

Day 11 Monday July 16, 2012

Discussion #18 – Diana Razumny

Introduction to the segment

CD#03/T01 [5 min] DVD#S02-1 Scene 1 [5 min]

This segment is a study of developmental movement. Starting with something more primitive, inner biological movement of pulsation and undulation. Walking theme for segment. Reference- walking with fingers in ears to hear how your walk sounds internally, rhythm, striking of foot, compare sides, loud/soft.

ATM Lesson #29 – Diana Razumny

Jelly fish hand, sitting to lying and standing

CD#03/T02 [37 min] DVD#S02-1 Scene 2 [39 min] Source: Diana – based on Amherst & developmental studies

Jelly fish video to set the tone for movement of the hand.

Discussion #19 – Diana Razumny

About ATM lesson

CD#03/T03 [17 min] DVD#S02-1 Scene 3 [18 min]

Students share experience of lesson. Potency of visuals for bell hand.

ATM Lesson #30 – Diana Razumny

Undulation of spine, on back

CD#03/T04 [69 min] DVD#S02-1 Scene 4 [70 min] Source: Diana – based on Amherst & developmental studies

Started with video of mechanical caterpillar & spine. Anatomy program. Continuum video.

Discussion #20 – Diana Razumny

About ATM lesson

CD#03/T05 [12 min] DVD#S02-1 Scene 5 [12 min]

FI Exploration #17 – Diana Razumny

Observe walking

CD#03/T06 [17 min] DVD#S02-1 Scene 6 [36 min]

Trios – 2 watch 1. Then 2 Trios – 4 watch 2.

ATM Lesson #31 – Diana Razumny

Undulating caterpillar, on front

CD#03/T07 [65 min] DVD#S02-1 Scene 7 [67 min] Source: Diana – based on Amherst & developmental studies

Video of man in street, locomoting on belly. Dub step video.

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, explore press/release of small sections from heels to head, one section at a time. Return and go a little faster, one press for each section, traveling from heels to head. Continue with an image of a wave moving through. On front, repeat same sequence as on front until playing with wave movement through from heels to head. Have arms along side, backs of hands on floor, explore pressing hands to feel when would be of use for the wave. Try wave with arms above shoulder height, palms down, feel for when arms can lift with wave. Spread arms/legs into X position, create wave (press/release) movement from heel to opposite hand on diagonal. Repeat on other diagonal. Rest on back, explore wave up and down lengthen, arms overhead and come away from the floor when supports the wave. On front again, arms overhead on floor, toes tucked and standing to push, let wave move through from bottom up, allow warms to lift when wave moves through, allow locomotion to happen. If moving headward, play with reversing.

FI Exploration #17 cont. – Diana Razumny

Observe walking continued

CD#03/T08 [23 min] DVD#S02-1 Scene 8 [38 min]

In same trios again. Walk again. Discussion about walking experience. The group discussion. Then kinetic sculpture video.

Day 12 Tuesday July 17, 2012

ATM Lesson #32 – Diana Razumny

Starfish scan, folding & unfolding

CD#03/T09 [46 min] DVD#S02-2 Scene 1 [46 min] Source: Diana – based on Amherst & developmental studies

Discussion #21 – Diana Razumny

Introduction to developmental series

CD#03/T10 [29 min] DVD#S02-2 Scene 2 [29 min]

First, discussion about first day. Tadd about breathing videos. Mary Alice: about learning to make the impossible possible. Video of fetus? <http://www.youtube.com/watch?v=POJAQX760VY> Reading from article 'Self Fulfillment Through Organic Learning' by Moshe Feldenkrais. 'When the human being is born, the minor abilities he has coming out of his mothers womb are practically insignificant.'

ATM Lesson #33 – Diana Razumny

Sucking & eye movements, on side

CD#03/T11 [49 min] DVD#S02-2 Scene 3 [50 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, L corner of mouth, pull back, L eye to L, L ear, roll head L. Curl up on L side, L fist curled under head, R fist curled in front of face, knees pulled up close. Sense face generally, then specifically: mouth, lips, nose, cheeks, eyes, temples, jaw in front of ear, jaw line to chin, forehead, skull over top and down to base in back, wrap to ears, eyes, nose, lips, mouth, tongue. Open mouth wide, bring thumb side of hand into mouth, top teeth on back-of-hand side, bottom teeth on fleshy base of thumb on palm side. Mouth is full of hand, start sucking, note tongue. Sense all movement connected to sucking. Base of tongue, base of skull, roof of mouth, ears, eyes, cheeks. Pause, rest w/hand in mouth if comfortable. Repeat w/some resistance, pulling hand away, keeping tight suction. Start sucking again, note nod of head, muscles in back of neck. Pause, hand in mouth, leave lips latched wide as are, slowly bring teeth together, insides of lips stay in contact with hand, turned inside out a bit, suck like this. Play w/pulling hand away a little. Return to no resistance. Like baby dozing off, gradually stop, leaving lips latched, start slowly pulling hand away and start gentle suck to stay connected, eventually pull hand back to mouth via the suck. Keeping hand near to suck at any time, pause, note R eye. Eye closed, look up/down/side few times each. Look to point between up/R then down/R. Circle around ½ circle on R side w/R eye. Open R eye, L eye closed, take eye to look more R. Take R corner of mouth R, think R ear being pulled back, feel head being pulled to roll R. Bring elbows/knees to touch (or close), as head rolls R, lift R arm/leg away from L, let head continue to R, follow w/R arm/leg, eventually L so whole self rolls to R side. Pause, repeat sucking & eye movements.

Discussion #22 – Diana Razumny

Breast Crawl Videos

CD#03/T12 [25 min] DVD#S02-2 Scene 4 [31 min]

Websites:

<http://www.youtube.com/verify_age?next_url=/watch%3Fv%3D%26feature%3Dplayer_embedded>
<http://www.youtube.com/watch?v=pjDQN9keKQk>

Discussion #22 continued – Diana Razumny

Baby's Vision Video

CD#03/T13 [17 min] DVD#S02-2 Scene 5 [17 min]

Websites:

<http://www.pbs.org/wnet/brain/episode1/infantvision/flash.html>

FI Exploration #18 – Diana Razumny

Class FI lesson with Amy B & prep for Blindfold Day

CD#03/T14 [78 min] DVD#S02-2 Scene 6 [78 min]

Set up skeleton on floor with 2 students to follow positions and movements that Diana is doing with Amy. Amy first in sitting, tilting pelvis. Then on back sitting at head holding and moving neck. Moving down to shoulders and clavicles. Then move to side with hand on stomach near ribs. Other hand on pelvis. Shortening muscles in stomach. Taking over the work. Then back to sitting at head. Going to sternum and have eyes look down and alternate with neutral. Back to head. Working with head and connection through skeleton. Finish at feet pushing through each leg through pelvis. Discussion

about lesson. Then discussion about Blind Day. Tomorrow one of the buddies will be blindfolded for ½ day and other will be guide. Bring something to cover eyes that keeps out light. Bring a lunch that your buddy can help you eat. Will start after morning ATM. Partner not blindfolded bring object tomorrow for a sensual journey of touching.

ATM Lesson #34 – Diana Razumny

Fold & roll #1, one eye closed

CD#03/T15 [33 min] DVD#S02-2 Scene 7 [33 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, folded, elbows/knees bent/touching, hands fisted, head turned to one side. Suck on fist on that side. Relax the flex. Close eye on side head is towards, keep close, roll head to other side, suck on fist on new side. Switch side a few times with one eye close. In middle, relax the flexion, then reflex. Eyes closed, elbows touching knees, fists touching face, roll to one side. Close eye near floor, look around with “top” eye. Close eye, look up/down, feel movement in neck. Suck on top fist, roll to other side, repeat eye moves. Roll side/side folded, R elbow/knee comes away from L to roll to R and reverse. Stay on one side, suck. Imagine being face down in this folded position. Possible? Explore, adjust. If can stay folded with knees up, ok, if not, straighten legs, have fists in front of shoulders, between floor and shoulders. Head to one side, cheek/eye against floor, turn head few times, rubbing nose. Doesn’t turn whole way, one side of face stays connected to floor. Stay with head to one side, suck on fist. Pause, open exposed eye, look around without moving head, other side of face/eye stays planted on floor. Close eye, look up/down, feel for tiny move in head/neck, nodding yes. Circle eye around to side then up middle. Rvrs directions. Suck on fist. Switch head to other side, via nose rub, repeat sucking/eye moves on this side. On back, elbows knees touching, fists near face, take one knee away, return, alternate knees like slow mo kicking move of legs.

