

SFe5 Segment 1 ATM Notes

Day 1 Monday, April 2, 2012

ATM Lesson #01 - Diana Razumny

Skeletal & 5-line scan, rolling side/back/side to sitting

CD#01/T01 [50 min] DVD#S01-1 Scene 1 [50 min] Source: Amherst inspired; Dennis in NC

1. LOB Scan focus on bones: hands/feet; wrists/ankles (dots); lower leg/lower arm; knee /elbow (dots); upper leg/upper arm; pelvis/shoulder girdle; ribs; spine bottom to top; 5 lines
2. On side, arms/legs folded/stacked 90°, lengthen top arm, slide in large arc above/around/behind, rvrs. Keep hands and feet close to floor. Comfortable easy range.
3. Stay w/arm behind (twisted), slide top leg down, roll to back, rvrs
4. Combine, start w/arm arc, then leg length, rvrs leg/arm to side again
5. Add unbending bottom leg then arm, then rvrs all 4 limbs in own time to come onto side again. Rpt several times then roll across back to other side. Keep sequence of arm, leg, leg, arm.
6. Stay on new side, rpt sequence of arms & legs several times then alternate side to side. Folding/Unfolding.
7. Fold on preferred side, bring knees and elbows close. Keep top knee bent and slide leg down bottom leg, so that top knee comes towards / over bottom foot. Allow movement of top leg to bring to side sitting rvrs. Leg as a handle on the pelvis. Keep head low to the floor.

SFe5 Segment 1 ATM Notes

Day 1 Monday, April 2, 2012

ATM Lesson #02 – Diana Razumny

Flexion #1, dots & lines, folding forward, on back

CD#01/T03 [42 min] DVD#S01-1 Scene 3 [43 min] Source: Amherst inspired

1. On back, legs long, arms by side, 5 line scan, think/imagine lifting head. Without doing it, note what/where/how you engage yourself. What sensations? Think just the beginning. Lift minimal amount once or twice, pause, repeat lifting in imagination. Initiate from different place? What presses floor?
2. Think dots on hip joints, just a little move hip joints forward towards ceiling. What does your lower back do? Do a very small movement, feel where you effort. Two dots at shoulders, lift both shoulders forward and come back down.
3. Bend knees and stand feet, think lifting head. Any difference with feet standing? Lift head once or twice. Easier? Head comes up, what goes back? Pause
4. Pay attention to hip joints. With feet standing what does it mean to bring hip joints forward or lift? What happens along spine? Forward in relation to self, up in relationship to room. Dots forward in space. Pause.
5. Lift shoulder dots away from floor. Attend to back side: what presses, head, chin, ribs change shape, sternum. Pause. Lift shoulder dots. Direction of sternum? Shoulder/sternum/ribs/armpits/diaphragm/pelvis. Dots at hip joints. Lift. Connection to ribs when hip joints forward? Small movement. Feel pubic bone, sense movement of pubic bone in space.
6. Bend knees and stand feet. Lift shoulder dots. Make dot in imagination at tip of sternum, when shoulders are lifted make another point where sternum is, draw line between the two points. What is the direction of the line? Touch pubic bone. Feel dot at starting point of pubic bone. Move hip joints forward and find ending point of pubic bone dot. Draw line between two dots. Length/direction of line.
7. Knees bent, repeat shoulder lift, note sternum (dot), think in relation to the pubic bone (dot). Draw line between the two, does it get shorter?
8. Lift hips a bit, note back, sternum, head. Imaginary dot on sternum & pubic bone, lift pelvis a bit, pause, note direction dots move. Lift all four. Does distance get shorter?
9. Lift shoulders, note: sternum, following along of pubic bone. Make movement of shoulders without pelvis/pubic bone involvement. Allow pelvis to move.
10. Lift hips again, note movement of the pubic bone in relation to the sternum. Can sternum be quiet? Hold it in place, just move the pubic bone independently. Distinction between everything moving together or being separated out.

11. Pubic bone point moving towards sternum. Then sternum point moving towards pubic bone. Small movement. Where does work happen?

12. Attention to shoulder and hip dots. Imagine rubber bands between shoulders/hips, L shoulder/hip, R shoulder/hip. Small movement, lift shoulders/hips so rubber bands shorten. Let image go, create imaginary rubber band between pubic bone and bottom of sternum. Lift hips/shoulders thinking of rubber band shortening. Change movement?

Attention along back. Front getting short, is back getting long? Think rubber band between pubic bone and bottom tip of sternum shortening, bring points closer. Note; lower back, pelvis, shoulders. How does everything follow along when the main intention is just shortening this one line? Pause, lift head and notice if the weight has change or if how you do it changes.

SFe5 Segment 1 ATM Notes

Day 1 Monday, April 2, 2012

ATM Lesson #03 - Diana Razumny

Rolling side/back/side to sitting continued quick/slow

CD#01/T06 [31 min] DVD#S01-1 Scene 6 [31 min] Source: Amherst inspired; Dennis in NC

Continuation of ATM Lesson #01.

1. LOB. 5 lines Scan
2. Roll to preferred side. Elbows and knees near to each other. Return to sequence of arm, leg, leg, arm, then rvrs all 4 limbs in own time to come onto side again. Rpt several times then roll across back to other side.
3. Alternate from side to side. Keep sequence of arm, leg, leg, arm. Can you hold the image of the 5 lines?
4. Open onto back slowly, curl to side quickly.
5. End by coming up to side sitting, sliding top bent leg behind, roll face & chest towards floor, slide hands, upper torso comes up as sit bone comes towards floor to sit.

SFe5 Segment 1 ATM Notes

Day 2 Tuesday, April 3, 2012

ATM Lesson #04 – Diana Razumny

Seesaw breathing #1

CD#01/T09 [55 min] DVD#S01-2 Scene 2 [56 min] Source: ATM Book #4

1. LOB. Stand feet. Move knees together and apart to find stable position for legs. Draw air into lungs, increasing volume of chest. Feel if the spine presses to the floor as the sternum rises. Exhale and hold until you have to breathe. Repeat a few times.
2. Exhale, hold breath out, expand the chest as before but without breathing in. or out. Repeat the movement until you feel the need to breathe. Fill your lungs and repeat the movement of the chest until you feel the need to breathe. Do a few times, rest and notice any differences.
3. Place your fingertips on your abdomen without your elbows on the floor. Wait until your lungs are filled with air, hold, then compress your chest as if to expel the air but hold the breath. The increasing pressure raises the pressure in the abdomen which can be directed downward towards the pelvis. Notice the movement of your hands. Wait until the lungs fill with air and then exhale pushing the stomach forward and expanding all around. Rest and observe changes.
4. Fill your lungs with air and hold your breath. Contract the chest and expand the belly sequentially. Now expand the chest and pull the belly in. Alternate like this as long as you can without breathing. Breathe as you need and repeat 5 or 6 times. Try it as fast as you can. Rest.
5. With your arms and legs long, feet apart. Repeat the alternating movements of the chest and stomach while breathing normally. Rest.
6. Turn onto your stomach. Stretch arms wide, overhead on floor. Have legs long and feet apart. Do the previous movements in this position. Sense middle of chest and belly, note if pressing is symmetrical. Rest.
7. Still on the stomach, when you push out the chest let the left side press more clearly on the ground. When you push out the stomach let the right side touch the ground first. The back will move from the right hip joint to the left shoulder. After several movements go back to the previous one to see what has changed. Then do the other diagonal, left side of stomach and right side of chest. Go back to letting the middle of the chest and stomach touch more clearly and notice any changes. Repeat original movement on back, note changes.
8. Lie on your right side, right arm stretched out above your head with head resting on arm. Hold your head with your left arm, fingers on right temple, palm on top of head. Raise head, helping with hand so left ear comes towards left shoulder. With the head raised expand the chest in all directions and draw in stomach. Compress chest and expand belly. Observe

ribs on both sides. Repeat several times then rest on your back. Then do the same lying on the left side.

