs to floor. ROB, note ribs against floor. Cross R leg over L, tilt legs L, L hand holds/slides head L, stay, return to hands taking sternum L, bending chest L and down. When at bottom of sternum, push ribs down to L and lift head/shoulders. Return head/shoulders to floor, leaving chest to floor. Repeat, press ribs lifting head, leave ribs down, return head/shoulders to floor. Hold head with L hand, slide L, note diff. Then with legs straighten. Cross R leg over L, tilt R, hold head from top with L hand/arm, slide L, extend R arm overhead, lengthen up/L as head/shoulder slide L. Stay to L, R hand on forehead, roll head L/R. Return to sliding head/shoulders L, stay, roll head R/L with L hand. Stand, walk. Imagine weights in hands, bend L/R, note how to each side. Reverse everything to other side. Stand on knees, R hand on L temple from over top of head, bend directly to R. Add L hand sliding along R forearm towards elbow. Have L foot standing, continue. Repeat, OS. Add at end to straighten the R leg straight out to side, thinking of taking L elbow towards floor on L. On back, lift head, hands press chest down, return head to floor leaving chest in full contact with floor. Stand, imagine holding weights in hands, bend to sides.

FI Exploration #53 – Diana Razumny

Standing leg exercise & pushing through foot, on back, guided

CD#12/T20 [86 min] DVD#S06-9 Scene 2 [85 min]

Partners. Feel the muscle tonus of partner's legs while they are standing. Have the person shift their weight as you feel the tonus of both legs. Now check how is their balance when they lift one leg. And when they switch is it clear which is the standing leg? Foam ball on stick. One person balance stick, in palm, fingers, other hand. Then check balance again. Switch roles. Group discussion. Switch to pushing foot through skeleton to head. Demo with Devon while guiding partners and then partners exploring. Use two hands to hold foot and ankle to rotate foot as in position of standing.

FI Exploration #53 continued – Diana Razumny

Pushing through foot, on back continued & lengthening through shoulders, guided

CD#12/T21 [65 min] DVD#S06-8 Scene 3 [70 min]

Demo with skeleton. Review pushing through foot. From stance of walking and then through diagonal shoulder. Then review FI from head and shoulders: lift shoulders, rolling head, arm to head, circling arm and with head. Then lengthen arm and then pushing through arm through spine. Then standing foot and pushing through skeleton. Then student pushes through standing foot while practitioner lengthens through extended arm. Switch roles.

ATM Lesson #143 – Diana Razumny

Lifting fingers into flying, on back & front with 5 lines #2

CD#12/T22 [39 min] DVD#S06-9 Scene 4 [40 min] Source: Gaby Yaron

On back, R arm alongside, palm down. Lightly press/lift R thumb to floor. Imagine line from thumb up arm, through shoulder & down to lower back. Repeat with index finger, middle finger, ring finger and little finger. Repeat, sequentially, starting with thumb. Think of all five lines & lift/press all 5 fingers, peel fingers off floor first and then palm. On front, face R, R arm straight out to side, R knee bent up, L arm down by side, repeat peeling fingers/hand off floor, thinking the lines. Continue & have fingers then hand lifting initiates arm lifting, fingers are bent backwards. Same position, lift R knee from floor by rolling pelvis back. Return to fingers & five lines, lifting arm back towards ceiling. Repeat w/R leg straight, L leg bent out to L side, still facing R. R arm out to R, face to L, L knee bent up to L, lift arm again with 5 lines. Repeat in same position except change legs, R knee bent up to R. Return to original position of facing R, R knee bent up, lifting R arm from fingers, sensing the 5 lines. Rest on back, sensing the 5 lines from fingers to lower back & come to stand, walk. On back, repeat on L side, press/lift fingers, create the 5 lines. Then turn to front side, face L & recreate all from the R side to the L side. Return to front side, R knee bent up to R, face R, both arms straight out to sides, imagine both sets of 5 lines, lifting arms back, starting with the fingers. Repeat w/L knee out to side. Repeat w/face to L. Repeat w/face L, R knee bent up. While the arms are lifting change head to other side, alternate head side to side, lifting arms. Same thing with L knee out to side. Same position, leave arms lifted, turn head L/R. Alternate lifting 1 arm higher as other lowers, looking towards hand that lifts. Repeat w/R knee up to side. Stand, walk sensing connection into lower back from fingers.