Day 13 Wednesday July 18, 2012

Discussion #23 – Diana Razumny

Check in

CD#03/T16 [6 min] DVD#S02-2 Scene 1 [6 min]

ATM Lesson #35 – Diana Razumny

Fold & roll #2, hands holding knees

CD#03/T17 [63 min] DVD#S02-3 Scene 2 [63 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Explore “frog legs” one at a time, bringing knees up over chest in circular motion. Repeat with both legs at the same time. Rest with feet standing. Arms long overhead, elbows softly bent, start bending elbow/shoulder on one side, slide back of hand, when bent as much as possible, circle elbow in front so soft fist comes near face, reverse. Repeat with other arm then do both at same time. Note: analogous with frog leg movement, circling knees around in front, circling elbows around in front. Put arm/leg movements together, starting in X position, folding to bring elbows/knees together in front, reverse. Stand feet, interlace hands behind head, look down with eyes to initiate lifting head, with help of hands/arms. Stand feet, hands on upper ribs near clavicles, looking down with eyes lift head, feel ribs under hands. Move hands to belly, repeat. Leave knees up, elbows bent on floor, lower arms vertical, palms facing footward, tap knees to palms. Feet standing, slide hands on thighs towards knees, lift feet from floor (leave lifted), sliding hands/legs against each other, head lifted, folding little more, little less. Stand feet, lift feet from floor, keep legs lifted, hands behind head, elbows towards knees. Wrap hands around outsides of knees to hold legs, take knees away, feel connection to head, tuck chin to lift head. Hold knees from outsides, roll head/eyes to look to one side, allow torso to follow w/arms/legs connected. (Come to front to compare ease to earlier?) On back, holding knees, roll side to side little quicker, when on side, push top knee into hand to come to side sitting, reverse, roll across back to other side.

FI Exploration #19 – Diana Razumny

Sensing through touch while blindfolded

CD#03/T18 [15 min] DVD#S02-3 Scene 3 [84 min]

Instructions for buddies and wearing covering over eyes. Buddies will bring out objects one at a time for blindfolded student to sense/feel/touch the object. Don't let knowing what the object is stop you from sensing it as a new thing. Then will pool objects so everyone can play with them. Then go back to mat and blindfolded person sit and they will roll buddies head while lying on back. Then blindfolded students will let their buddy know what they want to do as far as walking, going outside, trying out things. Issues of trust internally and with your buddy to stay safe. Then eating lunch blindfolded.

Discussion #24 – Diana Razumny

About blindfolded experience

CD#03/T19 [43 min] DVD#S02-2 Scene 4 [43 min]

Class discussion about experience of being blindfolded and also being the guide. Sonia guiding Brandon. Tim's experience of being blindfolded. Mary Alice only stayed blindfolded for only a short time. Freaked out and had to quit. Nauseous still after lunch. I want my eyesight! Amy: Opening eyes in ATM made the movement so much easier. Eleanor: First reaction was to bring everything to my mouth. Had sensory overload, inundated with smells and touch. Issues of standing and sitting, dizziness. Ate much slower. Tadd: About group of blind people holding events. Laura: Enjoyed watching Lori diving into things. Tiring being the guide. Galen: Two distinct phases. Mood of hyper and infantile; other was perceptual aspect. Everything was close, not near and far as with sight. Brandon: worked very hard to maintain a 3-D map of everything. Lori: Felt completely taken care of by Laurie. Had fun going to Body and having a smoothie. Spatial sense was totally gone, no sense of direction. Rubia: As guide, relating to the experience of the blindfolded person, most interesting was the time sense and other sharing of their experience. Fingertips more aware and sensitive. Tim: If you lose one sense the other become more available and alive. Yolanda: Most fun when seeing Tim's face with big grin and eyes. Like seeing a new person. Tadd: About mind-mapping. Watching the baby crawl to the breast and the acute sense of smell. As gain other senses does smell go away some. Galen: Had strong experience of smell after taking off blindfold. Tim: Be nice to do this with my partner at home. Diana: About experience of eating and eating less without vision. You sense the food and your fullness in a new way. Ashawn: Had the experience of feeling myself, my ponytail, more of who I am. Tension in my eyes. Diana: About trust. Attractive to trust someone and have more freedom. Lori: rolling Laurie's head, was more able to find her head and the resistances. More aware and luscious. Diana: About routines and changing the schedule of events each day to keep you more awake. Tadd: changing how I teach yoga.

ATM Lesson #36 – Diana Razumny

Fold & roll #3, throwing bent knees/pelvis side to side

CD#03/T20 [35 min] DVD#S02-3 Scene 5 [35 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Folded into ball, elbows/knees touching, fists touching face/mouth, roll side/side. Open/close going from back to side, reverse. On back, let elbows/knees drift apart tiny amount slowly, quickly bring everything together, repeat. Pause on back, folded, open elbows/knees to sides, allow hands to come to the floor, elbows bent. Take bent legs/pelvis to floor on side, “back” arm follows so on side on side arms/legs are stacked. On side, bent arm/legs stacked, lift top arm/leg away from arm/leg on floor. Open/close like book, eventually roll all the way to other side. Stay on one side, lengthen bottom arm/leg, slipping out from under top arm/leg, reverse to stacked limbs. Roll folded to other side, repeat lengthening bottom arm/leg. Stay with arm/leg lengthened, open top arm/leg away from floor, elbow/knee staying connected, return, open/close like book. Roll side/side while flexed, introduce timing of bottom arm/leg lengthening as soon as makes contact with floor on side so top arm/leg can come to rest on floor in front of torso. Reverse by folding long arm/leg, roll to other side, repeat.

FI Exploration #20 – Diana Razumny

Class FI lesson with Ashley

CD#03/T21 [57 min] DVD#S02-3 Scene 6 [57 min]

Interview with Ashley about your acute pain in hip. Have had pain last 10 or so years. Started with Ashley on side. Worked from behind and in front and at head with pelvis, shoulders and arms. Moving top leg. At head working with jaws. Put towel in jaws and did dog tug of war with towel and growled but not for Ashley today. Worked with neck and jaw, moving head forward.

Day 14 Thursday July 19, 2012

ATM Lesson #37 – Diana Razumny

Baby explores head lifting, circling around arms, minimal lifting

CD#03/T22 [50 min] DVD#S02-4 Scene 1 [50 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On belly, head turned to side, arms bent with elbows close to sides, soft fist in front of face and at back side of head, reach with lips towards knuckle for sucking. Suck noting neck. Same position, start lifting eyebrows, eyes start looking up towards eyebrows. Look down towards hand/shoulder. Note neck, cheek against floor. Stop in middle then start looking down, allow cheek to slide little in arc along floor, look up, cheek slides in arc. Repeat above on other side. Same position, slide arms up a little, hands coming towards each other overhead, soft fists, look up/down, sliding head along floor looking at hand then look under shoulder. Note neck, chest, sternum. Pause, reach lips in direction of inside of elbow in front of face, increase to slide cheek on floor. Slide back to middle then past middle, alternate forward/back, lips towards elbow on face side, back of head towards inside of elbow on back of head side. Repeat on other side. Same position, face to one side, look at shoulder, down upper arm to crotch of elbow, along lower arm to hand and back again. Repeat, follow with head like near sighted or wanted to rub nose or lips along arm. Pause. Look under shoulder little, sliding head to end up forehead on floor, chin towards chest the reverse, repeat several times, increase so pass through middle to other side. Go side to side few times then stop with face to second side and repeat above, looking around bent arm. Looking at one hand to elbow, shoulder, under self to other shoulder along other arm to hand, reverse. Circling from one hand all the way around to other hand. Circle from forehead on floor, chin to chest, circling around one side, past hands to other side back so chin is to chest again and reverse. Eventually look from one hand to other to cross to other side, reverse, circle back around until looking at shoulder started with.

Discussion #25 – Diana Razumny

About ATM lesson

CD#03/T23 [19 min] DVD#S02-4 Scene 2 [19 min]

Group discussion. Exhausting. So different from normal adult utility. Neck release. Discomfort being on the front. Thinking is the most difficult habit we have. How to adjust and stay with the lessons although difficult at times. Neck is one of those difficult areas. Can use props to help but don't over-prop. Hopefully use less props over time. About the process of starting to teach ATM lessons.

FI Exploration #21 – Diana Razumny

Sensing through touch while blindfolded continued

CD#03/T24 [2 min] DVD#S02-4 Scene 3 [77 min]

Buddies switch roles from yesterday. Remember to roll heads today.

Discussion #26 – Diana Razumny

About blindfolded experience

CD#03/T25 [14 min] DVD#S02-4 Scene 4 [14 min]

Group shared about experience in switched roles.

ATM Teaching #06 – Diana Razumny

Students sharing experience of teaching

CD#03/T26 [16 min] DVD#S02-4 Scene 5 [16 min]

Tim, Ashley & Galen speak about experience of teaching ATM#3 from the book, Fundamental properties of movement. Lifting arms, legs and head while in X position.

FI Exploration #22 – Diana Razumny

Class FI lesson with Mary Alice

CD#03/T27 [72 min] DVD#S02-4 Scene 6 [72 min]

Interview. Started on front with pillow in front for ease. Started by lifting leg towards ceiling. Sitting at head and feeling neck and then on side working with shortening muscles along spine. Worked with feet. Then with neck having Mary Alice talking and how that affects her shoulder or any other sensation while talking. Make vowel sounds and how that affects muscles in neck/shoulder. Slowly turn over on back.