9. Lie on your back, raise your shoulders and lean on elbows and forearms. Forearms are parallel with your body. Lower your chin to your chest and do several seesaw movements of the chest and belly. Rest on your back.

10. Lean on your elbows as before and this time let your head drop back and do the seesaw movements. Rest on your back and observe your breathing.

11. Kneel with your knees wide apart and your feet stretched out in line with the lower leg, toenails touching floor. Put the top of your head on the floor, hands on either side, palms to the floor. Do the seesaw breathing in this position. Feel if the head tends to roll. Notice the chin comes closer and away from the chest. Feel the back of the neck and whole spine as you do the movements of the breathing. Rest on your back and observe any differences in the way your back contacts the floor.

12. Kneel, knees apart and lean on your head and hands as before. Move your left knee a little closer to your head and repeat the seesaw breathing. Observe the movement of the hips towards the right heel when the belly is out. Notice the movement of the spine flexing, extending and side bending. After several movements rest on your back.

13. Kneel again and do the same thing with the right knee closer to the head. Notice any differences on this side compared with the other. Rest.

14. Sit with your knees apart, soles together. Place your right hand on the left side of your chest and ribs and the left hand on the right side of the ribs so you are hugging yourself. Lower your head, push out your chest, draw in your stomach several times without breathing. Feel your ribs expanding under your hands. Stop, stand and notice your breathing.

SFe5 Segment 1 ATM Notes

Day 2 Tuesday, April 3, 2012

ATM Lesson #05 – Diana Razumny

Flexion #2, dots & lines, folding diagonally, on back

CD#01/T11 [68 min] DVD#S01-2 Scene 4 [69 min] Source: Amherst inspired

1. On back, knees bent, lift hips, flatten back, lift head, note movement through. Alt lifting head/pelvis, then put tog.
2. Knees bent, lift one shoulder noting: space between ear/shoulder, head, eyes, jaw, clavicle, sternum, pressure change along back. Then other. Alt shoulders. Can you lift one w/o effecting other?
3. Knees bent, lift one hip few times. Pause, lift other, note diff of movement traveling across back, shape of back, ribs. Alt. Lines crossing?
4. Lift one arm towards ceiling, lengthen, feel shoulder blade, clavicle. Switch to other arm. Alt, feeling movement travel side/side as well as down.
5. Knees bent, lift L arm in air, reach to ceiling come down, lift R hip, come down, alt. Feel line of pressure between two (if pelvis rolls too much, miss connection). Leave hip/shoulder lifted, roll along back between lifting arm/leg a little more alternately. Repeat w/other diagonal
6. Cross arm, hand on opposite shoulder, lift/lower shoulder. Same w/other arm. Note direction of elbow. Repeat w/arm straight, hand reaching towards opposite knee.
7. Lift L arm, direct more towards R knee, reach. Lift R hip a few times then combine reaching L arm, lifting R hip same time. Imagine rubber band between hip/shoulder shortening while back side gets long across diagonal. Repeat w/other diagonal.
8. Knees bent, lift L foot, direct L knee to R shoulder. R hand behind head, bring L knee/R elbow tog/apart. Pause, w/elbow/knee tog, rock between the two. Repeat w/other diagonal.
9. Knees bent, lift one shoulder, the other, alternate. Lift both at same time. Lift one hip, the other hip, alternate. Lift both at same time. Lift diagonals.
10. Knees bent, rubber band between L hip/shoulder, shorten. Then between the R hip/shoulder. Shorten both rubber bands, both shoulders/hips lifting. Lift head.

SFe5 Segment 1 ATM Notes

Day 2 Tuesday, April 3, 2012

ATM Lesson #06 – Diana Razumny

Seesaw breathing #2, twisting, on side

CD#01/T13 [53 min] DVD#S01-2 Scene 6 [53 min] Source: AY#430

1. On R side, extend arms in front, palms together, L knee on floor forward of R leg, R leg straightened a bit, lift straight L arm, follow hand with eyes/head. What stops hand from going to floor behind? Allow L knee to lift.
2. Continue, allow L hand to come towards floor in back, knee lifted then start returning knee to floor, hand will come a little away from floor. Take arm to floor behind again, allow knee to lift, stay there, expand chest, pull in belly, visa versa. Do “seesaw” movement small/quick. Lower knee to floor, note if hands stays closer to floor. Repeat–other side.
3. On R side, L knee on floor, turn face to ceiling, L hand on forehead, turn head L, eyes follow elbow. Stay with head rolled L, lift L knee until elbow touches floor, lower knee so elbow lifts, moving from pelvis. Remain with elbow on floor, knee lifted, do “seesaw” movement of chest/belly. Pause, take knee to floor, elbow lifts and repeat “seesaw”. Repeat–other side.
4. On back, arms out at shoulder height, palms to ceiling, R leg in air to ceiling, R leg to floor on L. Follow foot with eyes. As foot comes near floor, extend through heel, allow R shoulder to lift. Remain with R leg to L, do “seesaw” moves.
5. Same position, stay with R foot on floor to L, hold over top of head with R hand, slide head/arm down to R, face stays towards ceiling, allow shoulders/chest to turn R. Stay with head to side, do “seesaw”, quickly. Repeat–other side.
6. On front, arms out at shoulder height, bend knees, L ear on floor, join knees, take heels to butt, bend toes up, then extend legs/feet/toes. Repeat with just R leg then L.
7. On front, legs touching, knees bent, separate feet. Stay with feet apart, knees touching, move pelvis R/L. Repeat with face to L.

SFe5 Segment 1 ATM Notes

Day 3 Wednesday, April 4, 2012

ATM Lesson #07 – Diana Razumny

Rolling head between hands #1, sliding leg up on back

CD#01/T14 [44 min] DVD#S01-3 Scene 1 [44 min] Source: Amherst 6/18/80

Come up to standing. Then go back down reversing your movement. Do it a few more times. Then roll your own head between your hands. Demo with Margie of rolling her head between two hands in standing, showing hands flat and cupping head. Then practice going slow with even movement. Then go down to sitting while rolling head between hands and come up again. Looking for differentiation of head at the top of the spine.

1. ROB. Roll head w/o hands, Roll R leg in/out. Roll head with hands. Roll head from forehead w/ L hand only. While rolling head, roll R leg, vary timing of head and leg (one fast / one slow).
2. Scan on back, roll head. Sit, R leg in front, head between flat hands, roll. Which hand easier in front?
3. Same, sit, roll head, change crossing of legs.
4. On back, legs long, R hand behind head, L on forehead. Head slightly lifted and roll between hands. Slowly, then increase the speed and make it smaller.
5. Roll head with left hand on forehead. While rolling head, roll R leg L/R. Timing? Roll head/leg opp. If not breathing easily maybe going to fast/far.
6. Same, and then switch to use back of hand on forehead, note diff. Go back to rolling with L palm on forehead, roll R leg R, allow knee bend to side, sliding foot on outer edge.
7. R hand behind head, L palm on forehead, roll between hands, roll R leg R/L., note eye movements 😊.
8. Roll R leg, allow to bend, foot slides up. Eventually bring foot to stand, knee to ceiling. Reverse move of leg. L palm on forehead, roll head while sliding leg up/down.
9. Do only the leg movement and quicker. Then add rolling head slowly w/L palm. Continue rolling head, leg rests. Coordinate leg/head slowly.
10. Alternate sliding legs up, roll head.

