

## Day 61 Monday November 30, 2009

### ATM Lesson #146 – Diana Razumny

#### Taking off sweater with arm clock, on back

CD#13/T01 [64 min] DVD#S07-1 Scene 1 [65 min] Source: Amherst & Diana's variation to prep judo roll series

On back, slide hand along floor, onto pelvis, around/up to opp shoulder. Gradually increasing w/reversing, until finally arm moves across face and onto floor overhead. Do each arm then both at same time. Use pelvis lifting to facilitate arms overhead. –Lengthen arm, hand caressing thigh, move little towards midline, rpt, imagine clock, continue around numbers. Shoulder is center of clock, arm is hand on clock. Go completely around clock. Note shoulder girdle, head, C7, connection of arm to head and into ribs. Rpt OS, track changing pressure of back on floor. –Imagine clock on the floor. Note changes in shape/pressure of front/back with changing direction of arm/hand to clock numbers. Direct arm in such a way that can create pressure against the floor moves in direction of number on the clock. –Stand R foot, go around clock with R arm a few times. Leave R arm up at 11 or 10, lying on floor, lengthen out L heel, note effect on R arm/hand. Create response, once lengthen R hand, once L heel. –Bring R hand to L hip/thigh, lengthen out L heel, pause then lengthen R arm towards L hip. Imagine band/string from L heel up leg to hip, cross back to R shoulder, wraps over shoulder down arm to ring finger. Lengthen heel/hand, feeling connection of the band all along back side. Hook band to 2<sup>nd</sup> toe, through heel, all the way to ring finger again. Stretch the string/band by lengthening both, round back side along that line so it gets longer in back, little shorter in front. Arm curved, leg/heel lifts a little. Rpt OS.

### Discussion #114 – Diana Razumny

#### Changes in the training

CD#13/T02 [46 min] DVD#S07-1 Scene 2 [50 min]

Read letter from Alan about his decision to not be educational director as he is moving to Australia. Diana led group through process to become aware of feelings, thoughts and bodily sensations upon hearing the news about Alan leaving. Students shared thoughts and feelings.

### ATM Teaching #28 – Diana Razumny

#### Discussion about ATM practicum preparation

CD#13/T03 [48 min] DVD#S07-1 Scene 3 [48 min]

Discuss the between segment preparation. How'd go? Will save for March segment with Katrin so 2 of us can observe. This segment will be mostly ATM lessons to emphasize immersion in the method. Dianne: how to use noticing comments. Colleen: how many variations there are for some lessons. Devon: how to simplify movements so that anyone in the public can understand the instruction. Maybe do not start with series or drop in classes so you don't have new people every time.

### ATM Lesson #147 – Diana Razumny

#### Judo Roll #1, prep, circling cheek on floor

CD#13/T04 [52 min] DVD#S07-1 Scene 4 [54 min] Source: San Francisco ala D. Leri

Hands/knees, bring side of face to floor, roll line of pressure along side of face from jaw to above ear. Same position, roll pressure line front/back. Circle line of pressure one direction then other. Repeat OS. Hands/knees, slide R arm through gap of other hand/foot, diagonally to take head under to see ceiling, stay there, move standing hand (gap) around/behind top of head, roll towards shoulder. Repeat OS. Repeat sliding arm through, stay, stand toes, lift knee on side head goes towards, straighten leg, rolling more onto opposite shoulder. Feel diagonal connection from toes to opposite shoulder. Repeat OS.

### Discussion #115 – Diana Razumny

#### About ATM lessons

CD#13/T05 [33 min] DVD#S07-1 Scene 5 [33 min]

Discussion and questions about images used in lessons. Lengthening basic to the method. Connection between images and sensing.

### ATM Lesson #148 – Diana Razumny

#### Folding with lines from ears & eyes #1, sitting

CD#13/T06 [30 min] DVD#S07-1 Scene 6 [30 min] Source: AY

Sit, legs crossed, note sit bones, exaggerate so take more weight to side of more weight. Switch leg crossing, compare. Return to first crossing. Fold forward, change attention to parts of spine. Imagine rubber band from L ear to L elbow,

continue folding. Repeat OS. Continue folding, imagine bands from ears to sit bones then from ears to top of spine. ROB. Sit, leg crossing switched, line from center of L eye to L knee, R eye/R knee, fold. Bend head to side then down to front, return, add in the lines/bands. Extend back, long in front, stay, turn just head at top of spine side/center. Repeat while leaning back on hands behind. Repeat OS. Repeat, turning head side/side. Return to folding forward, imagining the lines.

## Day 62 Tuesday December 1, 2009

### ATM Lesson #149 – Diana Razumny

#### Judo Roll #2, prep

CD#13/T07 [45 min] DVD#S07-2 Scene 1 [47 min] Source: San Francisco a la D. Leri

Hands/knee, bring R side of face to floor, roll up/down on side of head. Then roll forward/back, taking eyes side/side, going with the movement. Then make circle around side of head. Repeat OS. Hands/knees, slide R arm on floor through gap of L knee/hand, take arm under gap w/arm going towards looking at ceiling. Stay under gap, stand toes, lift L knee so roll more onto R shoulder. Repeat OS. Hands/knees, R arm/head through gap, stay on R shoulder, lift L arm straight up towards ceiling, make fist, circle straight arm, gradually leg circle grow larger until arm becomes almost horizontal. Repeat OS. Slide R arm/head through, stay, toes standing, L hand on head, roll head, can add lifting L knee. Repeat OS. Take R arm/head through gap, toes standing, lift knee, reach R hand towards L toes.

### Discussion #116 – Diana Razumny

#### Questions & Elements of teaching ATM

CD#13/T08 [57 min] DVD#S07-2 Scene 2 [58 min]

Dani: question about working with large, difficult woman. Moshe would be the advocate for the symptom. The symptom is an intelligent choice by the system at the time to survive. So acceptance of person's habits as important part of them. Moshe honored the intelligence of the person's system. We are capable of being on the cutting edge of consciousness. This work trains you to slow down and change our reactions. Csara: idea of going slow and doing less so important. Explore within our frame. So go less and slow. Dani: question about teaching NIA and judging movement of dancers. Monica: about reader response theory: Wolfgang Isa. Constantinople school in Germany. Tony: about asking is it personality. We think it is the person's personality and that blocks us. Dianne: teaches need to improve students to be successful but in this method there is no competition, to back off from end range so Dani's difficult person may still be coming back to class because it still helps her.