ATM Lesson #38 – Diana Razumny

Fundamental properties of movement (public lesson)

CD#03/T28 [63 min] DVD#S02-4 Scene 7 [63 min] Source: ATM Book #3

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

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

Day 15 Friday July 20, 2012

Discussion #27 – Diana Razumny

About teaching to the public

CD#03/T29 [50 min] DVD#S02-5 Scene 1 [50 min]

Teaching to the diversity of the public. Pace for new people but also faster. There were not a lot of rests. There was a time constraint to be able to get through the whole lesson. People watching was distracting because of sounds, fidgeting. Individual differences in people's movements when teaching the public. Good to learn how to deal with these differences early on. Use of descriptive, soft words that set the atmosphere. Diana: Lot of these are in the scan at the beginning to settle people into themselves. Going slow and those kinds of instructions are giving the ground rules or guidelines. You give instructions and see what happens. Then you have to come up with fillers and new instructions to address the movements in the group. You have to accommodate what you see in the room. About beginning of scan, center of steps of lesson and about the end. Tone of voice makes a big difference. Metathemes to explain principles to get people more engaged. How do you make the simple movements interesting. Julia: Diana described differences between exercise and this method by talking about repetitions and in this method starting each movement as a new movement. Tadd and Lori: How to talk about the method. Diana shared her internal experience about teaching yesterday which involved 2 of the new people joining the public ATM yesterday.

ATM Lesson #39 – Diana Razumny

Fold and roll #4, holding feet, on back

CD#03/T30 [59 min] DVD#S02-5 Scene 2 [59 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, bend both knees to outside, slide feet along floor, legs bent up in front, slide right hand along inside of right leg towards foot. Lift head little to help, prop head if needed. Repeat on other side. Slide both hands down inside of legs to feet. Hold feet around outer edge of foot once from top of foot, once from bottom of foot. Rest with knees slightly bent out to sides, outer edge of feet on floor. Continue bending hips/knees to bring over front, hands to pelvis/bottom, slide hands along back of upper leg, towards knees, lift head, bring knees closer to head. Look at feet. Slide hands inside legs, reach for feet, rub together, looking at them. Start sliding arch of one foot against inside of other lower leg, note if roll, switch to other side, alternate. Hold feet, bring in direction of overhead, looking at feet whole time. Hold feet, rub together, start sliding R foot/arch along inside of L leg, allow to roll L. Stay on L, continue sliding foot on leg. Reverse, repeat on other side. Hold feet, slide foot along inside of leg, roll that direction, stay on side, slide foot off leg onto floor, paint floor with sole. Repeat OS. Hold feet, alternately lengthen legs, let that roll to side, bend to come back while other lengthens to other side. Repeat, add looking overhead while on side, then combine/coordinate with rolling to side. Look overhead on side and lift head to see.

FI Exploration #23 – Diana Razumny

Class FI lesson with Tim

CD#03/T31 [65 min] DVD#S02-5 Scene 3 [65 min]

Interview. Playing the piano. Pain in shoulder. Started in sitting. Lifting each hip. Sitting on chair with roller in front on table and rolling roller. Later after walking, Tim lying on back on table. Working with right shoulder. Rolled head. Stood feet. Then sitting at end of table and lifting hips again.

Discussion #28 – Diana Razumny

Amazing Baby Video newborn–3 months & checking in

CD#03/T32 [39 min] DVD#S02-5 Scene 4 [39 min]

Amazing Baby Video showing newborn–3 months. Then discussion about video and experiences of this first week.

ATM Lesson #40 – Diana Razumny

Fold and roll #5, unfold to side & belly, from back

CD#03/T33 [62 min] DVD#S02-5 Scene 5 [62 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Folded into ball, elbows/knees touching, fists touching face/mouth, roll side/side. Open/close going from back to side, reverse. Pause on back, folded, open elbows/knees to sides, allow hands to come to the floor, elbows bent. Take bent legs/pelvis to floor on side, "back" arm follows so on side on side arms/legs are stacked. On side, bent arm/legs stacked, lift top arm/leg away from arm/leg on floor. Open/close like book, eventually roll all the way to other side. Stay on one

side, lengthen bottom arm/leg, slipping out from under top arm/leg, reverse to stacked limbs. Roll folded to other side, repeat lengthening bottom arm/leg. Stay with arm/leg lengthened, open top arm/leg away from floor, elbow/knee staying connected, return, open/close like book. Repeat, timing, roll from back to side and immediately lengthen arm/leg when touch floor to make room for bent arm/leg that follow. To roll to back, as lift bent arm/leg immediately bend/fold the long weighted side. Get one side clear, then other. Then add staying on long side and slowly lengthen the other arm/leg to come to belly with arms/legs long.

Day 16 Monday July 23, 2012

Discussion #29 – Diana Razumny

Checking in

CD#04/T01 [7 min] DVD#S02-6 Scene 1 [7 min]

ATM Lesson #41 – Diana Razumny

Extension #1, on belly, pressing pubic, lifting head, extend arms

CD#04/T02 [51 min] DVD#S02-6 Scene 2 [52 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, X position – Sea squirt, sucking in/squeezing out through belly button, extending/flexing, hands/feet pressing to extend, lifting on flexion. On front, X position – belly button to/away from floor, hands/feet lift w/pressing lower back. On front, slide bent arms, elbows at shoulder height, then stack hands, forehead on back of hands. Reference of looking up. Imagine R eye swinging like pendulum. Pause, repeat w/L eye. Same position, lift head, looking along floor like following ant/bug crawling away. Cont to look up wall. Note how high. Forehead on back of hands, press pubic bone, note lift. Think of string attached to C7 in back, pull towards ceiling when pubic presses. Separate hands, elbows shoulder height, lower arm directed up, palms on floor, repeat pubic press with C7 lift. Cont so arms extend to take weight, bring head up to look forward. X position, pubic press, lift arms/legs, send ripple through arms. C7/shoulders lift first then send the ripple out to hands. Head comes up when hands flip up.

Discussion #30 – Diana Razumny

Emotions in babies and mothers

CD#04/T03 [44 min] DVD#S02-6 Scene 3 [45 min]

Video of history about facial emotions as studied and defined by Paul Ekman. He categorized all emotions as: Joy, anger, sadness, surprise, fear, disgust and later added on contempt. FACS (Facial Action Coding System) developed by Ekman and colleague. Then video on attunement. Video of “Still Face” Experiment showing what happens when the mother stops expression with her baby.

ATM Lesson #42 – Diana Razumny

Extension #2, extend & side bend, on back

CD#04/T04 [18 min] DVD#S02-6 Scene 4 [19 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Stand feet, hands behind head, slide head/hands along floor down to R. Lengthen L leg down, push R standing foot while sliding arms/head down to R. Think elbow coming towards hip, face stays forward. Look up towards L elbow when sliding down to R. L hand under head, R arm long on floor, push w/R hip, slide R hand towards R foot. Add looking up at L elbow. Repeat w/ L arm lengthened overhead, looking up at L hand. Stay w/R hand near R foot, lift/lower R hip. Hands behind head, stand feet, slide R elbow towards R hip. Lift feet from floor, repeat. Note tail/knees. Hands to mouth, elbows/knees together, roll to side and start taking elbows/knees away from each other, lengthening front, belly long, look overhead, feel for rolling onto belly, reverse, roll to other side.

ATM Teaching #07 – Diana Razumny

Observing movements from ATM Lesson

CD#04/T05 [34 min] DVD#S02-6 Scene 5 [44 min]

In middle of ATM – groups of 4 instructing movements from ATM doing both sides. 2 students instruct 2 students on floor. Then switch roles. Groups discuss how movement transferred to other side and other noticing. Each group talks and demonstrates some of the movements.

ATM Lesson #42 cont – Diana Razumny

Extension #2, extend & side bend, on back continued

CD#04/T06 [31 min] DVD#S02-6 Scene 6 [32 min] Source: Diana – based on Amherst & developmental studies

See notes above.

Discussion #31 – Diana Razumny

Spinal movements & TED video

CD#04/T07 [49 min] DVD#S02-6 Scene 7 [50 min]

Diana draws basic spinal movements on chart related to ATMs as it relates developmentally to the baby moving towards crawling. Tim: About people having had accident and learning to walk again. Would all this apply? Diana: Yes. Even if you don't want to work with children, this developmental work is important for all populations. Important part of your toolbox. Tim: About spasm during lunch. Discussion about cause. Diana: Movements have to have function but this is simplification to learn about different movements.

TED video by Ramachandram about Mirror neurons, imitation and emulation. Development of mirror neuron system quite recently in human history and caused very fast changes in the human race. Group discussion.

ATM Lesson #43 – Diana Razumny

Lifting head & chest to elbow propping and weight shift part 1

CD#04/T08 [26 min] DVD#S02-6 Scene 8 [26 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On front, arms folded close to body, hands fisted under shoulders. Lift/turn head. Slide elbows/hands away gradually, lifting head to test for ease. Eventually elbows shoulder height out to sides, 90 degrees. Explore directing face to crotch of elbow. Elbows/shoulders at 90, lift/turn head. Start w/small arc, increasing until eyes on horizon. Leave head up, scan horizon in arc. Increase looking around to side by lifting opposite elbow, hand anchored. Repeat, looking around to side, opposite arm straightens, turning back to other side, plant elbow in new place for weight bearing, feel into shoulder, look around to side of newly placed elbow, feel support of elbow now. Other side, end up on both elbows (wide), slide elbows open, head/chest returns to floor. Lift head/chest, allow elbows to slide in as a result, take weight then let elbows slide out, head/chest returns to floor. Elbows/shoulders 90, face R, sound from L, lift/turn head to look over L shoulder, allow R elbow to slide in, turn to look/listen over R shoulder, coming onto R elbow, L elbow slides in, turn to look over L shoulder, weight on L elbow. Slide out, head/chest returns to floor. Arms 90 degrees, lift head to look forward/up, feel when arms can be drug along so elbows come in for support. Slide elbows wide to lower head/chest. Weight shift of pelvis towards or away from side that head looks around. Allow knee to slide up on unweighed side.