SFe5 Segment 1 ATM Notes

Day 3 Wednesday April 4, 2012

ATM Lesson #08 – Diana Razumny

Flexion #3, diagonal hip/shoulder, elbow/knee

CD#01/T18 [43 min] No video recording Source: Amherst Year 1, 1980 (AY#446 Ideal bending)

1. On back, knees bent, lift pelvis a bit so back flattens, how much do you use your feet or something else? Rest your hands on lower belly so middle fingers touch pubic bone, repeat the movement, feel what happens under your hands. Move your hands, finger tips on sternum, move pelvis again, note any unintentional movement in sternum.
2. Interlace your hands behind head, bring the elbows forward, lift your head, note how. Lengthen back of neck before lift. Track sternum, pubic bone, what presses against floor, with head lift. Lift, imagine rubber band between pubic bone & sternum. Does that change the lifting? Just lift head w/o idea of shortening in front, how different? Pause, arms/legs down.
3. With legs long this time, think of the rubber band between sternum/pubic bone shortening, feel what presses back. Bend L ankle, toes towards head. Note: heel sliding or planted. Plant heel, bend ankle, add knee bending towards ceiling.
4. Knees bent again, arms along side, Lift R shoulder, note head, sternum, shape of ribs. Lift L hip. Alt lifting L hip/R shoulder, feel line of pressure along back. Think of rubber band between points at front of shoulder/hip, shorten band.
5. Knees bent, lift L hip/R shoulder, rubber band shortening, lengthen L leg, bend ankle/knee like before. Add image of R shoulder/L hip rubber band shortening.
6. Knees bent, R hand across chest, rest in front of L shoulder, lift R shoulder in this position, note sternum, direction of elbow. Add: reach L hand across over top of R shoulder, lift R shoulder w/help of L hand, feel sternum move, ribcage changing shape.
7. Repeat, R hand on L shoulder, think rubber band between shoulder/hip shortening, note direction elbow moves. Lengthen R arm in that direction and reach hand towards L thigh/knee, add lifting front of foot/flex ankle. Shorten rubber band.
8. Legs long, flex L ankle/knee, reach R hand towards L knee, shorten rubber band. Stand feet, R hand behind head, lift, direct elbow towards L knee. Add holding L knee with L hand.
9. Knees bent, L hand behind head, hold L knee w/R hand, elbow/knee tog. Stay tog, roll side/side, pause on L side, elbow/knee tog/apart, roll to back.
10. Knees bent, R hand behind head, L hand holding L knee, elbow/knee tog/apart, stay tog, roll side to side, stay on R side, knee/elbow tog/apart, roll to back. On back, legs straight, bend ankle/knee, think rubber band shorten between hip/shoulder.

11. Knees bent, hands behind head, lift L foot, direct elbows to L knee. Head resting, leave foot towards ceiling, bend ankle/knee/hip all tog, as knee comes towards chest, lift head, elbows towards knee.

12. Knees bent, lift L foot to ceiling, reach both hands to L thigh, bend/straighten ankle/knee/hip allow hands to slide towards foot, add lifting head w/arms reaching.

13. Repeat last move, pause w/hands near foot, roll side/side. Pause on each side, straighten/bend leg, head/knee tog.

SFe5 Segment 1 ATM Notes

Day 4 Thursday, April 5, 2012

ATM Lesson #09 – Diana Razumny

Seesaw breathing #3, with coughing, barking, laughing, mooing

CD#01/T20 [44 min] DVD#S01-4 Scene 1 [44 min] Source: Esalen #14

1. On Back, knees bent, pull belly in, expand chest. Push belly out, flatten chest.
2. Inhale, hold breath, alternate between pushing belly out, pulling it in. Have the chest doing corresponding movement.
3. Inhale pulling belly in few times. Switch to pushing belly out when inhale. Chest flattens and expands while belly is moving in and out.
4. Pull belly in with inhale.
5. Repeat in standing and then sitting cross-legged. Rest on back.
6. On back, knees bent, inhale pulling belly in, expanding chest.
7. Pull belly in and hold it there, inhale. Pause, repeat.
8. Stand, bend knees, lean with hands on knees, inhale pulling belly in and expanding chest.
9. Repeat on hands and knees.
10. On back, knees bent, pull belly in exhaling. Pause, cough few times. Hands on belly. Bark few times. Laugh, feeling belly. Pause, exhale pulling belly in.
11. Sit, pull belly in, exhaling. Bark, laugh.
12. Stand, lean forward, exhale pulling belly in. Pull belly in, stand, look up.
13. On hands and knees, head on floor, pull belly in exhaling. Do 10 quick exhales that way.
14. On back, interlace hands behind head, lift head, 10 quick exhales pulling belly in.
15. Same position, non-habitual interlacing, lift head, leave head up, lift tail, roll up spine, reverse – few times. Stay with pelvis high, repeat exhaling with belly pulling in.
16. On right side, knees in front, pull belly in on exhale. Pause. Count during exhale until you can't then hold breath out as long as you can. When inhale comes, repeat counting. Count on exhale, then inhale and continue counting. Pause, cough, hold air out and start counting. Pause, count as long as you can on inhale then on the exhale, note the length of each.

17. On front side, forehead on back of hands, repeat inhaling while pulling belly in.
18. On knees, hands on your hip, repeat inhale drawing in belly. Repeat with hands and head on floor.
19. Switch to expanding belly on exhale. Hands on belly. Add barking on exhale. Switch to mooing.
20. On right side, repeat exhaling, belly out, coughing, barking, mooing, laughing.
21. Sit with soles of feet together, lean on hands behind, exhale pushing belly out, cough, bark, laugh, moo. Pause, repeat with head hanging forward. Repeat with head hanging back.
22. Sit, soles together, left hand behind on floor, right hand to ceiling, look towards hand, push belly out, cough, bark, laugh, moo. Change hands, repeat.
23. On back, bend knees, exhale pushing belly out. Take chin away from chest, press elbows into floor, arch so head top of head comes towards floor, upper back arched, exhale pushing belly out.
24. Stand on knees, head hanging, repeat exhale. Repeat with head up and back. Hands and head on floor, repeat. Rest on back.
25. Inhale drawing belly in few times then inhale while expanding belly. Alternate. Repeat while lying on front.
26. On hands and knees, repeat alternating between belly in or out with the inhale. Rest on back, scan. Note movement and shape of the breathing.

SFe5 Segment 1 ATM Notes

Day 4 Thursday, April 5, 2012

ATM Lesson #10 - Diana Razumny

Flex/extend ankles/wrists

CD#01/T21 [32 min] DVD#S01-4 Scene 2 [32 min] Source: Amherst June 10, 1981

1. On back, arms down by sides, palms turned forward towards ceiling, flex/ext wrists. Do quickly, add ankles/feet.
2. Bend elbows, forearms standing up, palms towards feet, flex/extend wrists, speed up a little, add feet/ankles.
3. Alternate wrists but keep feet both going together.
4. Do hands/feet all same again then change just one foot. Return to all doing the same.
5. Have hands do opposite to each other then add feet doing opposite from each other. Notice which hand goes with which foot.
6. Pause, flex/extend both hands, add both feet.
7. Hands/feet alternating, switch combo.
8. Stand, flex/ext wrists same time then alternately while walking.

SFe5 Segment 1 ATM Notes

Day 4 Thursday, April 5, 2012

ATM Lesson #11 – Diana Razumny

Foot to head, rolling to side to sit

CD#01/T25 [61 min] DVD#S01-4 Scene 7 [61 min] Source: San Francisco Evenings Vol 2 #6

1. On back, bend knees, stand feet, R ankle on L knee
 R hand through opening of leg, palm upward, hold heel
 L hand holds outside of R foot, lift/lower foot, circle
 Circle foot along the midplane (bicycle wheel) thumb w/fing
 Add lifting head as foot comes towards head. Pause. ROB

2. Sit, hold foot same way
 Lift foot, bring towards head, circling like before
 Allow rolling back on pelvis, low back rounds back
 Head bows forward towards foot as foot comes near
 Lift foot in front, take R/L. Cont farther so L knee lifts
 Gradually L knee flops to inside as go farther to R
 (story of Germans in France)
 Come back to same movement, note if easier

3. On back, hold R foot as before
 Circle foot, bring head/foot towards ea other.
 Compare to before. Take foot L/R. Puase
 Rtrn to taking foot L/R, go all the way to R
 Bring head towards knee, nose/forehead/mouth
 Keep going, head along floor along leg to come to sit
 Sitting, leaning over head to big toe, mouth/nose/forehead
 Slide head along leg to knee, think diff parts of face touch
 Slide head from foot to knee until come to lie on back.
 On back, bring head/foot tog, circling foot towards head.
 ROB

4. On back, hold foot as before
 Take foot to R, head towards knee, along leg, sit
 Sit, hold R foot in air, take L/R, L foot hinges, in/out
 L knee opens/closes as take R foot L/R
 Soles tog, bring R foot to head, head to foot. ROB

5. On back, hold foot as before
 Bring head/foot tog to touch foot to top of head

6. Sit, soles tog, hold L foot w/has as did w/R foot.
 Lift L foot a little, think bringing head/foot tog
 Lift L foot, imagine taking L/R as w/R foot.