Elements to teaching ATM: Safety, passion, compression, containment, language, clarity, lesson: structure, awareness, adaptability, observation... made mind map of all these and other features that relate to ATM teaching. What elements do you need as a teacher. Hygiene, personal presentation, curiosity, non-attachment, experiencing the lesson many time in different ways and making notes, environment,

### ATM Lesson #150 – Diana Razumny

#### Sawing arms #1: sliding crossed arms in front, on back and sitting

CD#13/T09 [35 min] DVD#S07-2 Scene 3 [36 min] Source: San Francisco Training Year's 3 & 4

On back, stand feet, arms bent in front, forearms crossed, R inside L, hold L still and slide R across L forearm. Same position, move along L arm with one point of R forearm sliding from elbow to wrist. Same position, arms crossed, move L arm across one point of the still R arm. Same position, slide middle of L forearm along R arm from R elbow to R wrist. And repeat the 4 variations with L arm inside. Sit cross-legged, arms crossed in front same way, R arm inside the L, move R arm across one point in middle of L forearm. Repeat 4 variations with the L arm inside. On back, feet stand, arms crossed, R inside, slide both arms so hands come towards ears and elbows start coming closer together. Sit, R arm inside, repeat sliding both arms so hands come towards the ears. Change crossing, repeat.

### ATM Teaching #29 – Diana Razumny

#### Creating a lesson

CD#13/T10 [18 min] DVD#S07-2 Scene 4 [65 min]

Take a few moments to think. Thought experiment – making up a lesson for chosen activity. Think of an activity that you would like to create an ATM around. "Talks with Moshe". Guided process, imagine talking with Moshe – ask him how you might start a lesson that would address your activity. What would be the first thing to do or the last thing? What would be in the middle? What are some important elements to consider? Meet in trios and share activity. Begin to sketch out an outline, jot down a few ideas. We'll revisit. Groups of 4 discuss ideas. Whole group discussion. Diana related what she heard in groups: literal use or use components of movement. At this point please don't invent ATMs but use the great wealth of tested lessons that have been created.

## **ATM Lesson #151 – Diana Razumny**

### **Side bend in side sitting**

CD#13/T11 [46 min] DVD#S07-2 Scene 5 [47 min] Source: AY

Sit, R leg back, lean on L hand/arm behind, R arm over top of head, bend to R. Repeat OS. R leg back, hold R ankle w/R hand, extend L arm straight out in front at shoulder height, turn L so L arm goes around to L, eyes on hand. Repeat OS. Sit, R leg back, hold R ankle w/R hand, L arm over top of head, finger on temple, thumb behind ear, turn to look up in direction of L elbow. Add returning w/head/elbow down to R, breathing in when looking up to L, exhale when head/arm go down to R. Repeat OS. Sit w/R leg back, lean on L hand, extend R arm straight out to side at shoulder height, lengthen arm out to R. Same quickly. Repeat OS. R leg back, interlace hands on top of head, tilt head side/side. Quick. Repeat OS. Sit cross-legged, arms out in front, switch crossing few times. Stand, walk.

## Day 63 Wednesday December 2, 2009

### ATM Lesson #152 – Diana Razumny

#### Judo roll #3, prep, shoulder stand

CD#13/T12 [55 minutes] DVD#S07-3 Scene 1 [55 min] Source: San Francisco ala D. Leri

On hands/knees, top of head on floor, roll pressure point along top of head towards back of head then towards forehead/nose. Repeat but interlace hands cupped above/at head, roll on head again, noting movement all along spine. Repeat, stopping head from moving so all movement is in the spine, pelvis, hips. Same position, add toes standing, repeat movement, asymmetrically. Repeat, attn to pelvis moving. Return to hands standing to sides of head, elbows in air, roll head side/side. On hands/knees, slide R arm/head through gap of L hand/knee. Repeat OS. Hands/knees, slide R arm/head through to L, stay, L hand on forehead, roll head side/side. Repeat OS. Hands/knees, take head through gap to L, leave R arm straight out to R, toes for running, lift L knee, roll onto R shoulder, R palm rolls towards/away from floor. Repeat, add, L knee lifts then R knee lifts, both in air, return R knee then L knee. Repeat OS. Same position, keep both knees in air, walk feet around to L side where head is so end up on both shoulders. Repeat OS. ROB.

### ATM Teaching #30 – Diana Razumny

#### Movement observation

CD#13/T13 [23 min] DVD#S07-3 Scene 2 [24 min]

Groups of 3 demonstrate movements from ATM and then switch to other groups of 3 rotating through class.

### ATM Lesson #153 – Diana Razumny

#### Sawing arms #2: sliding crossed elbows, on back and sitting

CD#13/T14 [37 min] DVD#S07-3 Scene 3 [37 min] Source: San Francisco Training Year's 3 & 4

Review what you remember from sawing arms yesterday. On back, knees bent, right arm crossed on inside of left, both elbows bent, have the crooks of the elbows together, slide right elbow to come towards left and then through. Think of the right hand moving towards the left ear. Repeat but move the left arm so that the right elbow starts to come past the left. Repeat idea but both arms are moving, right elbow goes past left, hands go towards ears. Sit, right arm bent inside left bent arm, as when lying, slide right arm inside of left so right elbow goes passing left elbow. Continue so you do the variations done on back. On back, knees bent, left arm inside right, bring elbows near each other, slide the left towards and going past the right. Repeat variations of each arm moving then both, as above. On back, right arm inside of left, slide the arms so elbows cross and hands come towards shoulder blades, behind the neck, fingers towards each other. Repeat with left arm inside. Sit cross-legged, right arm inside left, reach hands behind neck, over back of head, shoulders. Switch crossing of legs and arms and repeat. Sit, right arm straight out in front, thumb down, cross left straight arm over left, thumb down, interlace fingers, bring hands to chest, slide right elbow through. Repeat with arms switched. On back, repeat arms crossed with interlaced fingers, sliding hands up, elbow coming through and past other. Do both variations of which arm is on top. Repeat, note the gap between the forearms, slip overhead so head comes through gap. Go back to just sliding elbows across each other, bringing hands towards back of neck.