Another version (This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On front, elbows bent 90 at shoulder height, forehead on floor, lift head, slide elbows in to support shoulders. Rpt, look around shoulders alternately. Allow one elbow to lift as weight comes into other. Cont, allow pelvis to roll, gradually add knee sliding up. Explore looking over & under shoulder to see knee coming up. Explore shifting weight on pelvis on same side as looking. On back, X position, belly button forward/back. On front, X position, forehead on floor, push belly out, add lifting head, arms/legs. On front, lift head, allow elbows to slide in easily from lifting. On back, X position, lift arms/legs. Frame head w/arms, fingertips touching overhead, take head/face towards arm/elbow. Rpt OS. On back, hold knees, roll side/side, come up to sitting.

Day 17 Tuesday July 24, 2012

ATM Lesson #44 – Diana Razumny

Lifting head & chest to elbow propping and weight shift part 2

CD#04/T09 [39 min] DVD#S02-7 Scene 1 [40 min] Source: Diana – based on Amherst & developmental studies

See part 1 for notes from 2 versions of the lesson.

Discussion #32 – Diana Razumny

About ATM lesson

CD#03/T10 [31 min] DVD#S02-7 Scene 2 [31 min]

Tadd: about experience of work in shoulders and lack of comfort. Amy: realized about old injury of broken collarbone. The lesson seemed to normalize the old injury. Tim: pain of unresolved issue. I know it is good but uncomfortable feelings. Sofia: About changes through the process of being in the Feldenkrais trainings. Julia: about developmental skills working with children, feeling all of that in myself and how important that is for me. Diana: Demo with small skeleton. Developmentally – develop through use and curiosity, not programmed patterns. Function emerges from exploration. Tadd: yoga and finding ways to do postures, discovering ways of moving, experience of learning something new. Eleanor: these lessons have a ripple effect through my pelvis and the area is sore. Mary Alice: kayaking and biking are in my body memory and part of who I am. Galen: in aikido, how things were clearer after time without practice. Same with coming back to Feldenkrais after a few years. Diana: Noticed that with tennis before and after Feldenkrais. Haven't played and was better. Importance of aikido, Feldenkrais in motion. Another form of connecting into the skeleton.

FI Exploration #24 – Diana Razumny

Class FI lesson with Galen

CD#03/T11 [74 min] DVD#S02-7 Scene 3 [74 min]

Interview. In aikido, hip joint limitation. Also looking for more length in right side when going down to floor. Diana: Go with what is in relation to ribs shortening and hip being more open. Start on back to say hello to hip joints. Lifting Galen's leg and noticing use of self. Comparing hip joint movement and how movement moves through Galen through torso. Move to front. Lifting leg to see what is happening in hip joint. Have Galen turn head from side to side. On back, worked most of lesson from head and lifting legs to access hip joints and from working with legs long from feet. Worked from sitting to standing. Diana talks about her thinking in the lesson. Mary Alice: About importance of lengthening and shortening. I am trying to figure out how much of what you are doing is intuitive, from practice. Diana: You shouldn't know anything yet. Diana: For you to allows impressions to come in like a baby. Just experience and absorb it without understanding. Julia: You needed to be more quiet in this lesson because issues with Galen were more subtle. Laurie: Watching how you move the body, not why at this point. Diana: Absorb like watching a dance performance. Laurie: Saw connection between ATM and FI for first time.

FI Exploration #25 – Diana Razumny

Working with the spine, on front, guided

CD#03/T12 [54 min] DVD#S02-7 Scene 4 [74 min]

First demo with Lori. On the front working with the spine. Have Lori do movement of bringing elbows under shoulder, the sphinx position. Then turn head and have arm in front of face and other arm along side, knee bent on face side. Palpate spine with fingers. On two sides of vertebrae. Ask Lori to direct spine backwards where fingers are making contact. Then forward away from fingers, alternating. Move fingers width up spine and repeat process. Then come back onto elbows and palpate spine in that position. Bring shoulder blades apart and together. Guided partners. Then demo with Sofia on front. Then demo with Galen sitting with head and arms on kitchen table. Different positions to work with palpating spine.

ATM Lesson #45 – Diana Razumny

Elbow & knee together & apart, on front

CD#04/T13 [26 min] DVD#S02-7 Scene 5 [26 min] Source: Diana – based on Amherst & developmental studies

On front, X position, lift head, arms & legs. Slide elbow/knee together on one side then other side. Rpt, take head to side as elbow/knee come tog. Rtrn to lifting head, sliding elbows in to support shoulders. Stay on elbows, scan horizon, looking around each shoulder, shifting weight of pelvis, lifting on side looking towards, sliding knee up and look at knee as it slides up. Look around shoulder, look over shoulder. Play with weight shift. Pause. Stand L hand, look L, slide L knee up, roll head/shoulders to come towards back leaving L knee on floor, rvrs, rpt on other side, roll side/side, twisting upper body.

Come onto elbows, bring one shoulder forward, the other back, alternate, let head look around shoulder that goes back then keep head in the middle and/or look over shoulder coming forward. ROB.

Discussion #33 - Diana Razumny

Amazing Baby video 3-5 months

CD#03/T14 [8 min] DVD#S02-7 Scene 6 [9 min]

Showing baby development from 3-5 months.

Day 18 Wednesday July 25, 2012

Discussion #34 – Diana Razumny

Checking in

CD#04/T15 [11 min] DVD#S02-8 Scene 1 [11 min]

Galen reporting in about his FI from yesterday afternoon. State of confusion article Diana sent to group. Clarity comes out of that place. Idea of searching for meaning. Lori: About falling apart and chose to let it happen. That is the work for me now. Mary Alice: Less tired and vision changing. Diana: since lessons have so much to do with eyes, those with contacts can try to do lessons without them. Yolanda: Release on right side after Mary Alice worked with me. Remember got bit by a centipede. Another memory of injury. Diana: about FI exploration of yesterday.

ATM Lesson #46 – Diana Razumny

Fold and roll #6, from folded side to belly

CD#04/T16 [41 min] DVD#S02-8 Scene 2 [41 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On front, slide R elbow/knee together/apart. Feel shape of spine. Repeat on other side. Note as one side folds and gets short, other side lengthens. Alternate side/side. Stay w/R elbow/knee together/touching, bring L elbow/knee together under R so you are folded up on L side with folded arms/legs stacked, R on L. Reverse to come onto belly. Repeat same side several times. The switch to other side. Alternate side to side, getting long on belly, folded on side, keeping the sequence. Add from previous lessons, rolling to back while folded, continue rolling to side, unfold sequentially as you feel arm/leg touching floor, one arm/leg after the other arm/leg so you end up long on belly again. Reverse directions.

Discussion #35 – Diana Razumny

About ATM lesson & questions

CD#04/T17 [23 min] DVD#S02-8 Scene 3 [23 min]

Tadd: About goals and benchmarks. Thinking about the contact with the floor. Questions about my process. Diana: So let's focus about why we do lessons on the floor. Julia: Use your skeleton on the floor and use less muscles as yielding to gravity. Lori: Floor is a constant, not going to change. Diana: Floor is feedback. About attitude, sometimes even if I smile it affects my attitude. Eleanor: Find new relationship to gravity and that drew me to this method. Laurie: It feels to me like I found my skeleton and it is doing the work instead of my muscles, but hard to hold on to. Diana: Moshe said, "Your skeleton will outlive your soul". Moshe's idea was to take you out of gravity, quieting down the nervous system noise, so you can experience the gravity coming through you differently and noticing the skeleton. Yolanda: About sleeping on the floor. Galen: All the processes and out of that emerges the attitude. Tadd; talking about persona. Diana: About continuity, fluidity, to get you outside of what you usually do. Like I like flow but have a hard time with staccato. Having different, qualities, personalities, attitudes. Diana: Moshe wanted to be an actor. Taking on all the characters. Notice what your habits are to take on other characters.

Discussion #36 – Diana Razumny

Video of baby Sophie #1

CD#04/T18 [64 min] DVD#S02-8 Scene 4 [64 min]

Sophie was born 5 months premature and in this video she is 9 months old but looks more like 2-3 months old. Diana comments on video as playing describing what she is seeing, doing and thinking. Discussion about what Diana was doing. Going along with Sophie's movement, encouraging movement, shaping movement. Group discussion after video.

