

Day 81 Monday May 31, 2010

Discussion #143 – Yvan Joly

Introduction

CD#17/T01 [15 min] DVD#S09-1 Scene 1 [16 min]

ATM Lesson #193 – Yvan Joly

Headstand prep #1, finding the top of your head

CD#17/T02 [69 min] DVD#S09-1 Scene 2 [69 min] Source: Amherst inspired 6/16/1981

Discussion #144 – Yvan Joly

Mirror neurons

CD#17/T03 [39 min] DVD#S09-1 Scene 3 [40 min]

Experiments with Macaque monkeys. Action. Anticipation of action. Imagination. See an action. Resonance system is evoked by action, which we interpret as action in our experience. The way to understand language is through reaccessing our own experience. Sympathy and empathy.

FI Exploration #75 – Yvan Joly

Interviewing #1

CD#17/T04 [35 min] DVD#S09-1 Scene 4 [75 min]

Groups of 3: Student, interviewer, observer. What do you want from this segment and please make it concrete? How to help the student's request be directed into action terms. Switch roles so everyone experiences each role. Group discussion. Yvan about soma from Thomas Hanna. How important to stay inside yourself as you observe. Essential part is to be with the person.

ATM Lesson #194 – Yvan Joly

Headstand prep #2, judo roll review

CD#17/T05 [48 min] DVD#S09-1 Scene 5 [49 min] Source: AY#9 On cheek

FI Exploration #76 – Yvan Joly

Pelvis/head connection, with breathing

CD#17/T06 [35 min] DVD#S09-1 Scene 6 [35 min]

Demo with Colleen breathing. Where does she start the movement of her breath? Where is the expansion? Stand legs. Move from knees and pelvis to roll pelvis up and see resonance with head. Differentiation of eyes and movement of pelvis.

Day 82 Tuesday June 1, 2010

Discussion #145 - Yvan Joly

How do I know who I am waking up in the morning?

CD#17/T07 [20 min] DVD#S09-2 Scene 1 [21 min]

When you wake up, how do you know who you are? We have a certain number of sensations. Question came out of papers submitted from interviewing from yesterday. Concrete descriptions: sensations.

ATM Lesson #195 - Yvan Joly

Headstand prep #3, judo roll review

CD#17/T08 [55 min] DVD#S09-2 Scene 2 [56 min] Source: AY#132-133

Discussion #146 - Yvan Joly

Breathing, anatomy & physiology

CD#17/T09 [48 min] DVD#S09-2 Scene 3 [49 min]

Moshe was a great deconstructor of preconceived ideas about breathing. We can notice how we breathe and control our breath. So you can slow down your breath and act on the rhythm of your heartbeat. We do not want to correct the breath. Breathing needs to adapt to what you are doing. Versatility and adaptability are central to the method. Breathing is a reflection of the state of the person at that moment. Concretely breathing is an activity of bringing in a gas into the body and returning the gas with changes to the environment. Primary breathing by changing pressure by expanding the lungs. Secondary breathing is taking the oxygen from the air into the cells. Intentionally or by gravity air is returning to environment. Speak on the out breath. Demo with skeleton on mechanics of breath.

FI Exploration #77 - Yvan Joly

Class FI with Ginny

CD#17/T10 [38 min] DVD#S09-2 Scene 4 [40 min]

FI Exploration #77 continued - Yvan Joly

Breathing continued

CD#17/T11 [42 min] DVD#S09-2 Scene 5 [81 min]

Groups of 3 practice from yesterday's demo with Colleen, this morning's theoretical discussion and Ginny's class FI. Demo with Aaron with standing legs, moving knees side to side and towards and away from head. Practice in trios. Demo with skeleton. Alignment of knees. Refraining from correcting. Take care of yourself as if in an ATM lesson.

ATM Lesson #196 - Yvan Joly

Headstand prep #4, carping

CD#17/T12 [38 min] DVD#S09-2 Scene 6 [39 min] Source: Amherst 6/22/81

Day 83 Wednesday June 2, 2010

ATM Lesson #197 – Yvan Joly

Headstand prep #5, putting weight on top of head

CD#17/T13 [63 min] DVD#S09-3 Scene 1 [63 min] Source: AY#163

Discussion #147 – Yvan Joly

About ATM lesson

CD#17/T14 [12 min] DVD#S09-3 Scene 2 [12 min]

Aaron: Do you teach this series to the public. Yvan: Yes, with judgement about group and experience and preparation.

ATM Lesson #198 – Yvan Joly

Sidelying, progression of constraints in twisting #1

CD#17/T15 [39 min] DVD#S09-3 Scene 3 [40 min] Source: Yvan

Discussion #148 – Yvan Joly

Optimal movement

CD#17/T16 [15 min] DVD#S09-3 Scene 4 [15 min]

Optimal movement equals proportional distribution. Bigger muscles do bigger movements, etc. which brings about uniform muscle tone. Position equals configuration and orientation. This tricks nervous system out of habitual pattern. Changing the settings of the nervous system and circumvent the red flags of limitations. Most of our habits in life are in standing up so lie down to introduce new patterns.