### Discussion #117 – Diana Razumny

#### Questions

CD#13/T15 [21 min] DVD#S07-3 Scene 4 [21 min]

About schedule being a little loose and with Diana meeting with students at lunch and giving a lesson, please use all of the day as a learning and if anything comes up, use it to keep learning. If it is strong enough then please bring it to the group or the staff. About talking with Alan Monday night. Tony: ATMs demanding on shoulders and worry about neck but it seems to be fine. Both series are demanding. Christy: learning how we learn. Emotion that comes up for me when I can't do or complete a lesson.

### FI Exploration #55 – Diana Razumny

#### Exploring ATM movements from recent ATMs

CD#13/T16 [40 min] DVD#S07-3 Scene 5 [40 min]

Demo with Tony. Taking off the sweater ATM. On back, lengthening arm along side. Then lengthening arm diagonally across chest. About C7 and connection of arm into spine. As you change the angle it does something different. Can hook on to condyles of elbow and pull arm overhead. Other hand holds wrist. How does that affect neck? Then lengthen arm out to side. Questions. Demo with Christy. Shoulder movement of taking the arm under that is easy first from Judo prep lesson on all fours of taking one arm and shoulder under and diagonally across the body. Head follows. Went to wall with back

pressing in against wall as arm reaches forward and diagonally so scapula can slide forward around ribs. The free standing with arm reaching up and diagonally as leg lengthens in bow as in ATM. Will not work with difficult side now.

## **ATM Lesson #154 - Diana Razumny**

### **Folding with lines from ears & eyes #2, circling head, sitting**

CD#13/T17 DVD#S07-3 Scene 6 [38 min] Source: Alexander Yanai

Sit, legs crossed, hands resting on knees, fold forward, imagine 6 lines/bands: ears to elbows; ears to sit bones; eyes to knees. Bend forward, note lines. Let head hang forward, swing little to R like pendulum. Repeat OS. Swing head side/side. Lean back on hands, fold, chin to chest, roll head over to R shoulder, continue around circle, reverse directions. Return to hands resting on knees/legs, fold/unfold, note lines. Stand on knees, circle head from front/center around to R and back center, return and repeat going to L and back and return. Sit, fold forward/extend back, leave head back, turn face little to R few times then to L then L/R. Return to simple folding, note lines. Kneel on L knee/R foot, hang head to R, swing head around circle one direction then other with starting point to R side. Repeat OS. Sit cross-legged, hang head back, turn side/side, eyes. Sit, hands on hips, circle head. Stand on knees, circle head each direction.

## Day 64 Thursday December 3, 2009

### ATM Lesson #155 – Diana Razumny

#### Sawing arms #3: crossed arms with interlaced fingers; hold chin, on back and sitting

CD#13/T18 [53 min] DVD#S07-4 Scene 1 [55 min] Source: San Francisco Training Year's 3 & 4

Review what you remember of "sawing arms" lesson. Sit, arms straight out in front, right over left, interlace fingers, bring hands to belly continue, bringing up in front of chest/throat/face, slide the right elbow through and past the left. Repeat arm position, start with the right elbow through a little then slide the left elbow around the right elbow. Then move both elbows to create the slipping of the elbows past each other. Repeat starting the finger interlacing by crossing the left arm over right. On back, repeat variations with each arm crossing. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head. Leave the right elbow through and slide interlaced hands around from one side of head over the top to the other side. Sit, do the same variations starting the finger interlacing with the left arm crossed over left, slide elbows through, take interlaced fingers to each side of head and around the top from one side to the other. Lie on back again, repeat, starting the finger interlacing by crossing the left arm over right. Sitting, left arm forward, right over top, interlace fingers, bring hands through near body then continue so the hands go out in front, arms straighten and lift right shoulder to right ear. Change arm crossing, repeat bringing hands through straight out in front, lift left shoulder towards left ear. Sit, cross right arm over left, interlace fingers, bring hands through and out in front and then down a little in front. Repeat, each time coming through bring hands out and down in front to one side, the other, the middle, varying each time where hands come through. On back, knees bent, feet standing, right arm behind head, hold right wrist with left hand. Can start by holding right wrist with left hand while hands are on chest and then take right arm behind head, pull wrist to bring left elbow down towards the pelvis as the right arm slides more behind head and right hand comes towards chin. Look to the left so chin meets the hand as the hand meets the chin. Repeat in sitting. Stop when you get to holding chin with right hand and take head and arms in different directions, bending forward, looking up and around. On back, switch arms, repeat variations. Repeat variations in sitting on back. Return to having right arm behind head, holding chin with right hand, stand feet, lift pelvis and head and circle around upper back. Repeat with arms switched. On back, stand left foot, right arm behind, holding chin with right hand, push right foot to roll to left, knee stays to ceiling, head forward of arm so it's on the floor, very gently lift the right elbow a tiny amount. Repeat on other side. On back, bring interlaced hands through, create gap between forearms and slide head through the gap. It's ok to let hands separate and then come together again at back of neck. Repeat in sitting.

### ATM Teaching #31 – Diana Razumny

#### About ATM lessons

CD#13/T19 [30 min] DVD#S07-4 Scene 2 [30 min]

Gail about awareness of ribs. Monica about the circles of movement in the ATM. How to language different circles of cones or circling head or pelvic clock, etc. Question comes from practicing ATM to teach in class for practicum. So took AY lesson and Diana read instructions to class to try it out with the class. So be good that the groups practice their lessons over the coming days and come back with questions to the class during this segment.