ATM Lesson #47 – Diana Razumny

Spinal chain

CD#04/T19 [20 min] DVD#S02-8 Scene 5 [20 min] Source: AY#177

(taught first part of lesson)

On back, feet standing, lift pelvis, each vert. Interlace hands behind head, lift head, each vert. Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vert move. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vert. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vert Lift head, look up, push belly out, note vert. Lower head, look under pull belly in. Note if can slide forehead along floor while

looking under. If not, come on elbows a bit so forehead can slide along floor. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vert. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vert. Rest on back. On back, stand feet, lift pelvis like beginning, note vert. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine.

Discussion #37 – Diana Razumny

Antonio Damasio Talk

CD#04/T20 [74 min] DVD#S02-8 Scene 6 [97 min]

First short screen shot of chart relating emotions and learning brought in my Galen. Then Antonio Damasio: This Time With Feeling. A talk given at the Aspen Ideas Festival.

http://fora.tv/2009/07/04/Antonio_Damasio_This_Time_With_Feeling

ATM Lesson #48 – Diana Razumny

Fold and roll #7, sequential & continuous

CD#04/T21 [29 min] DVD#S02-8 Scene 7 [29 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Lengthen legs alternately, note: hips, waist, ribs, head/neck response. Pause, repeat, note C7. Explore head sliding with face staying towards ceiling or rolling side/side. Repeat, note when lengthening L leg what happens to R shoulder/arm? Alternate lengthening legs, noting shoulders/arms. Pause. Legs quiet, alternately lengthen arms, note impulse into legs. Exaggerate what you feel, put arms/legs together. Pause. Repeat, when one arm lengthens, let “shortening” arm elbow bend and slide down a little. Continue, exaggerate elbow bend, allow frog leg to happen on same side as bending/sliding elbow. One side (arm/leg) are long while other is folding. Continue X position on back. Make frog-leg move w/L leg, bring R knee to bend to L so both knees are bent over to L, return sequentially. Few times then repeat to R side. Both legs end up bent/stack to side each time. Alternate side/side. Stay w/legs to L, bring R arm over/across face so R hand is palm to palm w/L hand. Reverse sequence, R hand/arm returns first then R leg then L leg. Repeat to other side. (morph into sweeping arms in arc overhead, up to side sit, reverse, to other side, arms propped behind when sitting to flop knees to other side, circle round/round.

Day 19 Thursday July 26, 2012

Discussion #38 – Diana Razumny

About Antonio Damasio Talk

CD#04/T22 [30 min] DVD#S02-9 Scene 1 [30 min]

About liking, understanding, not understanding the talk. Talk about relation between emotions and the method. Diana about inhibitions and maturity and about Moshe's history and ideas. Part of what makes us human is to be aware of what is going on and not just react. We are interested in the whole human experience. Moshe chose movement. About automatic habits and how ATM brings you to stop that and have a new opportunity to explore different movement. Julia: emotions related to every organ. Emotional molecules on the organs. Tadd: Chinese medicine addresses emotions in the organs.

ATM Lesson #49 – Diana Razumny

Extension #3, on belly lifting head, arms and legs

CD#04/T23 [64 min] DVD#S02-9 Scene 2 [61 min] Source: AY#549 (Note: labeled as ATM #48 on DVD)

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On front, legs spread, toes extended, Contract buttocks, note legs turn. Note: what presses, pubic bone, spine lengthens, head upward. L hand on R, R cheek on back of L hand. Lift head/arm sm amt. Take head/arm little R/L, Back soft, spine/chest move w/head, inhale or exhale, legs? Rpt w/ R hand on L. Rtrn to contract buttocks. What presses floor? Contract so that legs lift from floor. L hand on R, lift head/arm, lift one leg w/o contracting butt, press pubic bone, lift head/leg sm amt. Cont, lift other leg. Note lengthening of spine while pressing. Lift both legs, press belly btwn pub bone/belly button. Note inhale/exhale? ROB. On front, face to R, on R hand, legs spread little. Lift R hand/head. Think it, add thinking R leg lifts w/head. Note lengthening, front pressing. Do move small amt, check what presses, note breath. Exhale as think the move. Inhale as you think it. Press lower belly, note inhale/exhale. Lift head small amt, press belly, inhale or exhale. Add lifting legs. Lift head, take L/R. Note ribs press. Cont, direct head more R, Note L arm, elbow lifts. Note legs, L lifts more, roll to R. Switch to moving L. ROB. On front, forehead on hands, press lower belly, exhale. Lift head, elbows, legs. Inhale, press lower belly, elbows/legs/head/knees lift. No effort in neck. Cont so only belly touches floor. Stay lifted, rock R/L, up/down. Rpt w/exhaling. Press all but legs, legs lift. Lower legs, lift whole back. Lift everything. Back of hands on floor, down along sides, press hands/belly, lift both knees, crawl forward on floor. Same position, lift L leg/head. Leave L leg lifted high as possible, lift R leg to meet L. Come to stand, walk.

FI Exploration #26 – Diana Razumny

Class FI lesson with Tadd

CD#04/T24 [63 min] DVD#S02-9 Scene 3 [63 min]

Interview. Shoulder problem. Left side problems. Worked in sitting, instructing Tadd to make movements. Shifting weight, lifting left side, twisting, shifting upper body as lifting hip. Hand overhead, shifting upper body several ways. Forearm overhead, side bending. Diana now behind Tadd hands on for first time. Then Tadd folded on table in ball on knees with Diana working with spine. Locate each spot and have Tadd move against fingers back and then forward. Then on knees with head on table with hands planted on either side of head with elbows in air. Continue palpating spine moving forward and back. Tadd standing at end of table. Then on hands and knees on mat on floor, butting heads with Diana in same position.

ATM Teaching #08 – Diana Razumny

Students sharing experience of teaching

CD#04/T25 [21 min] DVD#S02-9 Scene 4 [21 min]

Laurie, Lori, Yolanda and Amy share their experience of studying and teaching public seesaw breathing lesson.

FI Exploration #27 – Diana Razumny

Flexing & extending spine with finger feedback, on hands & knees

CD#04/T26 [23 min] DVD#S02-9 Scene 5 [36min]

Dyads explore on hands and knees from Tadd's lesson. Diana demo with Ashawn. Check position of hips over knees. Students arch and extend and look for high and low points of spine. Also check that shoulders are above hands and directly underneath. Then have them do arch and place fingers on high point of spine. Have them push back into finger, allowing head to drop. Then have them sink spine in that area. Forward and back with spine.

ATM Lesson #50 – Diana Razumny

Seesaw Breathing (public lesson)

CD#04/T27 [61 min] DVD#S02-9 Scene 6 [61 min] Source: ATM Book #4 (Note: labeled as ATM #49 on DVD)

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

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. 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. 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. 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. With your arms and legs long, feet apart. Repeat the alternating movements of the chest and stomach while breathing normally. Rest. 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. 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. 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. 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. 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. 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. 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. 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. 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.

Day 20 Friday July 27, 2012

Discussion #39 – Diana Razumny

About public ATM lesson

CD#04/T28 [26 min] DVD#S02-10 Scene 1 [26 min]

Discussed public ATM lesson. Diana: Use of language about person versus body.

ATM Lesson #51 – Diana Razumny

Taking head to side by pushing from toes, on front

CD#04/T29 [53 min] DVD#S02-10 Scene 2 [53 min] Source: Diana – based on Amherst & developmental studies

Lengthen one leg along floor noting movement through whole of self, sides of neck. On front, arms framing head, face R, take face towards inside of elbow, stand R toes, push from foot to take face R. On back, lengthen leg ref. On front, looking R, L cheek on back of R hand, slide R arm, carrying head down to R, pushing from R toes. Take head to R, note L elbow lifting. Stand R hand in pushup, take head/eyes to look under standing arm bridge, allow R knee to slide up, look at knee under bridge. Rpt OS. Slide head on back of hand towards knee sliding up. Forehead on floor, arms long on floor, roll pelvis, slide elbow/knee tog on side, alternate R/L.

2nd version –

On front, X position, forehead down, lengthen legs alternately, note head/neck/C7 response. Keep forehead down, let lengthening alternately turn into bending elbow/knee together on same side. Bend elbows so arms frame head, turn face to R, bent elbow directly in front of face/nose. Take nose to elbow crotch. What have to do with head/neck/spine? Pause, stand toes of R foot for pushing. Push from toes, knee lifts, follow movement through, note hip, head, neck. Pause, combine nose to elbow w/pushing toes, note spine shape. Without toes, take nose to elbow few times. Pause, slide R hand, palm down, under L cheek, slide arm, carrying head, down to R, return. Feel side-bend shape of spine. Pause, stand/push R toes, sliding head/arm down to R. Note L elbow/hand as slide further into side bending. Pause, roll pelvis side/side. Without toes, take nose to elbow again, continue, shoulder girdle goes with and feel L elbow begins to lift, leave L palm on floor. Pause, repeat, push a little w/L hand, straighten R arm, head rolls onto R arm, slide L knee up, reverse. Return to pushing toes, nose to elbow, note shape of spine. Slide R hand under head, push toes, slide head/arm down to R. Pause, slide head/arm down, slide R knee up so elbow/knee come near each other. Stand, walk, return to floor to explore little on other side. (morph into sweeping arms in arc overhead, up to side sit, reverse, to other side, arms propped behind when sitting to flop knees to other side, circle round/round.