FI Exploration #78 – Yvan Joly

ATM lesson into FI, sidelying, progression of constraints in twisting, guided

CD#17/T17 [64 min] DVD#S09-3 Scene 5 [64 min]

Demo with Dianne. Follow ATM steps. On side, turn head with hand on face (mask hold on cheekbone), forehead. Twisting with extended arm. My turn, your turn approach. Dyads practice guided.

FI Exploration #78 continued – Yvan Joly

ATM lesson into FI, sidelying, progression of constraints in twisting, guided

CD#17/T18 [43 min] DVD#S09-3 Scene 6 [44 min]

Demo with skeleton on side. Where does the twisting happen in the spine? Lumbar spinal vertebrae are interlocked because they provide stability. Dyads switch roles, guided.

Day 84 Thursday June 3, 2010

ATM Teaching #38 – Diana Razumny

Exploring book on the foot ATM series

CD#17/T19 [31 min] DVD#S09-4 Scene 1 [31 min]

Students show their experiments with the book on the foot series practiced between segments. Dianne used to demonstrate experiments.

ATM Lesson #199 – Yvan Joly

Headstand prep #6, carping, extension & half headstand

CD#17/T20 [93 min] DVD#S09-4 Scene 2 [93 min] Source: AY#163

FI Exploration #79 – Yvan Joly

Headstand demo with skeleton

CD#17/T21 [10 min] DVD#S09-4 Scene 3 [10 min]

Show headstand with skeleton. Talked about contortionists.

FI Exploration #80 – Yvan Joly

Interviewing #2, then progression of constraints in twisting, sidelying

CD#17/T22 [33 min] DVD#S09-4 Scene 4 [113 min]

Demo with Harald: where to sit in relation to student so as to have them feel comfortable. Switch to another student several times. Group discussion. Next round in dyads, ask the student, "What would you like for your lesson today." Then give them a lesson with the progression of constraints in twisting from a sidelying position.

ATM Lesson #200 – Yvan Joly

Facial movements #1, opening and closing the mouth until yawning

CD#17/T23 [34 min] DVD#S09-4 Scene 5 [34 min] Source: Yvan

Day 85 Friday June 4, 2010

ATM Lesson #201 – Yvan Joly

Headstand prep #7, carping

CD#17/T24 [62 min] DVD#S09-5 Scene 1 [62 min] Source: AY#9

Discussion #149 – Yvan Joly

Check in

CD#17/T25 [17 min] [no video recording]

ATM Lesson #202 – Yvan Joly

Sidelying, progression of constraints in twisting #2

CD#17/T26 [24 min] DVD#S09-5 Scene 3 [24 min] Source:

FI Exploration #81 – Yvan Joly

Rolling head on back guided and Sidelying, moving vertebrae forward and back

CD#17/T27 [34 min] DVD#S09-5 Scene 4 [45 min]

Demo Colleen in-between about rolling the head. Then demo with Gail on side about spine palpation. Yvan move forward at lumbar spine and thoracic spine on each side of spinal process and have student then move back into finger contact. Can be done with one hand or 2 hands.

FI Exploration #81 cont – Yvan Joly

Sidelying, progression of constraints in twisting

CD#17/T28 [44 min] DVD#S09-5 Scene 5 [73 min]

Demo with Steve. On side rolling head with mask hold. Then lift leg with pelvis and then ribs following twist. Then switch roles and practice all of #81. Group discussion. About working on the floor and tables.

Discussion #150 – Yvan Joly

Moshe video on skeleton

CD#17/T29 [36 min] DVD#S09-5 Scene 6 [37 min] Source: Amherst July 2, 1981 (tape #131)

Day 86 Monday June 7, 2010

ATM Lesson #203 - Yvan Joly

Headstand prep #8, rolling over in the middle

CD#18/T01 [66 min] DVD#S09-6 Scene 1 [66 min] Source: AY#163-164

ATM Lesson #204 - Yvan Joly

Folding forward to sitting, prep for FI

CD#18/T02 [33 min] DVD#S09-6 Scene 2 [33 min] Source: Yvan

FI Exploration #82 - Yvan Joly

Folding ATM into FI

CD#18/T03 [32 min] DVD#S09-6 Scene 3 [32 min]

Progression of constraints for folding forward from the back. Demo with Steve. Bringing leg up to standing. Lifting head folding forward. Hands interlaced behind head and move elbows downward for head to fold forward. Bringing standing leg, with interlaced hands over knee, folding towards head. Watch for head and neck movement.

FI Exploration #82 continued - Yvan Joly

Folding ATM into FI continued, guided

CD#18/T04 [126 min] DVD#S09-6 Scene 4 [129 min]

Nonverbal interviewing. Dyads. Movement of reference #1: with student sitting: practitioner's hand on hand with minimal movement note movement in whole body. Movement of reference #2: Student sitting, practitioner move knees in and out. Note relationship between legs and pelvis and with head. Movement of reference #3: hold their opposite hand sitting in front of them. Movement of reference #4: sit behind them and move their pelvis forward and backwards. These 4 reference movements are the interview and are really the beginning of the lesson. Many demos during practice. Switch roles.