### ATM Lesson #156 – Diana Razumny

#### Judo roll #4, prep with shoulder stand prep, on back and sitting

CD#13/T20 [45 min] DVD#S07-4 Scene 3 [45 minutes] Source: Alexander Yanai #9

On back, lift bent legs, put fists under pelvis, bring legs overhead. Add lifting head when knees come over chest. Sit, legs bent, feet on floor, arms out in front, roll back, swing legs overhead. On back, arms alongside, swing legs overhead, pushing arms against floor, leave pelvis in air over for moment before returning. Start again, feet flat on floor, leave R foot on floor and push to help bring L leg overhead first and then R leg follows. Repeat OS. Sit, stand L foot, R leg long, push L foot to start swing of R leg overhead, following with L leg. Stand R foot on floor, hold L foot w/L palm on inner edge of arch, fingers reaching to outer edge of foot, straighten/lengthen L leg up towards ceiling. Add lifting head w/R hand when leg lengthens. Repeat OS. Hold both feet, lengthen both legs, note area of pressure against floor along back side. Add a little rolling. Sit, soles together, hands behind head, hang head forward, fold/unfold torso. Sit, L foot standing, R leg long, lean on L hand behind, turn head to L, R hand behind head to hold L ear, lean on L hand, bring R ear towards L knee. Repeat OS. Sit, stand L foot, lean on R hand, face R, L hand on R ear, L elbow towards R knee. Repeat OS. Sit, soles together, hands behind head, hang head, fold/unfold torso. On back, hold both feet from inside arch, lengthen legs, roll back. Swing legs overhead, pelvis up, hands hold pelvis up, legs together, lift/lower legs, feet to ceiling/floor. Legs overhead again, lift lower one leg, pause, then other leg. Both legs up/down. Stand feet, fists under pelvis, swing legs overhead, compare to beginning. Stand.

## **FI Exploration #56 - Diana Razumny**

### **Exploring rib cage and shoulder girdle**

CD#13/T21 [28 min] DVD#S07-3 Scene 4 [29 min]

Demo with Dianne. Continuing class FI after lunch with whole class watching. Repeating some of what were done earlier. Moving scapulas, sternum, breathing into back, playing with ribs, breathing into resistance of fingers on ribs. Rotate hip joint. Have Dianne hold her left knee with both hands and allow knee to move away while Diana holding neck and contacting C7/T1 and supporting movement. Continue to work with shoulder girdle and ribs while Dianne stays on back with feet standing and Dianne holds knees up with extended arms while Diana contacts neck and lifts head. Feeling for connection of shoulder girdle into spine.

## **FI Exploration #57 - Diana Razumny**

### **Showing FI practices**

CD#13/T22 [19 min] DVD#S07-3 Scene 5 [62 min]

4 tables with students demonstrating what they have been practicing between segments. Then pairs rotate so all students get to show what they have been practicing. At end write something about when you were receiving that interested you. Group discussion.

## **ATM Lesson #157 - Diana Razumny**

### **Judo roll #5, prep - arm behind back, tilting legs, on back**

CD#13/T23 [41 min] DVD#S07-4 Scene 6 [41 min] Source: Moshe Tucson

On back, stand R foot, slide R palm under low back, leave it there whole time, take R knee L/R. Legs straight, press undulation from heels, pelvis, lumbar, shldrs, up to head, back down. Stand R foot, take shoulder up/down, forward back. Turn face to R in relation to R shoulder going forward/back. Cont, lift L shldr w/head roll to R, R shldr presses. Do undulation w/R foot standing. Take shoulder slide R arm under more, take head/knee R/L in opposition. Repeat but w/L arm extended towards ceiling. Cont, add extending L arm, knee/head in opp. Bend L leg, lift L hip, put L hand on R, lower L leg, press heels to tilt pelvis L/R, then leave feet passive and tilt pelvis L/R, bent legs over chest, roll pelvis L/R, start lifting pelvis, rolling up back. Legs long, undulate. Stand L leg/foot, hold R wrist w/L hand, tilt L knee R, roll pelvis, start rolling towards R side, L hand pulls R wrist. Stand both feet, lift pelvis, slowly slide R arm out to R, lengthen legs. Stand, feel arms, lie, Rpt OS.



## Day 65 Friday December 4, 2009

### ATM Lesson #158 – Diana Razumny

#### Sawing arms #4, exploring C7, on back, sitting and on knees & head

CD#13/T24 [44 min] DVD#S07-5 Scene 1 [45 min] Source: San Francisco Training Year's 3 & 4

Sit, hand on top of head, tilt torso forward/back from sit bones. Switch to bringing torso forward/back keeping head more or less where it is with a little sense of weight on top of head to keep it in place while torso moves relative to head forward/back, thinking of C7. Both hands on top of head, move torso under head again. On back, think of C7 and move it a little forward/back. Sit, repeat taking C7 forward/back with each hand one at a time. On knees and top of head, hands interlaced around head, forearms and elbows on floor, take C7 forward and back, pelvis stays in place. There's a little line of movement at top of head on the floor. Same position, let pelvis move head-ward and foot-ward, allow shoulder blades to separate and come together, belly drops forward and comes back. On back, bring C7 forward/back. On back, feel along back of neck from base of skull with one hand, then the other then both. Sit, one hand on head, other at C7, move C7 forward/back. On back, feet standing, tilt tail down towards floor so lower back is lifted, back and forth a few times then stay with tail down, note breathing. Tilt pelvis again, tail down towards floor and feel what happens with C7. On knees, top of head on floor, hands under knees, move C7 forward/back. Sit, roll head between hands. Switch which hand is in front. Hands interlaced on top of head and move C7 forward/back. On knees, top of head on imaginary clock, hands under the knees, move head between 12 and 6 a few times and then between 3 and 9. Sit, roll head between hands. On knees and head, hands interlaced and wrapped around head at floor, imagine clock, circle top of head around clock, note base of neck/C7 making circle. On back, touch along back of neck with fingers. On knees and top of head, hands standing to sides of head, elbows in the air, circle top of head around the clock. Repeat but with hands behind back, one hand holding other wrist. Sit, take C7 forward/back. Repeat with one eye closed at a time and note difference between the two. Sit, lean on L hand, R hand on top of head, circle top of head thinking about C7 moving opposite direction of head also making a circle. Switch hands and repeat. Lean back on both hands, take head to look up/down, taking C7 opposite. Then head L/R with C7 moving opposite direction. On knees and top of head, hands under knees, make 3 small circles around clock in each direction, attention to C7 moving in circle. Rest on back, note breath, roll head L/R.