FI Exploration #28 – Diana Razumny

Walking observation revisited

CD#04/T30 [15 min] DVD#S02-10 Scene 3 [35min]

Groups from beginning of segment observe each other walking to notices changes and what you now see. Then walk and imitate each other's walk. Group discussion of experience.

FI Exploration #29 – Diana Razumny

Class FI lesson with Julia

CD#04/T31 [59 min] DVD#S02-10 Scene 4 [72 min]

Interview. On front working with spine at shoulders, going with shortening of right side. At feet, pushing through right foot, working with right foot and ankle. Back to working at head, lifting arm with head. From side working with ribs to affect spine. Have Julia lift and slide head with arm under head by herself. Have Julia push through toes. Diana at right side. Have Julia with arm under head slide to left side. Julia rest on back. Have all students on front, sliding head to the side with sliding knee up on that side. Do sliding of knee up with and without head sliding to that side. Get together in dyads and discuss and show what you have found about when you are more comfortable. Diana at head, with Julia on back, lifting her head. Group discussion. Diana demo with skeleton.

Discussion #40 – Diana Razumny

Splash baby video

CD#04/T32 [3 min] DVD#S02-10 Scene 5 [3 min]

Babies swimming in the water.

ATM Lesson #52 - Diana Razumny

Crawl pattern from X position, front & back

CD#04/T33 [39 min] DVD#S02-10 Scene 6 [39 min] Source: Diana - based on Amherst & developmental studies

On back, X position, lengthen arms, legs. On front, forehead on floor, lengthen arms/legs alternately, allow pelvis to roll, slide knee up, note effect on arms. On back, X position, alternate lengthening legs/arms, allow elbows/knees to start bending. Do same on front. Return to back, X, bend both knees up to one side then other. Cont, allow 'back' arm to be brought across so lying on one side, reverse, repeat, taking arms back first and let legs follow. Fold and unfold side to side, eventually coming up to sidesit.

Day 21 Monday July 30, 2012

Discussion #41 – Diana Razumny

Checking in

CD#05/T01 [21 min] DVD#S02-11 Scene 1 [21 min]

ATM Lesson #53 – Diana Razumny

Baby Sphinx toward crawling & sitting part 1

CD#05/T02 [38 min] DVD#S02-11 Scene 2 [39 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Sphinx (elbow prop), hang head, stand/push R toes, note R ear to R shoulder. Change to looking around R shoulder w/R toes pushing. Sphinx, hang head, slide R knee up, note head, R ear to R shoulder. Add looking around R shoulder as R knee slides up. Repeat all above on L side. End in Sphinx, w/alternating knees and looking over/around shoulders. Take into crawling, toes for pushing. Pause. Sphinx, alternate shoulders forward/back, looking over shoulder coming forward. Repeat w/keeping head forward in middle, add sliding knees up alternately, take into crawling, pushing w/toes, head/eyes looking straight ahead. Stand hands, alternate looking under arms at alternating knees sliding. Change to looking up/over shoulder at knee sliding up. Arms alternate straightening. Take into crawling, pushing w/toes of bent knee. On straight arms, one knee up to side, foot tucked towards pelvis (top of foot near floor), look down in middle along floor to look between legs, lift pelvis up/back towards foot for sitting. Reverse. Repeat on other side, other leg drawn up. On elbows, legs straight/together, roll pelvis side/side, legs roll, slide L bent knee under straight R leg, bring pelvis back/down to sit. Explore same with straight arms, sliding opposite leg up/under, other leg straightening down/away.

FI Exploration #30 – Diana Razumny

Observing/touching C7

CD#05/T03 [51 min] DVD#S02-11 Scene 3 [65 min]

Demo with Laurie. Sitting at head, sliding fingers down neck until finding bump of C7. Have student press into your finger and away, alternating. Then press fingers into C7 area and listen for student following you back down to the table. Dyads practice. Demo with Mary Alice. Exploring the cervical vertebrae into the thoracic. Demo with Sofia and others. Discussion.

Discussion #42 – Diana Razumny

Self Image – reading Moshe

CD#05/T04 [60 min] DVD#S02-11 Scene 4 [60 min]

Students take turns reading. Julia and discussion with group about raising children.

ATM Lesson #54 – Diana Razumny

Baby Sphinx toward crawling & sitting part 2

CD#05/T05 [38 min] DVD#S02-11 Scene 5 [38 min] Source: Diana – based on Amherst & developmental studies

See above. Full lesson in part 1

Discussion #43 – Diana Razumny

Video of baby Sophie #2

CD#05/T06 [46 min] DVD#S02-11 Scene 6 [46 min]

Day 22 Tuesday July 31, 2012

ATM Lesson #55 – Diana Razumny

Push up to all 4's

CD#05/T07 [46 min] DVD#S02-12 Scene 1 [46 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On belly, sense belly button, pull away/push into floor, alternate. Repeat elbow propped (sphinx), track tailbone, change attention to lifting/tucking tail, (same move). Note head/tail move up/down. Connect through whole of yourself. Eyes doing? Pelvic floor/sphincters? Let grow so head looks under belly the up at ceiling. Keep lifting belly until pelvis comes off of floor, pushing w/elbows so come onto knees/elbows/head, head looking down under. Return to belly. Repeat coming to knees, stay on knees/elbows, look down between legs, look up to ceiling, feel shape of spine/torso rounding backwards, sinking forwards. Note tailbone, belly button, low back, head/eyes. Add flex/ext ankles, note connection to sphincters. Slide elbows forward to lie on belly. On elbows/knees, think of either sliding upper body forward to come down to floor or sliding knees/legs down to bring pelvis to floor first. Slide arms away, bring back, slide legs down, bring back, slide both down, bring back. Alternate to locomote homologous style. Legs straight, propped on straight arms/hands, lift pelvis, rock back onto knees, note where/how initiate. Add looking down with head. Sphincters? Return to belly, lift/push belly button, note movement through.

FI Exploration #31 – Diana Razumny

Class FI with Yolanda

CD#05/T08 [53 min] DVD#S02-12 Scene 2 [53 min]

Interview. Yolanda's request is to work toward being able to do a somersault. Working on mat on floor. Start on back with standing feet lifting legs into flexion. Problem with left leg from rheumatoid arthritis. Sitting at head, lifting head. Back to feet setting up stools for lower legs to rest on stools with thighs then 90 degrees and vertical and lower legs horizontal on stools. Back at head lengthening upper spine. Diana use of self very much part of lesson with working on the floor. Worked with Yolanda folded over ball. Diana standing, pushing fingers into spine from rear. Then from head pushing into upper spine and having Yolanda push into Diana's fingers. Then lying on back with Diana at head using blanket to lift and move head. At feet using blanket to lift pelvis with folded legs. Then with Galen holding blanket around legs and pelvis, Diana at head lifting head with blanket. Diana from feet lengthening diagonal with Yolanda arm on opposite knee. Bring Yolanda up on knees. Then standing. Group discussion.

FI Exploration #32 – Diana Razumny

Picking up standing leg, guided

CD#05/T09 [31 min] DVD#S02-12 Scene 3 [37 min]

Demo with Sofia. On back at feet with standing legs. Picking up leg from below knee by pushing in and lifting. Mostly thinking of bending in the hip, getting the weight over the hip joint. Then reverse with Sofia lifting Diana's leg. Move own pelvis to lift leg. Half of class on mats with other half as practitioners. Guide practice. Rotate along lying students so experience several people. Demo with Julia: Holding other knee while moving first leg. Demo on table with Amy. Demo with Galen demonstrating ways to use aikido to have force go through to pelvis instead of stopping in shoulder.

Discussion #44 – Diana Razumny

Amazing Baby video 5-8 months

CD#05/T10 [30 min] DVD#S02-12 Scene 4 [31 min]

Class discussion about video and about experiences developmental movements in ATM. Everyone try the movement of on front, on elbows, bringing one knee slide up and push from toes of bent knee, which arm wants to go forward?

ATM Teaching #09 – Diana Razumny

Instructing bringing leg to stand

CD#05/T11 [26 min] DVD#S02-12 Scene 5 [42 min]

Trios. Teacher instruct 2 students to bring leg to standing. Can try it yourself. Do what the teacher says. Trios combine and teach again. Afterwards group discussion about what you learned. How to language and break up steps in ATM teaching. Diana's experience of transcribing 8 trainings. Want to pass that information on to you.

ATM Lesson #56 - Diana Razumny

Dropping feet, lifting pelvis

CD#05/T12 [44 min] DVD#S02-12 Scene 6 [45 min] Source: Diana - based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, stand feet, lift pelvis gradually, all the way up. Stay w/pelvis up, lift/lower pelvis just a little to feel where's the work. Stand feet, lift/drop R foot. Note how/where. Repeat w/L leg. Alternate lift/drop of R/L feet. Lift/drop both feet at same time, note if one comes down first. Feel what happens to pelvis. Lift/drop both feet again, when feet hit floor, lift pelvis a little. Lift legs, knees bent over chest, help with hands to keep lift, throw feet a little towards floor overhead, rocking a little up/down. Repeat dropping feet, think of belly pushing forward when pelvis lifts.