7. On back, holding L foot
Think of bringing L foot towards top of head
Lift head, leave it up, imagine foot coming to top head
Pause, think taking L foot L/R, rolling all way to touch
Really roll to L, think taking head along floor to sit
8. On back, holding L foot
Lift L/R foot high in air, swing up to sit
Sitting, think of L foot coming to top of head.
Switch to compare R foot to head.
9. Sit, soles tog, slide hands/arms under legs, palms up
Bring head to feet, bring one foot close to head, other
10. Hold one foot w/both hands, head/foot tog. Rpt OS
Bring shoulder under knee, leg overhead Rpt OS
Draw circle around face w/big toe, in ear, nose
11. On back, do same thing, foot to face, toe to nose/ear
12. Sit, remember first move
Hold R foot, roll to R, onto back and come up on L
Switch to L foot, roll around L/R. Stand, walk

SFe5 Segment 1 ATM Notes

Day 5 Friday, April 6, 2012

ATM Lesson #12 – Diana Razumny

Bend up/down, sitting & leaning on hands behind

CD#01/T26 [54 min] DVD#S01-5 Scene 1 [54 min] Source: Alexander Yanai #86

1. Sit cross-legged, lean on hands behind, lower head in front then lift. This movement is for whole lesson.
2. LOB interlace fingers, elbows forward raise and lower head several times. What part of back is going back? Lower head and then raise and lower pelvis. Do both and notice what is going back.
3. Sit, cross legged. Return to movement of lowering head and lifting. Think of imaginary floor behind you. What part of your back is being directed backward?
4. Continue, attention on nose. What line does nose draw in space?
5. Note chin, think that lifting/lowering head is to the service of taking chin up/down. Return to nose and note if line goes up/down in middle or curves R/L at some point.
6. Eyes closed, eyes to middle, down a little at bridge of nose.
7. Attention to top of head in movement and notice if shoulders/chest change. Bottom of sternum and pubic bone coming together. Rest on back.
8. LOB play with measuring distances on self. With eyes closed, think distance between corners of mouth. Mark with R & L index fingers. Eyes closed, take fingers towards mouth. How close are you? Repeat with distance between corners of nose, same with distance between outside corners of eye's. (Diana's addition to original).
9. Sit without leaning on hands, continue up/down move of head. Listen to R ear, what does it draw in space? How does it move in relation to shoulders? Can you think at same time of nose, chin, eyes, top of head? Add L ear, both ears, ears and back of head at occiput where spine meets skull.
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10. Pause and watch movement of front row. Move through rows and observe each other. Practice in observation of movement. Return to mat. Mirror neurons comment.
11. Listen to jaw during movement. R side of jaw at angle where it meets the throat. Then L side of jaw.
12. Sit, lean on hands, continue movement, attention to base of neck where vertebra sticks out (C7) Listen to back of head at occiput at same time as C7.
13. Continue, note chin to throat and then sternum movement up/down. Don't try to move different, just add parts in your awareness, the movement will change on it's own.
14. Attend to eyes, open eyes, feel eyes move with/without head. Look with eyes up when head moves up, down when head moves down. Reverse head/eye movements so they move opposite each other. Rest on back.

15. Sit, lean on just L hand, repeat movement, thinking nose, forehead, L ear, mouth. Imagine licking something with lower lip as head goes up. Think top/back of head that would come to floor if in full backbend.
16. Add having R arm to ceiling, continue. Note top of spine, C7, R ear, L ear. Head stay in middle? Think of top of head, jaws, chest, throat, chin.
17. Change hands, leaning on R, L in air, think chin and eyes. Think chest, mouth, nose, forehead, back of head, top of head, C7, eyes. Rest on back.
18. Sit, lean on hands, continue lift/lower head, as lift head allow jaw/mouth to hang open. Think the head moving up is what opens the jaw, the jaw just stays down. As head begins to lift, stick tongue out. Bring tongue back in when head is lifted. Repeat licking w/eyes closed
19. While licking review: forehead, top of head, back of head, C7, shoulders, back, sternum belly, ears, jaw. Rest on back.
20. Take tongue to nose (Read AY#6) Tongue to upper/lower lip. Sit, lean on hands, head up/down, tongue corresponding, touch upper lip w/head up, lower lip, head down. Add attention to eyes.
21. Stand up, imagine same movement of head up/down. Which part do you think/feel while you imagine?
22. Imagine chain attached at top of head, hanging down in front and back along mid line. Start looking up, feel chain contour to front of face, forehead, nose, lips, chin, throat, chest, belly, then look down, feel chain along backside. Go back and forth, feeling chain lie along midline in front/back. Sit to rest, lie on back. Scan for points have attended to.
23. Sit, lean on hands behind, move head up/down, note difference. Each person feel areas haven't include in attention while moving head.
24. Scan revisit ATM # 02 – LOB raise hip dots, raise shoulder dots. Lengthen through top of head and raise head. What pushes back into floor. Roll to side, sit, stand. Walk.

FI practice, find partner, one partner place hand on others back, person with hand on back take head forward and feel hand on back. Move head up and down. Have partner move hand up or down on back, continue rounding back. Feel folding in front and hand in back.

SFe5 Segment 1 ATM Notes

Day 5 Friday April 6, 2012

ATM Lesson #13 - Diana Razumny

Flexion #4, Hand holding foot, lengthening leg

CD#01/T29 [48 min] DVD#S01-5 Scene 3 [48 min] Source: Esalen #11 Lengthening hamstrings

1. Sit, lean on L hand, hold R foot from outside w/R hand, thumb w/fingers, raise/lower R leg. Lower head when leg raises, elbow remains inside leg. Now raise head/eyes when raise leg. Rest on back.
2. Bend knees, L hand behind head, hold R foot w/R hand as before, arm inside leg, lift foot/head into air, breathe out.
3. L hand behind head, hook R index finger around R big toe, raise R foot and head. Change foot hold, R thumb between R big toe and second toe, other fingers wrapped around rest of toes, lift/lower foot/head. Rest, note sides.
4. Sit, lean on L hand, hold R foot from outside edge w/R hand, elbow inside leg, lift/lower leg, note weight on L sitbone. Lean on R hand, hold arch of R foot w/L hand from between legs, , lift/lower leg. Lower head when lifting leg, note space between arm/leg, head could fit into.
5. Lean on R hand, hook R big toe w/L index finger, lift/lower leg, aim head into space of arm/leg. Now move head back while lifting leg. Note doesn't go as high. Rest on back.
6. Bend knees, R hand behind head, hold R foot w/L thumb between big/second toe, fingers wrapped around other toes from sole side of foot, lift/lower head/R leg. Aim R elbow between arm/leg.
7. Sit, lean on R hand, hold R toes w/L hand as before, lift/lower leg, aim head into gap this time. Stand, walk, feel sides. Rest on back.
8. Repeats OS Sit, lean on R hand, hold outside edge of L foot w/L hand, lift/lower leg, note differences.
9. On back, bend knees, R hand behind head, hold L foot w/L hand, lift/lower leg. Lift/lower head/leg, exhale lifting, inhale lowering.
10. Bend knees, L hand behind head, hold L foot w/R hand from between legs, lift/lower head/leg, L elbow into gap. Eventually leg behind head.
11. Sit, lean on L hand, hook L big toe w/R index finger, lift leg, aim head into gap. Hold L foot w/R hand from underneath, thumb between big/second toe, fingers wrapped around four toes, lift/lower leg, aim head into gap. Rest on back.