### FI Exploration #58 – Diana Razumny

#### Posture observation

CD#13/T25 [12 min] DVD#S07-5 Scene 2 [44 min]

Groups of 3. Student sits while one practitioner holds student's head still and other practitioner rides along while student moves C7/T1 and top of clavicle forward and back. Next student on all fours with top of head on mat. Practitioner puts thumb/forefinger on C7/T1 and student pushes into fingers and then away from fingers and students can roll on head as moves forward and back. Next student on back with feet standing with practitioner at head. Reach under behind and find C7/T1 and student roll pelvis up and down so practitioner can feel relationship so can get picture of rib ring for practitioner and student.

### ATM Lesson #159 – Diana Razumny

#### Judo roll #6, prep – elbows/knees together/apart, shoulder stand, walk feet around

CD#13/T26 [45 min] DVD#S07-5 Scene 3 [46 min] Source: Moshe Tucson

On back, stand feet, L hand behind head, lift R foot, R hand behind R knee, bring elbow/knee towards each other mainly from organizing torso. Repeat w/head turned to R. Repeat OS. Slide R forearm behind both knees, L hand behind head, elbow/knees towards each other. Repeat OS. Hands/knees, R cheek on floor, stand toes, make circle around cheek. Repeat OS. Hands/knees, R arm out to R on floor, head under gap to L, lift L knee, rolling towards shoulder. Add lifting one knee then other. Next, stay w/knees up, walk feet around to R so end up on both shoulders, chin to chest. Repeat OS. Stand, walk.

### FI Exploration #59 – Diana Razumny

#### Posture observation continued

CD#13/T27 [12 min] DVD#S07-5 Scene 4 [44 min]

In trios, mover, observer and witness. Observer takes snapshot of the posture of mover. Observer then turns away and mover makes very small change. Observer turns back and sees if he/she can see change. Witness watches whole process so he/she see the change made by the mover. Next, mover cope an attitude, have an internal state that you take on and see if observer can see it. Next, mover tighten some area and see if it can be identified. Groups combined into 6 students. One trio show favorite things that you found to the other trio. Then whole group watches the best. Then group discussion about what was learned. Dianne: attitude was the hardest and learned the most. Harald: difficult to activate just one

muscle. Tony: we noticed a lot. Dani: trusting myself in my perceptions. Christy: how often the clothing was the clue. Monica: Important to look from different views to see more.

## **ATM Lesson #160 - Diana Razumny**

### **Roll pelvis/hip joints #1, circling straight leg, on back/arms overhead**

CD#13/T28 [49 min] DVD#S07-5 Scene 5 [29 min] & Scene 6 [21 min] Source: Alexander Yanai #268

On back, stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations alternate sides: straight leg lifts/lower; stays lifted and goes L/R; lift straight leg then circle; lift and lengthen through heel; leave straight leg lifted and lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Do that same thing but with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, attn to knees moving little in up/down plane. Make small quick circles.

## Day 66 Monday December 7, 2009

### ATM Lesson #161 - Diana Razumny

#### Roll pelvis/hip joints #2, circling bent leg, on back/arms overhead

CD#14/T01 [55 min] DVD#S07-6 Scene 1 [55 min] Source: Alexander Yanai #269

Start with reference of returning home of any sort while standing. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. Return to soles together, circling pelvis. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, R knee to floor, repeat w/L knee then alternate R/L. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

### Discussion #118 - Diana Razumny

#### About ATM lesson

CD#14/T02 [38 min] DVD#S07-3 Scene 2 [38 min]

Question about slow movement and then fast return to center. Gail: ribs called into play as in past lessons. Dianne: pushing the back backwards is still new and how do we help students with this during the lesson. Tony: good to have the students remember what was done in past segments. Diana: things are said but student doesn't hear it until they are ready to hear it and the experience changes over the segments. These lessons are variations of the pelvic clock lessons. We are looking for how to evenly distribute the effort. Christy: language is still limited, when to give hint to involve more of our bodies. People will pick the movement based on their habits. Taking people on journey by starting with one movement and then adding on possibilities. Harald: nothing wrong with differentiating the movement but knowing that that is what you are doing is important to decide. Tony: to continue to explore and looking for other possibilities. Dianne: moving leg changes from just the leg to a larger picture of the leg in the body. Monica: in Pilates people think it is a lot of isolation but it is more in relation to stability, you can move more organically to have a movement travel through you, even in much more subtle ways of feeling really, really small movement through the body. Dianne: timing, time to explore movements seems very short. Is that deliberate?

### ATM Teaching #32 - Diana Razumny

#### Prepping for questions regarding practicums in March

CD#14/T03 [7 min] DVD#S07-6 Scene 3 [8 min]

Guidelines for preparing questions for Thursday. Bring ATM teaching questions, giving a clear context so it's not necessary to review the whole lesson. If you have your questions today, write them down and hand them in. Write on board/paper names in your trio and lesson name and source of the lesson. ATM certification is after practicum and having 80 days of training and then you will receive cert and can charge for teaching ATMs and bringing back questions to the training.

### FI Exploration #60 - Diana Razumny

#### ATM lesson into FI

CD#14/T04 [28 min] DVD#S07-7 Scene 4 [28 min]

Demo with Gail. Position of standing leg. Then lift left leg and see how the movement moves through. How to transfer ATM into FI. Literal way is to do the movement from the ATM for the person. Working with the pelvis through direct contact and through lifting the leg. Worked for 25 minutes but purpose with running commentary is to help you absorb by watching and will help in your work later.

### ATM Lesson #162 - Diana Razumny

#### Sawing arms #5, hug shoulders, elbows & C7 move forward

CD#13/T05 [59 min] DVD#S07-6 Scene 5 [59 min] Source: Moshe Tucson

On back, take C7 forward/back (relative to floor/ceiling). Sit, L hand on top of head, slide C7 a little forward/back. Repeat with R hand on head. Arms bent up in front, right arm closest to you, slide the R elbow across and through L elbow. Note head tilts R as elbow goes through, R ear goes towards R shoulder, base of neck/C7 slides L. Repeat with L elbow in front and sliding through. On back, knees bent, arms bent in front, R closest to you, slide R elbow through L, bring hands to shoulder blades, take the elbows towards the ceiling, feel the base of neck/C7 slide forward (to ceiling),