Discussion #45 - Diana Razumny

Physiology of breathing intro

CD#05/T13 [5 min] DVD#S02-12 Scene 7 [5 min]

Gave out information sheet for students to complete for Peter for tomorrow's presentation.

Day 23 Wednesday August 1, 2012

ATM Lesson #57 - Diana Razumny

Scissor leg crawl

CD#05/T14 [49 min] DVD#S02-13 Scene 1 [50 min] Source: Diana - based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings) Pos: On back, bent arms, elbows at shoulder height, back of hands on floor above shoulder height. Mvt: Slide outside edge of L foot up towards pelvis as L knee bends out to L (froggy style) few times then leave leg bent to side. Roll R leg inward, bend R knee and direct bending R knee towards L bent leg until R leg comes to lie on top of L. Rvrse & Rpt few times then leave legs bent to L, R resting on L. Bring R bent arm across front of you over to L bent arm. Rvrse & Rpt. Leave R bent arm on floor to R (twisted torso), slide R leg long then L leg to end up on back w/straight legs. Rpt all of the above in sequence as one continuous mvt. Pos: Stay folded on L side, R leg on L. Mvt: Slip L leg out from under R so R knee rests on floor in front of L. Rvrs&Rpt. Pause w/R leg on L. Slide R leg down, straightening then bend to return to L leg. Combine two above mvts, scissoring legs, one up/one down. Pos: Stay w/R leg drawn up, bent in front, L leg long, extended down. Stand the R hand on floor in front of chest below L arm. Mvt: Slide L arm long on floor in direction of overhead, continue so arm slides under head and behind, allow face/eyes to follow hand/arm around behind, bring L arm down by side, stay there. Bring L fingertips to waist area, slip under/through to front. Rvrs&Rpt. Take elbow all the way through to front, allow head/face to roll & look towards ceiling. Rvrs&Rpt. Pos: Pause w/L arm behind, R hand standing on floor in front of chest. Mvt: Scissor legs a few times, stay w/R leg lengthened down, L leg bent up in front, rpt mvt of L arm slipping under waist to come in front then back few times. Pos: Rtrn to having R leg bent up in front on floor, L leg long, stand R hand, elbow in air. Bring L hand to stand on other side (behind) so both hands are in push-up position. Mvt: Lift head, scan horizon with push-up hands, looking way around to L then R. Bring elbows to floor to support shoulders, continue to scan horizon L/R. Stay on elbows, scissor legs up/down. Stay w/L knee bent up, R straight down, look under at belly, look up/out in front and then towards ceiling. Extend elbows so supported on hands and continue looking up/down. On elbows, scissor legs, leave R leg bent up, L leg long, look up/down (flex/ext). Continue on extended elbows, note pelvis, when could it lift from the floor to slide L knee up so on all 4s. Rvrs&Rpt. Come back to elbows, scissor legs, leave L bent up, straighten elbows to come up to sit, bring R arm/hand around behind to lean on both hands, lift knees to flip to R, bring L arm/hand around to floor next to R hand. Rvrs&Rpt. Pos: On elbows w/L leg bent up, R bent behind. Mvt: Reach/slide elbows away/in front on floor, leave them there, bring wgt forward over elbows, drag 2 bent legs to meet arms, Rpt few times, crawling like this.

ATM Teaching #10 - Diana Razumny

ATM groups practice giving ATM directions

CD#05/T15 [64 min] DVD#S02-13 Scene 2 [65 min]

ATM groups - 1 group stands to watch and teach, all others on floor follow directions. Rotate so all have a chance to teach. Teachers watch Diana do movement and give instructions to their group on the floor. Students on floor, follow instructions their teacher gives, doing what they say, not what you know they mean. Pretend to be uneducated public.

Discussion #46 - Diana Razumny

Breathing physiology presentation

CD#05/T16 [9 min] DVD#S02-13 Scene 3 [8 min]

Diana introduces idea of having Peter present. Presentation not recorded.

Discussion #47 - Diana Razumny

Moshe lesson with Hazel

CD#05/T17 [63 min] DVD#S02-13 Scene 4 [83 min]

ATM Lesson #58 - Diana Razumny

Swing up to side sitting then all 4's, from back

CD#05/T18 [39 min] DVD#S02-13 Scene 1 [39 min] Source: Diana - based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings) On back, belly button in/out. Bring arms overhead, stand feet, tilt knees side/side, coordinate belly button in/out w/knee tilt. Note twist, ribs, waist, pelvis flex/extend, tail/head/chin, armpits. Cont, bring back arm across head/face, hand tracing in large arc overhead to roll to side. Bring back to floor, flex to bring knees near nose to fold and come to side sit. Sit, lean back on hands, stand feet, tilt knees side/side into sidesitting on each side. Side sit, slide hands in front, flex/ext, note head/tail. On elbows and on extended arms. Gradually, lift pelvis to come onto elbows/knees, looking up/down, then on hands/knees. When coming forward w/weight onto hands so on knees, swing lower legs to other side, sit pelvis back down to floor. Reverse and repeat.

Day 24 Thursday August 2, 2012

Discussion #48 – Diana Razumny

Checking in

CD#05/T19 [36 min] DVD#S02-14 Scene 1 [36 min]

FI Exploration #33 – Diana Razumny

Class FI with Laurie

CD#05/T20 [19 min] DVD#S02-14 Scene 2 [45 min]

Interview. Laurie – right side thoracic problem. Chronically sore. Sleeping habits have been changing. Start in standing reaching up to ceiling, one arm at a time. Lie on right side on table. Not go directly to problem on left side of ribs. Diana at pelvis kneeling on table with hands moving pelvis. Moved to head to work with neck, to back to work with ribs on left side. Worked in sidelying for most of lesson. Near end on back sitting at head working with neck and shoulders. Feet standing having Laurie push with feet in various ways. Sitting to standing.

ATM Lesson #59 – Diana Razumny

All 4's to side sitting

CD#05/T21 [36 min] DVD#S02-14 Scene 3 [36 min] Source: Diana – based on Amherst & developmental studies

Hands/knees, look up/down, rounding/sinking spine, head/tail connection. Rock head/tail, forward/back, add combo of looking up/down from before. Slide foot side/side, head hanging, ear to shoulder. Rpt – look around shoulders, towards or away from foot. Swing foot in, take pelvis back towards floor.

ATM Teaching #11 – Diana Razumny

Based on all 4's to side sitting

CD#05/T22 [3 min] DVD#S02-14 Scene 4 [21 min]

Continued from yesterday but now student does movement instead of Diana. 2 groups. One student does movement while another student describes movement to rest of group to do.

FI Exploration #34 – Diana Razumny

Sidelying, finding greater trochanter

CD#05/T23 [36 min] DVD#S02-14 Scene 5 [49 min]

Demo with skeleton. In sidelying, lifting leg to feel movement of greater trochanter. Demo with Amy. First have her lift her lower leg. Then practitioner lift lower leg to feel movement of greater trochanter. So order: you watch receiver in sidelying on both sides to see which side shortens more easily. Then lie on side with side that shortening more easily on top. Then have them lift leg and have hand on greater trochanter to feel movement. Then you lift lower leg with one hand and feel movement with other. Next, on all fours, practitioner watch sidebending with foot swinging out to side. Then hands on lower ribs to feel the movement.

ATM Teaching #12 – Diana Razumny

Students sharing experience of teaching

CD#05/T24 [21 min] DVD#S02-14 Scene 6 [21 min]

Students: Julia, Rubia and Eleanor talk about teaching Carriage of the Head lesson. Diana does quick review of the lesson.

ATM Lesson #60 – Diana Razumny

Carriage of the head – tilting bent legs, on front (public)

CD#05/T25 [65 min] DVD#S02-14 Scene 7 [65 min] Source: ATM Book #7

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

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. 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. 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. 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. 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. 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.