12. Bend knees, R hand behind head, hold L foot w/L hand over top of foot, thumb between big/second toes, fingers wrapped around outer edge of foot, lift/lower leg/head. Note leg goes higher, starts to straighten. Change hand to hook L big toe w/L index finger, repeat lifting, note if leg straightens easier.

13. Bend knees, L hand behind head, hold L foot w/R hand on sole, lift/lower leg/head, aim L elbow into gap of arm/leg. Gradually arm/leg wrap around/behind head. Repeat same but hooking big toe w/index finger.

14. Hold L foot w/R hand on sole, fingers wrapped around outside edge, lift head/leg, stay, straighten R leg, note what happens to other leg.

15. Sit, lean on L hand, hold L foot from bottom w/R hand, lift leg, lower head, note head going past elbow? Rest on back. Get up, walk, note feeling.

16. On back, bend knees, lift both feet, both hands between legs, hold instep of each foot, thumb w/fingers, lift both legs, opening wide. Think of shoulders. Lift head w/legs. Rest.

17. Hold both feet again, from inside, continue lift/lower legs, this time head stays on floor when lifting legs, lift head when bending legs. Begin rocking until sit up. Rest on back.

18. Hold both feet from outer edge this time, continue lifting and opening legs then bending. Each opening, lift head. Switch so you lift head when bending legs, start rocking.

19. Hold R foot w/R hand on outer edge, L foot on floor, lift R leg, turn to side, stretch leg completely. Bend/straighten. Now hook R big toe w/R index finger, bend straighten knee. While leg is straight, lift leg in air, lift head. Go to side again, repeat. Repeat same w/other leg.

20. On back, hold both feet from inside, open legs wide, then bend, letting head come up to rock to sitting. Stop in sitting, change hands to hold outside edge of feet, repeat rolling back then sitting up. Stand, walk, feel.

21. One more thing, on back, knees bent, hold R foot w/L hand from between, R hand behind head, lift leg/head, elbow into gap now, note difference. Take elbow to L so leg goes behind head. Repeat w/other leg.

SFe5 Segment 1 ATM Notes

Day 5 Friday April 6, 2012

ATM Lesson #14 – Diana Razumny

Diagonal lengthening of arms & legs, on back & stomach

CD#01/T32 [51 min] DVD#S01-4 Scene 6 [51 min] Source: San Francisco #14, 8/24/77 Mia Segal

1. On back, arms along side, legs spread. Lengthen L leg from heel, return. Toes quiet. Length from hip, back, ribs, shoulders, head. Leg goes back to place, everything follows. Think of line from heel to hip, crossing spine, where? Pause,
2. Repeat on OS. How is it different? Alternate, note differences. Imagine where lines meet/cross. Note differences in ribs, chest, hip joints, length of lines heels draw on floor. Rest, note feelings of back and shoulders.
3. 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.
4. L arm overhead, alternate lengthening R leg/L arm. L arm shortens when R leg lengthens, visa versa. Add turning head towards L arm as it shortens and turn away (to R) when it lengthens. Switch so head turns towards arm as it lengthens.
5. R arm overhead, lengthen L leg, shorten R arm, visa versa. Note ribs, back, R hand/L foot connection, line crossing spine.
Add turning head side/side, start turning towards shortening arm then away from shortening arm. Which easier?
6. Arms overhead, lengthen legs alternately, note effect on arms/shoulders/head. Note line between foot/hand on each side. Lengthen R leg, shorten R arm; shorten L arm, L leg lengthening. Quickly. Allow head movement, note chest, ribs.
7. On front, spread legs, face L, L arm extended up 45 angle, lengthen R leg few times, note move through, line crossing spine? As leg stops lengthening, lengthen L arm, use R foot/toes to help L arm reaching. Continue but inhibit movement of pelvis. Note breath, back, neck. Return to pelvis involved.
8. 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.
9. On back, arms overhead, lengthen legs alternately. Pause, remember lines crossing. Stand feet, interlace hands behind head, think of lifting head/feet at same time, elbows towards knees, what point presses back. Arms overhead, legs long, imagine belly/diaphragm press back to lift hands/feet a little at same time. While imagining, note neck, breath, jaw?

Stand feet, lift arms/legs from floor at same time, return, note timing, back and belly letting go. Bring arms/legs down, long, rest.

SFe5 Segment 1 ATM Notes

Day 6 Monday, April 9, 2012

ATM Lesson #15 – Diana Razumny

Foot to head, rolling to sit, ATM Book version

CD#02/T01 [45 min] DVD#S01-6 Scene 1 [45 min] Source: ATM Book #8: Perfecting self-image, edited

1. Scan on back. Sit on the floor, knees opened out, feet resting on outside edges. Place your R palm under your R heel, thumb together with the fingers. Hold the four small toes of the R foot with the L hand, thumb between big and second toe. Raise the foot with both hands and direct the foot in an arc towards the head, lower top of head towards foot. Continue and exhale as you raise the leg. Drop the head forward. Make the movement smooth. Observe your chest, shoulders and shoulder blades. Make the movement easy. Rest on your back.

2. Lying on back, draw up your feet, knees open to side. Lift R foot, hold with both hands as before. Use your hands to lift your toward the ceiling then arc towards top of your head, bringing head as if to meet the foot. Make it light and gentle. Notice your chest and arms. Rest on your back.

3. Draw your knees up and hold the R foot again with both hands. Use your hands to move the foot away from you and roll pelvis to R until R thigh touches floor. Head, body, leg all go R. Exhale and bring your head towards the R knee in an arc along the floor. Have the intention of coming to sit from this position. Go back down and do it again. Let your L leg help and as you come towards sitting folding the knee so the foot goes to the L. Rest on your back.

4. Repeat, holding R foot, roll to side, pause there. Use R foot/hand to help drag head in arc along floor. Head comes in front of knee, L leg reaches back to help bring you up to sitting. Chest soft, observe any efforting. Notice what parts missing in image of movement. Complete image as much as you can. Rest.

5. Come to sitting with the knees bent apart and hold the R foot as before. Raise the foot in an arc towards the top of your head. Is there any improvement? Continue holding the R foot as you stand the L foot. Tilt the L knee R the L foot touches the floor. Increase the move so the inside of the foot slides back to your L with the inside of the knee and foot against the floor. With your R foot on the floor in front of you sink your head and trunk forward toward the foot. Bring the head towards the R knee or lower leg. Rock the trunk R and L. Pause.

6. In the same position increase the rocking motion with the head lowered and gradually roll to the R then to lying on your back. Make the movement smooth, pass through the middle position on the back and a little to the L. Push away from the floor with your L foot to return to the R. Fold up, bringing the head along the floor to the knee so you come to sitting. Stay rounded forward, rock a little L and then back down to the R and onto your back again. Do that a few times make it smooth and easy. Rest on your back.

7. While on your back imagine coming up to sitting in this way and fill in as many parts as you can. Make the movement in your imagination continuous with the breath quiet. Come up to sitting and while sitting imagine going down to lying on the back in the same way. Do the movements a few times then rest.

8. Come to sitting, hold your R foot as in beginning. Imagine raising foot to head as in the beginning. Actually raise it towards your head. Is it easier? Lie down. Imagine as many of the movements that we did on the R side. Notice the feeling in your limbs as you imagine. Give yourself little pauses between each movement. Come to sitting, hold the R foot and actually do the movement and see how it is now. Come to standing, walk around and observe differences.

9. On back, draw your knees up, notice differences in contact with floor between the two sides. Hold your L foot with both hands in same way you held the R, imagine extending the foot towards the ceiling then towards your head. Imagine the sensation throughout your body as you imagine the movement. Pause. Hold foot in same way, imagine extending leg, allowing yourself to roll L so L leg touches floor then back to center. Imagine same thing with an image of the head making arc along the floor towards L knee. Add to that the R leg extending back to help the pelvis come to sitting position. Actually come up to sitting this way. Stay sitting, holding the foot, head and trunk rounded over. Imagine rocking side to side, rolling L and onto back. Pause. Actually do the movement and rest on your back.