Day 87 Tuesday June 8, 2010

ATM Lesson #205 – Yvan Joly

Headstand prep #9, tilting the pelvis to lift legs

CD#18/T05 [76 min] DVD#S09-7 Scene 1 [77 min] Source: AY#164

Discussion #151 – Yvan Joly

About headstand ATMs & Somatics

CD#18/T06 [40 min] DVD#S09-7 Scene 2 [40 min]

Triangle between hands and top of head. Precise mechanical place to balance weight. About somatic education in Montreal and Thomas Hanna and the meaning of soma: Body as experienced from within. Rely on own experience. Somatics include: acupuncture, biofeedback, martial arts, meditation, bioenergetics, body/mind methods: yoga and in the center is somatic education that have learning, process of awareness, movement of the living body in space. These include Feldenkrais, Alexander, Laban Movement Analysis, Ideokinesis, Body/Mind Centering. Important is the learning process. About Feldenkrais in relation to dance, golf.

FI Exploration #83 – Yvan Joly

Interviewing #3, nonverbal, continue folding forward

CD#18/T07 [35 min] DVD#S09-7 Scene 3 [113 min]

Dyads practice the 4 references of movement from yesterday. Several demos with students. Switch roles.

Day 88 Wednesday June 9, 2010

Discussion #152 – Diana Razumny & Yvan Joly

Between segment projects

CD#18/T08 [19 min] DVD#S09-8 Scene 1 [19 min]

Not homework but an opportunity to study and learn together and share with group. Can be in any area that interests you in applying the method, not just movement ideas.

ATM Lesson #206 – Yvan Joly

Headstand prep #10, falling out in carping (bent knees)

CD#18/T09 [65 min] DVD#S09-8 Scene 2 [65 min] Source: Amherst July 1&2, 1981

ATM Lesson #207 – Yvan Joly

On belly, sphinx, prep for FI

CD#18/T10 [44 min] DVD#S09-8 Scene 3 [44 min] Source:

FI Exploration #84 – Yvan Joly

Sphinx ATM into FI, guided

CD#18/T11 [76 min] DVD#S09-8 Scene 4 [117 min]

Demo skeleton on front. Where does the turning of the head happen? Guided practice. Switch roles (video but not audio).

Day 89 Thursday June 10, 2010

ATM Lesson #208 – Yvan Joly

Headstand prep #11, culmination: standing with extended legs

CD#18/T12 [64 min] DVD#S09-9 Scene 1 [65 min] Source:

Discussion #153 – Yvan Joly

Questions

CD#18/T13 [58 min] DVD#S09-9 Scene 2 [59 min]

Harald: Value of stretching. Devon: emotions. Steve: How to transfer learning from ATM and FI into life function. Yvan: patterns of fractals.

ATM Lesson #209 – Yvan Joly

Lifting head and bent leg, on front

CD#18/T14 [26 min] DVD#S09-9 Scene 3 [26 min] Source: Yvan

FI Exploration #85 – Yvan Joly

Lifting head & bent leg ATM into FI, guided

CD#18/T15 [88 min] DVD#S09-9 Scene 4 [48 min] demo recorded; first practice video not recorded; then switched roles recorded

Demo with Devon. On stomach. Lift face on side as movement of reference. Lifting bent leg from ankle. Back to lift face from side. Then arm under side of face and lift together. Then lift face without arm.

ATM Lesson #210 – Yvan Joly

Facial movements #2, opening and closing the mouth, nostrils & eyes, until yawning

CD#18/T16 [38 min] DVD#S09-9 Scene 5 [38 min] Source: Yvan

Day 90 Friday June 11, 2010

Discussion #154 - Yvan Joly

Closure

CD#18/T17 [4 min] DVD#S09-10 Scene 1 [4 min]

Discussion #155 - Yvan Joly

Fractals and more questions

CD#18/T18 [55 min] DVD#S09-10 Scene 2 [57 min]

Fractals: self-similarity, self-affinity. Most people do not want to change their patterns but can vary them. Questions. Amelioration. Imposition doesn't work. Creating variations create more awareness. About cultivating boredom.

FI Exploration #86 - Yvan Joly

Interviewing #4, groups of 4

CD#18/T19 [14 min] DVD#S09-10 Scene 3 [94 min] & Scene 4 [46 min]

Groups of 4, 2 watch interview of other 2. Demo with group of 4.

Diana: Write what you would like for FI practice in the upcoming segments, either in giving or receiving. Evaluations about segment.

ATM Lesson #211 - Yvan Joly

Fingers in the armpits

CD#18/T20 [61 min] DVD#S09-10 Scene 5 [61 min] Source: AY#