exhale with movement. Repeat, arm crossing reversed, think of shoulder blades sliding forward with C7 when elbows come forward. Knees bent, one hand on belly, one on chest, seesaw breathing. Repeat with breath held in and then held out. Knees bent, R arm inside L, crossed at elbows, hands on shoulder, elbows towards ceiling, seesaw breathing, note C7. Repeat with L arm inside, coordinate C7 coming forward when belly is pushed forward. Cross R elbow in front of L, hands on shoulders, elbows towards ceiling, take elbows more forward towards ceiling, note C7, breath. Re-cross arms, repeat. Sit, arms straight out in front, R crossed over L, interlace fingers, bring interlaced hands to belly then up through to face and bring R elbow through L, hands go towards R side of head note movement at C7, R ear towards R shoulder. Repeat with reversed arm crossing. On back, feet standing, think of bringing C7 forward/back. Think of movement you were doing with the arms to help with the feeling of C7 moving. Sit, hand on head, slide C7 forward/back. Cross R arm inside L, slide R elbow past L, feel shift on sit bones, head to shoulder. Switch arms, repeat. Sit, cross straight arms, R on top, non-habitual interlacing of fingers, slide R elbow through, keep hands connected, continue with R elbow so it goes towards ceiling, hands slide by shoulder. Play with straightening and bending arms, bringing them all the way through in front to sides, middle. Repeat with legs and arms changed. On back, sense breathing, imagine C7 sliding forward/back.

## **Discussion #119 - Diana Razumny**

### **Anatomy of shoulder video & review of movements from shoulder**

CD#14/T06 [38 min] DVD#S07-7 Scene 6 [38 min]

Acland's video of shoulder anatomy using cadaver. Demo/review of movements learned of moving from shoulder. Group discussion follows. Can view video during lunches.

## **ATM Lesson #163 - Diana Razumny**

### **Judo roll prep #7, knees to nose & ceiling**

CD#14/T07 [34 min] DVD#S07-7 Scene 7 [35 min] Source: San Francisco ala D. Leri

Sit, arms out in front, roll back, feet overhead and swing back up to sitting. On back, legs bent, lift legs, bring hands to support pelvis up in air, knees towards nose. Lift knees away from face, lower legs hang down as knees go up towards ceiling. On back, feet standing, roll pelvis up/down. Support pelvis in air w/hands, knees up to ceiling, lower legs hanging down, feet towards butt, do same movement of pelvis/tailbone. Support pelvis, knee up towards ceiling, bend/unbend knees so feet go towards ceiling. Repeat one leg at a time. On back, walk shoulders towards feet to be able to hold ankles. Pelvis in air again, keep knees bent, lift lower knees to face/ceiling, feet stay near butt. Pelvis up, legs straight up to ceiling, lower feet towards floor overhead, back to ceiling. Repeat but without support of hands, arms on floor overhead. Pelvis up, legs parallel to floor, imagine putting pants onto one leg then other, using arms/hands. Pelvis in air, legs overhead, arms overhead, spread legs, toes to floor. Repeat w/legs close together, bend one knee and other, thinking of taking knee to floor near head. Stand

## Day 67 Tuesday December 8, 2009

### ATM Lesson #164 – Diana Razumny

#### Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead

CD#14/T08 [30 min] DVD#S07-7 Scene 1 [31 min] [AY#270]

On back, feet stand, roll pelvis up/down, thinking lower back lift/lower. Clarify symmetry of rolling pressure. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift/lower lumbar, sym rolling on sacrum, pause, lift R side pelvis, roll onto L side. Do other side. [Continued below] On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. Stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. Stand one foot, repeat the side bend from before, take hand that was overhead down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, bend down to R side to hold in front of R knee, L arm extended overhead on floor, lift/lower L arm. Leave arm down and lift R knee, then lift arm, head and knee together, look at hand. Rpt OS. On back, stand R foot, hold in front of R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat OS. Repeat, add arm that's overhead on floor slides more overhead towards overhead. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly.

### Discussion #120 – Diana Razumny

#### About ATM lesson

CD#14/T09 [41 min] DVD#S07-7 Scene 2 [44 min]

How was Diana teaching the lesson. Long scan because of visitor new to the method. About the style of teaching. Students will most likely be teaching to beginners. People can fall asleep very easily so when you slow it down and vocal tone is very important to moderate. How to supervise practicums and give feedback but somehow not judge student. Example of Diana's soft voice being criticized and how it affected her in mostly good ways but aware of how feedback can affect students and how to do it in a helpful way.

### ATM Teaching #33 – Diana Razumny

#### Making notes for AY#54 in small groups

CD#14/T10 [6 min] DVD#S07-7 Scene 3 [30 min]

Handout of AY#54 – Start making short notes individually for ½ hour. 3 small groups gather, each group has one of the teachers who has been preparing this lesson for March practicum. Monica, Gail & Colleen.

### ATM Lesson #164 continued – Diana Razumny

#### Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead continued

CD#14/T11 [39 min] DVD#S07-7 Scene 4 [44 min] [AY#270]

See above for full synopsis.

### Discussion #121 – Diana Razumny

#### About Devon's FI lesson

CD#14/T12 [15 min] DVD#S07-7 Scene 5 [9 min (first 7 min not recorded)]

One strategy: Pick a particular area and see how to come at it from many different angles to reinforce the idea of the wholeness and connectiveness through the body. Moving forward from the pelvis. Your whole self moving to the service of one idea. Pushing through pelvis with Tony so find the way for the pelvis to lead. Martial arts roots to the method. How to organize yourself with the most power and least amount of work.

### ATM Teaching #33 continued – Diana Razumny

#### Making notes for AY#54 in small groups continued

CD#14/T13 [33 min] DVD#S07-7 Scene 6 [59 min]

Original group teaching lesson lead each of 3 groups into understanding the lesson. Then group discussion. Showed Colleen's notes and pictures.