10. Bend your knees, lift both feet, hold them from between the legs around each heel. Straighten one leg to roll to one side then alternate. Gradually increase so you come up to sitting on one each side. Circle? Rest on your back. Come to sitting, take the R foot with both hands and bring it up overhead. Feel the difference for the first time you tried.

SFe5 Segment 1 ATM Notes

Day 6 Monday, April 9, 2012

ATM Lesson #16 – Diana Razumny

Ankle/knee/hip-flex/extend/circle, on back

CD#02/T03 [42 min] DVD#S01-6 Scene 3 [42 min] Source: AY#?

1. On back, bend knees, lift R foot, bring knee towards/away from belly. Flex ankle w/flexing hip; knee goes away, straighten ankle (point toes). Repeat, switching so ankle flexes as knee goes away, ankle extends when knee comes towards belly (flexing in hip), note tongue, jaw, eyes.
2. Continue, roll head R/L, note line of knee move: in/out/straight? Pause with knee in air, circle knee in horizontal plane, note position of foot in relation to knee going inside/outside. Sense hip joint. Pause, circle knee other direction. Rest, legs long, compare sides, note sides of face.
3. Bend knees, lift R foot, circle heel horizontal plane, note hip joint, knee. Bring just heel to floor, make circle on floor, note knee movement. Lift heel from floor again, continue circle, note knee, switch directions. Continue heel circle when foot to ceiling.
4. Repeat first move, knee towards/away from belly. Combine flexing foot. With whole foot on floor, rub sole of foot in circle on floor. Which part is making circle; big toe, heel, small toe, middle toe, ball of foot? Try each.
5. Slide R/foot on floor away/towards you. Pause w/R foot parallel w/L then slide R foot L/R. Note knee. Pause, repeat w/inside of foot lifted then outside lifted.
6. Feet standing and parallel, alternate lifting inside/outside of foot, note knee. Allow knee to go out when touching on outside edge of foot, knee in when touching inside edge of foot. Pause.
7. While touching outside edge of foot, take knee in, when touching inside edge of foot, take knee out. Knee doesn't move much. Continue move of foot, keep knee in middle. Note jaw, tongue, eyes.
8. Slide heel out several times, think of pivoting around space between big and second toe then between little and next to little toe. Note hip joint, breath, eyes, mouth, tongue. Slide toes R/L, keep heel still.
9. Move heel a little away from body so knee is half bent and leg a little straightened, lean on heel, flex/extend ankle. Do it like tapping toes. Note, tips of toes or ball of foot? Tap 2 at a time, pom-pom. Then 3 at a time, pom-pom-pom.
10. Draw foot closer, lift heel, rap with heel 1 at a time, 2 at a time, 3. Do without counting. Do 4 at a time. Pause, lift foot from floor, draw knee towards/away from belly, note difference, feel hip joint.

SFe5 Segment 1 ATM Notes

Day 6 Monday, April 9, 2012

ATM Lesson #17 – Diana Razumny

Tilting bent legs, on front, London version

CD#02/T01 [44 min] DVD#S01-6 Scene 1 [44 min] Source: London: Carriage of the head

1. LOB. Scan contact. Roll head L & R, how far down spine can you sense movement? Bend knees & stand feet, tilt slight L & R, how far up spine can you sense movement? Return to head roll L & R. Open mouth and extend tongue.
2. On front, L ear on hands, knees bent, held tog, tilt L. Leave legs tilted L, stand R hand pushup, take legs farther, return hand under head, tilt legs again, note diff. Note: R elbow slides, pelvis pulls spine/head, both sides ribs.
3. Stay legs to L, inhale, fill chest, pull in belly, exhale, flat chest, push out belly, note when feet nearer to floor. Stand, note. Do OS.
4. Return to L ear on floor, interlace hands on R ear, elbows on floor, tilt, slow, note where twist doesn't happen. Stay feet to L, lift R elbow, note feet.
5. Stay to L, separate R knee from L. Lift R knee/elbow same time, note feet. Return to just tilting legs L, note change.
6. Stay L, separate R foot from L. Hands under head, L ear on L hand, tilt legs L, note ease.
7. W/legs to L, put hands on head again, note feet move away from floor. ROB, repeat OS.
8. Return to L ear on floor, hands on R ear, tilt legs L few times then R. Stay legs to R, open/close heels/toes, continue open/close while tilting.
9. Stay tilted R, turn head so R ear on floor, note legs, stand L hand to help.
10. Face R, tilt legs R/L, faster. ROB, repeat OS. Return to orig move. Tilt legs R/L w/head one way then other.
11. Face R, R arm stand for pushup, legs bent together and tilting legs L. Slide R leg along L keeping it bent, take R knee to L foot. See how you can use R hand to help bring to side sitting. Repeat OS. Alternate from side to side. How are you using your eyes?
12. Repeat scan from beginning of lesson.

SFe5 Segment 1 ATM Notes

Day 7 Tuesday, April 10, 2012

ATM Lesson #18 – Diana Razumny

Interlacing fingers and toes

CD#02/T07 [44 min] DVD#S01-7 Scene 1 [44 min] Source: Amherst

Diana taught this lesson with the L hand and foot to begin.

1. LOB. Scan, sense each of your toes individually. How clearly can you sense each toe? Sense hands and fingers. Sense everything between toes and fingers. (scan revisited throughout lesson during rest.)
2. Sit, socks off, interlace fingers of R hand over top of R foot, thumb outside. look at bottom of foot. Hand/foot connected, explore mvt. Possible to rest connected, to bring foot to mouth? Slide hand and foot on floor, raise them, place them L & R.
3. R hand holds R foot again, thumb between first toe/second toe, explore mvt. Attend to whole self
4. Roll from sitting onto back, onto belly, onto back, a way to standing?
5. Sit, take L hand to the sole of R foot, different hand, same foot, thumb between big toe/second toe, interlacing fingers from this side, explore movement in this relationship. Self attention, where in space, other parts of you. Loop formed between L arm/R leg, things can be done through/around that, pretzel?
6. Sit, R hand over top of R foot, thumb between first two toes now? Explore movement again, different quality, capacity Could you get onto knees or one knee?
7. L hand to sole of R foot, slowly change over hands so L hand intertwines with toes, let go of R hand, come onto hands and knees? Thumb between first two toes – easier/harder? Roll onto back, let go of foot. Roll head L/R.
8. Legs into air, soles of feet together, use hands to interlace toes non habitually. Roll to sit, keeping feet this way?
9. Interlace toes non habitually, feel face. Once interlaced, roll up to sitting straight up, then back, swing legs for momentum. Where do hands need to be?
10. variations coming up to sit: rolling through side. Do that, rest toes for a moment.
11. Sit interlace toes, lean on hands. Where are fingers pointing? Keeping fingers pointed back, bring self onto elbows/forearms. It doesn't work, turn hands around, fingers pointing

towards feet, less stabile, more mobile. Go up/down like that, hands can guide or track to bringing self up and down. Undo feet and rest on back.

12. Interlace toes habitually, hold with hands, bring up to sit, back down again, hold feet, legs? Undo feet, continue rolling up/down and hold onto legs and see where you hold onto. Rest.

13. Sit, toes interlaced, slide R hand under R leg from inside, the R lower leg, knuckles to floor, slide it in/out. How far forward can you slide up? Can you bring elbow to the ground? As you slide arm further down, do you shift weight to the R or is it possible to not shift the weight, something has to happen in chest for that to occur.

14. Take arm out, slide L hand palm up under L lower leg, do this side. Alternate sliding one arm all the way through and back and the other arm. Can you slide both arms through, can both elbows come to the ground? Roll onto back, undo feet and feel the quality with which you come into the floor now.

15. Stand, what's the capacity you have for feeling self in movement having explored rolling and interlacing and holding one foot with one hand and the other? And where does weight fall through you now, does it feel more forward in space, is bottom more behind you? Walk around, different sense of readiness? Walk forward, backward. How many of your toes can you sense?