Day 60 Friday September 11, 2009

ATM Lesson #144 - Diana Razumny

Head fixed/rolling with tailbone circles, on knees

CD#12/T23 [60 min] DVD#S06-10 Scene 1 [61 min] Source: AY#52

On back, roll head w/L hand on forehead, R hand behind head. Chng hands, rpt. Rpt on knees. Stay on knees, fix head w/hands, draw imaginary circle on floor w/tail. ROB, rpt w/hands chnged, rvrs direction of tail circle. Note shape/center of circle on floor. On front, forehead on R palm, L hand behind head, L elbow lifted, roll head. Chg hands, rpt. On L knee, R foot, roll head w/hands. Fix head, circle tail. Chg legs/hand, rpt. On back, roll head btwn hands, chg hands, rpt. On knees, roll head btwn hands, start tail circling w/o interruption of head roll. Chg direction of tail circle. Fix head, cont tail circle, note size, shape, center of circle on floor. On front, head btwn hands, slide knees up to side alternately, keep head fixed. Go slow, track vertebrae of whole spine. Cont w/hands chg. Faster. Stand on L knee/R foot, fix head w/hands, draw tail circles, note hips. Cont, attn to belly button circling and what plane? Go btwn attn to tail/belly circles. Cont, begin head rolling. ROB, rpt w/hands/legs chg. Switch attn btwn belly/tail circles. Add rolling head w/o interruption. Stop pelvis movement, roll head, begin tail circle again w/o interruption of head. ROB. Sit, soles tog, head btwn hands on sides of head, fingers pointing backwards, roll head, point at top of head stays in place. Stand on knees, rpt. Cont, start tail circle w/o interruption. Chg circle direction. On knees, hold head, imagine elbows resting on table in front, circle tail. Chg attn to belly circle. Change direction of circle. Chg attn btwn belly/tail. ROB.

Discussion #112 - Diana Razumny

About ATM lesson & between segment activities

CD#12/T24 [26 min] DVD#S06-10 Scene 2 [53 min]

Use of language by Moshe. Use of the term listening. Moshe changed his language after he met Erickson.

Groups of 4 discuss between segment activities. What I am suggesting to myself to do between segments. Number of ATMs and/or FI practice/week. Choose study buddy to check in for support about what you are doing. How many times do you want to speak between segments? Find trio and choose ATM to teach for next time. Study whole lesson. Be ready to teach whole and when together next segment, choose which 3rd you will teach.

Discussion #113 - Diana Razumny

Moshe video of touching toes FI

CD#12/T25 [32 min] DVD#S06-10 Scene 3 [32 min] Source: Amherst July 22, 1981 (tape 53)

FI Exploration #54 - Diana Razumny

Stand with hands on table, flex/extend to touch toes & sit to stand

CD#12/T26 [min] DVD#S06-10 Scene 4 [min]

Demo with Bear. Work in partners based on Moshe video. Also practice sit to stand while rolling head.

ATM Lesson #145 - Diana Razumny

Cross leg tilts with long arms

CD#12/T27 [min] DVD#S06-10 Scene 5 [min] Source: AY#240

On back, bend knees, R arm long overhead, palm up, L arm down alongside, palm up, reach/lengthen arms in direction of fingers without moving head. Stand R leg, push floor with R foot, feel force move up through spine, leave head in place facing ceiling. Repeat-other side. L arm long overhead, cross R leg over L, tilt legs R. Change over legs, tilt L, allow R shoulder to lift, lengthen L arm, palm rolls towards floor. Continue so roll to L side, head on L arm. Repeat-other side. L arm long overhead, L leg over R, legs to L until head rolls onto L arm and L palm turns towards floor, stay to L, R hand over top of head, hold L temple, lift head. Note R ribs/pelvis come together. On back, R arm down, L leg over R, tilt L, note change. Hand turns easier? Repeat-other side. On back, stand feet, L arm long overhead, lift R leg in air, take leg to L, R hip lifts. L leg remains standing, note R arm/shoulder. Cross R leg over L, tilt legs L, stay L, straighten R leg and take towards L hand. L arm long overhead, R leg crossed over L, tilt legs R, straighten R leg and take it towards head. Repeat-other side. R arm long overhead, L arm down along side, palms facing ceiling, L leg standing, lengthen both arms. Turn head towards R hand as L hip lifts. Continue, turn face to L when hip lifts. Alternate head looking up/right and down L. Repeat, other side. R arm long overhead, L down, both palms facing floor, turn R hand more so thumb presses floor. Stand L foot, lengthen arms, alternate looking towards hands. Repeat-other side. Feet standing, arms extended overhead, lift pelvis, note arms with pelvis lifted then slowly lower pelvis, keeping arms where they were while lifted.