## **ATM Lesson #165 - Diana Razumny**

### **Judo roll prep #8, knees to floor**

CD#14/T14 [41 min] DVD#S07-7 Scene 7 [42 min] Source: San Francisco ala D. Leri

On elbows/knees, head on floor, hands at top of head, roll on head. Stop head from rolling, still bring pelvis head ward. Have knees asymmetrical. Hands/knee, slide arm through gap, stand toes, lift knees, roll onto shoulder. Repeat w/head going through gap but other arm straight out to side, arm rolling. On back, bring pelvis up and support w/hands, legs bent, bring one knee to nose then other, then towards sides of head, then both knees to one side and the other, press head against floor. Sit, hook big toes w/index fingers, roll back, feet overhead, widen legs when over head, chin stays to chest. Hands/knees, toes standing, head through R gap, R arm straight out to R, walk feet around to L towards head. Repeat OS. On back, throw feet overhead, put one hand in bridge, other out to side, bring one knee to floor, continue so come up, then reverse. Hands/knees, head under gap, other arm out to side, walk knees up and lift feet to roll and immediately reverse to roll forward. On back, swing feet overhead, take feet to one side then other, knees come to floor, one arm straight out to side, other hand standing.

## Day 68 Wednesday December 9, 2009

### ATM Lesson #166 – Diana Razumny

#### Roll pelvis/hip joints #4, folding, straight leg to ceiling, circling, on back and sitting

CD#14/T15 [63 min] DVD#S07-8 Scene 1 [63 min] Source: Alexander Yanai

On back, stand feet, R ankle on L thigh, hold R foot w/L hand around outside edge, R hand behind head, lift head/foot towards ceiling. Hands interlaced behind had, stand feet, lift R foot to ceiling, lift head, circle leg. Repeat OS. Sit cross-legged, hold R ankle w/ L hand from under and R knee w/R hand wrapped around outside, lift/lower leg w/ help of hands, head towards knee. Repeat OS. On back, stand feet, knees together, feet wide apart, slide knees alternately in/down, lengthening out knee. Hands behind head, feet/knees together, lift legs, bend/unbend knees, lift head/feet towards ceiling. Repeat with legs, change arms to lengthen to ceiling when legs are lengthening. On back, Repeat original move of head/leg lifted, circling leg. Repeat lifting foot/head towards ceiling with help of hand on each. Repeat, thinking of directing elbow towards knee. Sit, cross R over L, bring head/mouth to leg, going from ankle to knee, like lips could caress lower leg. Hold R leg like before, straighten L leg, foot resting on thigh, bend knee sliding foot so leg comes towards head. Repeat OS.

### Discussion #122 – Diana Razumny

#### About ATM lesson

CD#14/T16 [43 min] DVD#S07-8 Scene 2 [44 min]

Gail: about doing too much at end of lesson. Csara: brought images of ultrasound of fetus. Christy: new way to round. Dani: working through fear of contained space. Diana: you never know what will be triggered in a lesson. What you bring to the teaching will evoke similar responses in room. Kelsey asks question and Diana asks Dianne how she would answer the question. Categories of answers: mechanical, emotional, explore further. Colleen: biomechanically the changes that occurred. So what do you say to Kelsey, the student, when hearing her question in an ATM class? Monica: not to try too hard.

### ATM Lesson #167 – Diana Razumny

#### Judo roll prep #9

CD#14/T17 [31 min] DVD#S07-8 Scene 3 [31 min] Source: Diana's variation

Hands/knee, head arm under gap. Repeat OS. Cheek on floor, stand hands/elbows, circle cheek. Repeat OS. Return to head through gap on L side, R arm straight out to side, toes for running, lift lower L knee, imagine line from L big toe to R shoulder, move towards coming onto both shoulder blades. Repeat OS. Return to having head through gap, lift both knees, start walking feet around on floor to be overhead so you are on both shoulders. Bring legs all the way over to other side, bend knees to floor. Repeat OS. Sit, feet standing, roll back, go towards one shoulder, arm out to side, other hand comes to stand by head/shoulder, Go to each side, continue over. Hands/knees again, head through, arm out to side, roll forward.

### FI Exploration #61 – Diana Razumny

#### Lengthening arms, shoulder and C7, guided

CD#14/T18 [67 min] DVD#S07-8 Scene 4 [68 min]

Demo with Barbara as Diana guides group. Start with head rolling. Holding arm with both hands lengthening arm and moving shoulder in a circle. Lift head with both hands and conform to shape of head. Locate rib ring and lift. Lifting shoulders. Roll head. Arm clocks by taking the arm overhead and then in circle and lengthen. Work with ribs if appropriate or work with what works now with your student. Switch roles.

### ATM Lesson #168 – Diana Razumny

#### Sawing arms #6, rolling across crossed arms, on front

CD#14/T19 [40 min] DVD#S07-8 Scene 5 [41 min] Source: San Francisco Year's 3 & 4

On back, feet standing, arms bent up in front, L arm inside R, slide one point of R along L arm, slide R arm along one point of L arm. Repeat same idea but by moving the left arm. Repeat all 4 variations with R arm inside L. Return to R arm inside of L, slide R elbow through and past L elbow so R hand can come towards L shoulder and feel back of neck. Repeat with L arm inside. Cross R arm inside of L, cross at elbows and come onto front side and roll self L/R, leaving hands on floor. Switch arms, repeat. Return to first arm crossing, slide elbows closer together and roll across front having weight come into one elbow then other. Repeat with arm crossing switched. Explore rolling from just pelvis or just from the shoulder. Come onto crossed elbows on front, lift head, think of sternum moving, taking C7 forward/back. On back, cross arms, reach hands towards shoulders, keep arms crossed, roll onto front, take C7 forward/back. On front with elbows crossed, slide R knee up on floor and leave it, have R ear towards R shoulder and roll a little side/side, one elbow to other. Repeat on other side. On back, cross R arm inside L, have arms lower down and come onto front side, roll L/R with arms

lower down. Cross arms on front, bring hands behind neck, interlace fingers, look up down with head/face/eyes. Same position, roll L/R small amount. On back, knees bent, R arm inside L, elbow crossed through, hands behind neck, take elbows/shoulders forward, note breath/belly. Repeat, push belly forward while elbows/shoulders/C7 move forward. On back, knees bent, arms straight out in front, cross R arm over L, interlace fingers, bring hands to torso, bring R elbow through, bring hands to side of head. Switch arm crossing, repeat.