SFe5 Segment 1 ATM Notes

Day 7 Tuesday, April 10, 2012

ATM Lesson #19 – Diana Razumny

Lifting the head & shoulders with 5-line scan

CD#02/T09 [49 min] DVD#S01-7 Scene 4 [50 min] Source: Esalen #1

1. Think 5 lines. Lines are not against the floor but few inches inside of you. Imagine someone uses index finger at front and back at 5th lumbar transverse process and gradually walkway up on R, then down on L. Do few rounds on your own, can change directions. Add your eyes looking to where you are sensing each vertebra.

2. Sense line starting at C7, go out to R shoulder joint, allow eyes to track the line, down to elbow, wrist, hand. Repeat on L. Go to central line, out to R hip joint, down to knee, ankle, big/little toe. Same w/L. Get overall sense of all 5 lines at once. Locate point little below navel and inside, place little sphere there, note the breath.

3. Thinking of the central line and breath, lift head, bending the line, keeping the length. Lift R shoulder from floor few times, then quickly, keeping the lines. Note when you do it quickly if you loose the lines or hold your breath. Return to lifting/bringing head forward and feel if there is a bias from the shoulder lifting.

4. Tap back of head on floor, note if you can keep the lines and not hold breath. Bring L shoulder forward, sensing lines, slow/fast, noting breath, lines. Do both shoulders at same time. Alternate lifting head/shoulders forward. Alternate lifting shoulders.

5. Lift R hip. Lift by using R heel pressing floor; by squeezing buttock; then lift without either one of those. Pause, bend knees, remove feet from floor, take R hip from floor (rolling). 1 knee to chest, quickly.

6. Return to legs long and find way to lift R side of pelvis. Pause, bring L shoulder forward to note change. Repeat w/L hip then alternate L/R. Draw lines between corner of eye to ear, corner of mouth to ear, then corner of eye/mouth. Repeat on other side.

SFe5 Segment 1 ATM Notes

Day 7 Tuesday, April 10, 2012

ATM Lesson #20 – Diana Razumny

Lifting arms and legs from floor, front & back

CD#02/T12 [56 min] DVD#S01-7 Scene 7 [56 min] Source: ATM Book #3: Fundamental properties of movement

1. On your back. Have legs comfortable distance apart. Arms above head, apart so left arm will be in line with right leg and right arm in line with left leg. Eyes closed, scan from heels, up legs, pelvis, ribs, vertebrae, shoulders, all the way up the arms to the hands. Raise right arm with use of shoulder so hand slightly comes off floor. Do this several times, resting completely between each movement. Notice the hands slide a little as the arm lengthens to lift from the floor. Allow the breath to exhale as you lift the arm. Rest with your feet standing. Note differences in sides.

2. Lie on your stomach with arms and legs spread as before. Elbows are slightly bent. Lift and lower the right elbow from the floor, using your shoulder. Lift the elbow as you exhale. Feel the arm lengthen slightly as you begin to lift the elbow. Gradually lift the whole arm from the floor. Let the forearm and hand be relaxed as you lift the arm so the hand hangs down. The shoulder and upper chest lift as you use your back to lift the arm. Rest on your back and notice any differences in the two sides.

3. Stretch your arms and legs out again and lift the right arm and leg from the floor at the same time. Only lift enough so the hand and foot come off the floor a little. Pay special attention to the foot and hand lifting from the floor and lowering at the same moment. Lift just the arm on the exhale and put it down. Then lift just the leg on the exhale and return it to the floor. Now lifting them at exactly the same time as you breathe out. Pause.

4. Now lift the arm and leg alternately. Feel what happens in the lumbar vertebrae as you lift the arm and as you lift the leg. Turn the right leg out and slowly lift the leg. Notice if this affects the vertebrae in the same way. Now lift the arm and leg simultaneously as you exhale and feel if the lumbar spine lowers to the floor. Feel the lengthening of the arm and leg as you lift. Lower arms slowly, rest and feel the contact of your pelvis with the floor. Notice any differences in the right and left sides of the body.

5. Roll onto your stomach and spread your arms and legs as before. Slowly lift right elbow few times, add lifting arm leaving wrist limp. Add lifting leg. Which way is your head facing? Breathe out as you raise the arm and leg. Do the same thing a few times with the right cheek on the floor, then the forehead, then with the left cheek on the floor. Feel which position is more comfortable. Face to the right, left cheek on the floor and lift several times, noticing the pressure of the left side of the stomach against the floor. Pause.

6. Continue to raise the right arm and leg and also raise your head, letting your eyes follow the movement of the hand. Do the movement several times and then roll onto your back and rest.

7. On your back, lift the arm, leg and head. Rest and feel your contact with the floor. Compare to beginning of lesson. Come to standing, raise the right arm move your back back and see if your right arm moves forward, repeat with left arm. Walk around and feel the difference in the two sides of the body. Feel the length of the two leg and arms. Notice the difference in the two sides of the face.

8. Lie down and repeat all the movements on the left side of the body.

9. Now raise your right arm and left leg at the same time. Feel the change in your back against the floor as you lift the arm and leg together. Pause and then lift the right leg and left arm at the same time. Pause and lift all four limbs and head. Leave the head on the floor and lift the four limbs. Rest.

10. Roll onto your stomach and repeat these same combinations of movements. When you finish, roll onto your back, rest and notice your contact with the floor as in beginning of lesson, particularly along the spine. Come to standing sense yourself and walk in your own time.

SFe5 Segment 1 ATM Notes

Day 8 Wednesday, April 11, 2012

ATM Lesson #21 – Diana Razumny

Directing the breath, in various positions

CD#02/T13 [48 min] DVD#S01-8 Scene 1 [48 min] Source: AY#175

1. On back, stand feet, lift/lower pelvis rolling up spine towards having weight between shoulder blades. Leave pelvis lifted, inhale, expand chest. Exhale, expand belly.
2. Rpt, expand only upper R chest, lung, ribs, armpit, expanding from the inside. Legine long, rpt w/R upper lung, imagine pushing from inside.
3. Stand L foot, lift L side of pelvis, fill upper R lung. Rpt OS
4. Legs long, sense clavicle/sternum/ribs w/breath.
5. Stand feet, lift pelvis, inhale, expand into C7.
6. Stand L foot, interlace hands behind head, lift head, expand lower R ribs. Rpt OS.
7. Feet standing, expand area of inside shoulder blades, down to waist. Continue interlace hands behind head, lift head, moving expansion around, up/down, L/R.
8. Stand L foot, R arm long overhead, roll R, hold/lift head w/L arm, expand into armpit. Rpt OS.
9. On front, arms overhead, forehead on floor, expand area of diaphragm, note asymmetry and exaggerate, move around, note lower back backwards.
10. On front, R knee up to side, roll L, L arm extended overhead, R arm over top of head, lift head w/arm, expand into upper L chest. Rpt OS.
11. On front, R arm extended overhead, head turned L, L arm bent in front of face, push from L standing toes up to R, expand R upper chest. Rpt OS.
12. On front, both arms overhead, expand into upper chest, toes of both feet stand/push. Pelvis/head lifted.
13. Rtrn to back w/L foot standing, R arm long overhead, L arm/hand holding head, expand into lower ribs on R side. Rpt OS.
14. On back, feet standing, (explore seesaw breath–expand chest on exhale, belly expand on inhale), hands lift head, expand chest on exhale. 30 x's

Returned to coming to sit from first day. Starting in X position with arms over head and legs wide. Take R arm overhead and to L, rolling onto L side, as knees bend in side sitting, R

leg behind. Pour yourself up into sitting. Rtrn same way, rpt other side. Bring yourself to standing.

SFe5 Segment 1 ATM Notes**Day 8 Wednesday, April 11, 2012****ATM Lesson #22 - Diana Razumny**

Hen pecking with head, sitting on chair, arms resting on prop in front

CD#02/T18 [49 min] DVD#S01-8 Scene 6 [49 min] Source: AY?

1. Sit on chair facing back of chair, lean arms on back of chair, bring head straight forward, note the part of back going backwards.
2. Repeat w/head facing more to the R.
3. Repeat looking to the L. Return to taking face forward, sensing along front side, back side and spine in middle of torso. Once to L, once to right, note shifting on pelvis.
4. Start taking head to R, repeating, each time a little more towards center and continue on to L, several pecking motions to work your way from R to L. Attend to head moving down/up in space as you take it forward and back.
5. Bring head back, chest comes forward/up a little. Repeat taking head back/center w/face to the R. Repeat going gradually from R to L, L to R.
6. Take head forward/back, note sitbones. Face R, go forward/back. Look L, repeat. Go from R to L gradually, make smaller/quicker.
7. Take head R and forward, back to center, L and forward, back to center. Moving from side to side, starting close to center and moving further to R and L.
8. Take head R forward, keep forward and arc around to L. Reverse.

SFe5 Segment 1 ATM Notes

Day 9 Thursday, April 12, 2012

ATM Lesson #23 – Diana Razumny

Sit to stand

CD#02/T21 [23 min] DVD#S01-9 Scene 2 [23 min] Source: ATM Book #1 What is good posture?

1. Sit in a chair that has a level seat. Come to standing a few times and notice how you do that. Stay standing and lightly sway from side to side. Notice the movement in your spine and head. Observe the connection between your breathing and the swaying. Change so you sway forward and back in a similar way. Sense what happens in your ankles. When do you inhale? Pause.

2. Now combine the movements so you end up making a circle with the top of your head in the horizontal plane. What do you do in your lower legs? Feel how all the movement is happening in the ankles. Circle other direction.

3. Shift your weight onto your right foot and just touch the floor with your left big toe for balance. Explore the same swaying right and left and forward and back. Then make a circle and reverse directions. Pause and do the same on the left foot.

4. Sit on the front edge of your chair with your feet flat on the floor fairly wide apart. Relax your legs so they can move sideways and forward from the ankles. In this position move your whole trunk from side to side in a swaying movement. Coordinate the movements with your breathing. Inhale to the side and exhale as you return to center. Pause then sway forward and back. Make a circle with the top of your head. Feel as though your coccyx is anchored to the chair and as you circle, the spine draws a cone shape in space with the point of the cone at the base of your spine. Reverse directions. Make it smooth. Pause.

5. Sit on the front edge of your chair and rock forward and back starting small and let the movement get larger. Have the idea of coming to stand so it is just a continuation of the easy rocking forward. When you feel yourself begin to effort stay at that point and feel how you are efforting. Let go of the intention to stand and then rock again forward and back. Do that a few times feeling for the place that you begin to jerk yourself up or effort. Stay at that point and relax everything and rock again. Pause.

6. This time take the hair at the top of your head with your right hand. As you rock forward and have the intention of standing, pull gently straight up through the top of your head. Detect if you are tightening at the back of the neck at all. Let the rocking forward bring you to standing without any change in your breathing. Switch so your left hand is holding your hair and see if it's different. Pause.

7. Sit at the edge of your chair with your feet flat on the ground, far apart. Move your knees together and apart several times. Make the movement rhythmical and regular. Take the hair at that top of your head and bring yourself to standing. Go up and down a few times slow enough so you don't interrupt the movement of the knees moving. Note if you

always stand up with the knees in the same place. Can you have the standing be independent of the flapping of the knees. Pause.

8. Sit at the edge of the chair again and place the fingertips of your right hand lightly on top of your head. Raise and lower your chin and sense the movement of your head with your fingertips. Now keep your head still in the middle and come to standing, using your fingertips to detect if you are shortening the muscles in your neck. Make it light and easy. Let you arm down and come to standing a few times and feel how this is different from when you first started.

SFe5 Segment 1 ATM Notes

Day 9 Thursday, April 12, 2012

ATM Lesson #24 - Diana Razumny

Edges of the feet lifting/lowering, on back

CD#02/T26 [53 min] DVD#S01-9 Scene 7 [53 min] Source: AY#433

Reference movement not at beginning of recording, could be standing on one foot.

1. On back, bend knees, stand feet, lift inside edges of feet. Qkly. Lift outside edges. Qkly. Alternate inside/outside.
2. Stand R foot, bend L knee out to side, slide L foot between R foot/butt, lift outside edge of R foot w/o moving R knee. Repeat w/legs switched. Stand R foot on L foot, L knee on floor, lift inside/outside edge of R foot alternately.
3. Same position, add: L hand on forehead, roll head R/L while lifting inside edge of R foot. Ease of head each direction?
4. Same, roll head L/middle only and lift inside edge. Repeat rolling head R/middle only. Roll head R/L, lift inside edge.
5. Stand R foot on L, lift outside edge of R, R hand on head, roll L/middle. Roll head R. Roll R/L. Lift inside/outside. Note timing/coordination. Vary: Roll L/lift outer, roll L/lift inner; alternate rolling R/L while lifting inner/outer edges.
6. Repeat steps 2-5 with L foot standing on R. Try each hand rolling.
7. Stand R foot on inside of lower L leg near L knee, lift R/L edges. Let R knee open to side so outer edge rests on L leg, same movement of ankle when lifting edges of foot. Mimic movement w/L foot that's on floor. Move feet same time.
8. Repeat w/L leg on top, knees open sides.
9. Sit, open knees, one leg on other, hands on floor behind, lift pelvis, knees come towards standing. Change over top leg.
10. On back, soles together, press inner edges together then outer. Soles a little apart, same movement of ankles.

SFe5 Segment 1 ATM Notes

Day 9 Thursday, April 12, 2012

ATM Lesson #25 – Diana Razumny

Tilting bent legs, on front, ATM Book version

CD#01/T27 [57 min] DVD#S01-9 Scene 8 [57 min] Source: ATM Book #7 Carriage of the Head

Taught to the public and students

1. Lie on your front, place hands one on top of the other, forehead on back of hands, have the legs hip width apart, knees bent at ninety degrees so feet are up in the air toward the ceiling. Tilt your lower legs to the right and back to the middle a few times. Pause in the middle, leave the knees apart and let the feet come together so they are touching, tilt the legs right again, allowing the left foot to slide along the right lower. Observe: elbows; turning through the spine. Rest.
2. Have your left hand on top of the right, turn your face to the left so your right ear is resting on the back of your hands, bend your knees again and tilt them to the right and back to the middle. Observe: your ribs on floor; your spine and how far legs tilt. Do you notice differences with the head turned? Rest on your back. Roll head, notice any differences left to right.
3. Lie on your front side again, place the left hand on the back of the right, turn your face to the right, have your left ear on the back of your left hand and continue tilting bent legs to the right. The left foot slides along right leg again. Observe the degree of twist in your spine with the head turned to the right. Do you inhale or exhale while tilting the legs. Track along your spine as you twist. Rest on back.
4. Lie on your front, face to the left, have your right ear on the floor and interlace fingers on top of the left ear, elbows resting on the floor. Have your knees together and bent, tilt your legs to the right, keeping the knees and ankles tied together. Allow the left knee and thigh to leave the floor. Observe: when you exhale; twisting in your spine, chest movement, elbow sliding. Rest on your back.
5. Lie on your front, have your face to the right so your left cheek is on floor, interlace your fingers the non-habitual way, place your hands on your right ear, knees bent together and tilt the legs right as before. Rest on your front (or stand and walk noticing differences) head, eyes, torso, legs, pelvis.
6. On your front, forehead on hands, tilt bent legs right and compare to the beginning. Pause. Recall in your imagination the movements done while tilting the legs to the right and then do the same thing taking the legs to the left. Actually do the movements a few times and compare the ease of going left compared to right.

The lesson in the book talks about habitual patterns, imagined movement, projected image and actual execution for finer muscular action. On the tape he expands on the differentiation between projected image and actual execution. The movement in the book

starts with allowing legs to be apart then holding them together later with hands interlaced on the back of the head. On tape the whole lesson is done with knees and ankles tied together and never having hands interlaced on top of head.