## Day 69 Thursday December 10, 2009

### Discussion #123 - Diana Razumny

#### About judo roll series

CD#14/T20 [33 min] DVD#S07-9 Scene 1 [33 min]

Why do the judo ATMs? Yes, you can teach it to the public and it is from the martial arts roots of the method. And by rolling over yourself, that radical change in orientation, is important part of awareness, as you become aware of yourself through the roll. Discussion about the effects of the series. Vestibular effects of rolling. Talked about Dani's NIA class with the students yesterday. Integrating the method into our lives and also how to reconcile with medical model.

### ATM Lesson #169 - Diana Razumny

#### Roll pelvis/hip joints #5, folding, leg to ceiling, hand/foot circuit, on back and sitting

CD#14/T21 [33 min] DVD#S07-9 Scene 2 [33 min] Source: Alexander Yanai

On back, stand feet, hold R foot w/L hand, R hand behind head, lift lower head/foot, imagine the circuit that circles from hand to foot, down leg, around behind back to diagonal shoulder, and back down arm to hand and foot again. Feel changing shape of the circuit as foot/head lift/lower. Repeat but with thumb between big/second toe. Switch hands so R hand holds R foot, repeat lift/lower head/foot, thinking of changing shape of circuit. Stay with head/foot up, make small/quick movement. Repeat OS. Return to first side, hold L foot w/R hand, L hand behind head, start a rolling to sit then roll back throwing legs overhead. Repeat OS. Hold both feet with hands, roll back, feet overhead to floor then up to sitting.

### ATM Lesson #170 & FI Exploration #62 - Diana Razumny

#### Judo roll prep #10, lengthening through straight leg, in partners

CD#14/T22 [39 min] DVD#S07-9 Scene 3 [39 min] ATM Lesson #169 continued - Diana Razumny

### ATM Lesson #169 continued - Diana Razumny

#### Roll pelvis/hip joints #5 continued

CD#14/T23 [23 min] DVD#S07-9 Scene 4 [23 min] Source: Diana's variation

### Discussion #124 - Diana Razumny

#### Antonio Damasio video - Feelings and Emotions

CD#14/T24 [54 min] DVD#S07-9 Scene 5 [70 min] Source: FORA.TV Aspen Institute

First watched videos about chicken movement and person movement. After viewing Damasio video - small groups discussions about Damasio's talk.

### FI Exploration #63 - Diana Razumny

#### Connecting diagonal hand/knee, on back, guided

CD#14/T25 [85 min] DVD#S07-9 Scene 6 [89 min]

Review roll head, shoulders, bringing clasped arms behind head into flexion. Then standing legs and lifting leg up towards nose with hand below kneecap, talking to hip joint. Student hold knee with both hands as practitioner moves leg towards head, picking up movement in upper torso. Back to head lifting shoulders again and note changes. Push on rib ring with fingers and lift C7/T1. Now lift head as student holds knee with both hands. Allow for C7 to go forward and their hand to come down as knee comes up. Switch roles.

## Day 70 Friday December 11, 2009

### ATM Lesson #171 & ATM Teaching #34- Students reading

Diagonal sitting holding the knees, on back

CD#14/T26 [46 min] DVD#S07-10 Scene 1 [47 min] Source: AY#461

Class does ATM while one student reads each step.

### Discussion #125 - Diana Razumny

About ATM lesson

CD#14/T27 [20 min] DVD#S07-10 Scene 2 [20 min]

Discussion about use of Alexander Yanai lessons, Moshe's teaching style, how to use these lessons. They are available through our trainings as edited transcripts and MP3 CDs from North Carolina and Rocky Mountain 1.

### ATM Lesson #172 - Diana Razumny

Judo roll prep #11, both knees to side of head, roll back from sitting

CD#14/T28 [65 min] DVD#S07-10 Scene 3 [69 min] Source: Diana's variation

On back, lift legs/pelvis, hands hold pelvis, knees wide towards floor, alternate bringing knees to floor, turn head to look at knee that touches, begin taking both knees to floor on one side, look to that side, use opposite hand in bridge to help knees come to floor and lighten pressure on neck/shoulders, while both knees are to one side, continue to push with bridging hand and come up to sit. Sit w/R foot/leg standing, L leg tucked in near pelvis, hold behind R leg w/R hand, roll back looking over R shoulder, take L hand over R shoulder to floor, push to come to sit. Start simple with L hand from floor in front to L shoulder while rocking forward/back, eyes on L hand whole time, gradually increase rolling back to come to sit.

### FI Exploration #64 - Diana Razumny

Round Robin with 4 people.

CD#14/T29 [3 min] DVD#S07-10 Scene 4 [54 min]

4 groups of 4 - 4 tables. 1 person on table, each person shows something as review, rotate who is on table, who is working. Can be used to ask for clarification on something. Diana floating for assistance.

### ATM Lesson #173 - Diana Razumny

Taking off sweater with arm clock, on back revisited

CD#14/T30 [48 min] DVD#S07-10 Scene 5 [48 min] Source: Amherst & Diana's variation to prep judo roll series

On back, slide hand along floor, onto pelvis, around/up to opp shoulder. Gradually increasing w/reversing, until finally arm moves across face and onto floor overhead. Do each arm then both at same time. Use pelvis lifting to facilitate arms overhead. -Lengthen arm, hand caressing thigh, move little towards midline, rpt, imagine clock, continue around numbers. Shoulder is center of clock, arm is hand on clock. Go completely around clock. Note shoulder girdle, head, C7, connection of arm to head and into ribs. Rpt OS, track changing pressure of back on floor. -Imagine clock on the floor. Note changes in shape/pressure of front/back with changing direction of arm/hand to clock numbers. Direct arm in such a way that can create pressure against the floor moves in direction of number on the clock. --Stand R foot, go around clock with R arm a few times. Leave R arm up at 11 or 10, lying on floor, lengthen out L heel, note effect on R arm/hand. Create response, once lengthen R hand, once L heel. -Bring R hand to L hip/thigh, lengthen out L heel, pause then lengthen R arm towards L hip. Imagine band/string from L heel up leg to hip, cross back to R shoulder, wraps over shoulder down arm to ring finger. Lengthen heel/hand, feeling connection of the band all along back side. Hook band to 2<sup>nd</sup> toe, through heel, all the way to ring finger again. Stretch the string/band by lengthening both, round back side along that line so it gets longer in back, little shorter in front. Arm curved, leg/heel lifts a little. Rpt OS.