Day 25 Friday August 3, 2012

Discussion #49 – Diana Razumny

About public lesson

CD#05/T26 [8 min] DVD#S02-15 Scene 1 [8 min]

ATM Lesson #61 – Diana Razumny

Cross-leg crawl on all 4's

CD#05/T27 [69 min] DVD#S02-15 Scene 2 [69 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Revisit spinal chain. Feet standing. Roll up spine. Hands interlaced behind head. Lift head several times. Rest. Experiment of how to go from back to side to belly as a sequence of movements. Rest. On all fours, elbows in front of shoulder and knees below hips, knees and forearms/elbows with head on floor. Roll head back and forth so nose moves toward floor and then towards top of head. Fold up into an egg or sitting to rest. On all fours, forehead on floor, roll head sideways. Rest. Put more of the top of your head on the floor. From there roll up and down feeling the changing of the pressure on your head. Do you have your toenails on the floor or are your toes tucked. See if you can have your toes long. Now take head side to side. Feel your shoulders slide on your torso. Where is the orientation of your face as you travel side to side? Make a circle on the top of your head. Feel the pelvis and the spine. What happens with your tail? Rest on your back. Roll your head side to side with hand. Switch hands. Rest. On all fours, on your hands and knees. Lower your face down and touch the floor with one side of your face, off center. Go up and down, then side to side and then circle. Rest. On all fours, hands and knees. Start to look under your self and then look out in front and up. Go back and forth. Think of someone having their fingers on your back/spine helping you to feel lower the spine and raising the spine. Fold up into egg to rest. On all fours, tuck the toes of your right foot. Lift right knee and rock on toes headward and footward. Lift the knee directly away from the floor straight back towards the ceiling. Like a piston straight into the hip, upper leg stays vertical. If there was a plate on the back of your pelvis, everything would tip off to the left. Rest. On all fours again, toes tucked of your left knee. Lift left knee directly away from the floor. What happens to your head? Alternate one side and then the other. Speed up lifting alternating knees. Rest. On all fours again, lift right knee bring it and your nose together. Explore with the left knee. Alternate. Which part of your back goes backwards? Pause. Again. Leg towards nose and then swing leg long. Note flexion and extension. Switch legs. Alternate legs. Rest on back. Roll head. Stand feet. Roll up your spine and notice changes. Hands interlaced behind head and lift head and pelvis to locate part of spine to rock on. Rest. On all fours, hands and knees, slide right knee along floor towards right hand. What happens to your pelvis and your head? Pause. Slide right knee up towards hand, then down towards left foot. What happens to pelvis? If you fell into sitting which way would you go? Find your way in and out of side sitting the 2 ways. Switch to sliding left knee. What if you left your hands in the same place? Would you still be able to side sit? Rest on your back. On all fours, slide right foot over to left foot. Look around shoulder to side where foot is. What happens to your shoulders? Let ribs open and close. Then slide left foot towards the right foot and look over other shoulder. Rest in egg. On all fours, swing both feet over to the left and then to the right. Really wag your tail. Rest in sitting. On all fours, slide right knee on floor up between hands and find a way to slide the right knee around the left knee. Then slide left knee around right knee. Then alternate and track spine. Rest. On all fours, start sliding the right knee away from you towards the left foot and sneak it around and slide it back up along the left side of the left leg. Now slide the left knee away and around the right knee. Rest. Combine last 2 movements. Each leg makes a circle around each time into Feldenkrais crawl. Then reverse & move backwards. Go into crossed position of knees, open and close your feet pivoting on your knees. When open bring pelvis between your feet into sitting. Lift knee that is in air and bring foot to standing. Circle around into standing. Reverse into sitting. Switch legs and come up to standing again. Track the movement of your pelvis up and down through space. Stand, feel your feet. Walk around.

Discussion #50 – Diana Razumny

About Cross-leg crawl lesson

CD#05/T28 [7 min] DVD#S02-15 Scene 3 [7 min]

ATM Lesson #62 – Diana Razumny

Side bending on back and side with scissor legs coming to sit #1

CD#05/T29 [34 min] DVD#S02-15 Scene 4 [34 min] Source: AY#177

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Slide outer edges of feet towards pelvis, allow knees to bend out to sides (Frog legs). Extend legs. Repeat. Alternate bending right and left legs. On back, lengthen out each leg. Note side bending at waist and neck. On side, scissor legs. Pause with top leg extended straight down. Lengthen straight leg down and away. Feel for side bending. Bottom ribs lift

from floor. Lengthen straight leg in order to bring sit bone to floor for sitting. Reverse and repeat. On back, lengthen through straight legs alternately. Note side bending at waist, ribs and neck. Return to alternating frog legs. As one leg lengthens, internally rotate leg. Switch and alternate lengthening one leg and shortening the other. Notice side bending. Come to sitting. Legs out in front straight or softly bent. Bend and straighten legs alternately. Straightening legs internally rotates, bending leg externally rotates. Take into butt walking.

FI Exploration #35 – Diana Razumny

Walking observation

CD#05/T30 [11 min] DVD#S02-15 Scene 5 [15 min]

Then walking observation with hands on hips with original groups. Group discussion about walking. Diana: Everything babies are doing is leading towards walking. All the patterns that come together in this segment.

FI Exploration #36 – Diana Razumny

Class FI with Eleanor

CD#05/T31 [57 min] DVD#S02-15 Scene 6 [57 min]

Interview. Limitations in shoulders and left hip. First in sitting with Diana behind Eleanor on checking out spine and back. Have Eleanor lift each side of pelvis. Working in sitting for awhile noticing movements when lifting side of pelvis. The lying on left side. Use egg to rest arm. Working with ribs on upper side. Most of lesson on side. End on back.

ATM Lesson #63 – Diana Razumny

Side bending on back and side with scissor legs coming to sit #2

CD#05/T32 [35 min] DVD#S02-15 Scene 7 [36 min] Source: Diana – San Francisco inspired

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On back, stand feet, tilt bent knees side/side. On side, scissor bent legs to come to sitting. On back, knees over chest, roll to side, roll up to side sitting. Sit, stand feet, lean on hands, tilt knees side/side. Stay on one side, bring back hand around to other hand, bring sit bone to floor, look up/down, flexing/extending. Lean on hands, feet standing, tilt knees: swing back arm around and up in front. Side sit, slide hands on floor in front, pelvis comes away from floor. Side sit, reach arm at diagonal, watch hand reaching, pulling pelvis from floor eventually up on knees then bring back leg/foot forward and stand on foot and knee. Lean on hands behind, stand feet, tilt legs to R, reach w/L hand/arm to corner to come onto knees, add foot coming to stand. On back, X position, lengthening arm away from belly button, then diagonal leg. Note sides

Day 26 Monday August 6, 2012

ATM Lesson #64 – Diana Razumny

Flopping knees side/side coming up to kneeling

CD#06/T01 [51 min] DVD#S02-16 Scene 1 [51 min] Source: Diana – San Francisco inspired

On back, belly button in/out. Stand feet, tilt knees side/side, belly button in/out. Sit, stand feet, lean on hands behind tilt knees side/side. Pause. Same position, switch legs side to side by sliding feet. Switch by lifting & placing as another variation. Return to tilting knees, feet stay in same place. Stay with knees to R, lift/lower L hip, scan horizon with head/eyes, to R when hip lifts, back to L when hip lowers. Then reverse head direction so opposite pelvis direction. Rpt OS. Stay to R, bring L hand to R side near R hand (shldr width), look up/down, flex/ext spine, lift/lower hip. Switch to OS. Return to tilting knees side to side and then sliding feet to change side sitting position, this time without leaning on hands. Knees to R, lean on R hand, reach L hand up towards ceiling and a little in front, lift/lower pelvis from floor to come onto both knees. Rpt OS. Alternate side/side with swinging motion of arm reaching forward and up toward ceiling. Knees to R, bring L hand to R side near R hand (shldr width), look up/down, flex/ext spine, lift/lower hip. Switch to OS. Switch legs side/side w/o hands. Lean on hands/fists near/behind pelvis, tilt knees side to side, push hands into floor when knees come up over feet into squatting. Go from lying on back up to sidesitting, pass through squatting to other side, go down to lying.

Discussion #51 – Diana Razumny

Amazing Baby video 8-12 months

CD#06/T02 [29 min] DVD#S02-16 Scene 2 [30 min]

FI Exploration #37 – Diana Razumny

Review of segment & lift head

CD#06/T03 [56 min] DVD#S02-16 Scene 3 [70 min]

2 groups talk, move, to remember explorations so far in this segment. Then group discussion describing explorations. Then dyads practicing several in sidelying. Rotate partners several times. Then sitting at head working with neck and shoulders. Diana demos with Galen the lifting of the head. Shows 3 ways to lift head. Practice in dyads and switch in pair.

FI Exploration #38 – Diana Razumny

Class FI with Lori

CD#06/T04 [49 min] DVD#S02-16 Scene 4 [49 min]

Interview. Want to dance/music full body available; want to speed skate; I want to be a kick-ass telemark skier; want to be a roller girl. And to be injury free. Feel some limitation in torso/spine/feet. Working with Lori lying on roller on mat. Diana at feet lifting legs from below knees. Then sitting at head. All the time having Lori work on stability.

ATM Lesson #65 – Diana Razumny

All 4's to squatting & frog jump

CD#06/T05 [46 min] DVD#S02-16 Scene 5 [47 min] Source:

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)
On elbows and knees. Look up/down. Chin in cup of hands, walk elbows forward and back. On hands and knees, flex and extend ankles. Add looking up/down. Change combo. On hands and knees, lift/lower knees/hands in homolateral and then contralateral pattern. Slide toenails along floor behind to lengthen leg, slide foot side/side, looking around at foot on each side, eventually stand foot to outside of hand (frog), rub shoulder on inside of knee, elbow comes towards floor. Repeat other side. Repeat, alternate standing feet. Leave one foot standing, and bring other foot up to standing also. Keep both feet standing. Bring hands forward, weight into hands, hop legs forward next to hands (frog) and continue.

Day 27 Tuesday August 7, 2012

ATM Lesson #66 – Diana Razumny

Butt walking

CD#06/T06 [64 min] DVD#S02-17 Scene 1 [64 min] Source:

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Sit, soles tog, hold lower leg/ankles, lift/lower sit bones, head tilt away/towards lifting hip? (Partners – one student behind other while sitting on chair and feel ribs moving side to side as student lifts hips) Back to lesson – When sit bone lifted, take forward, place down, rvrs, step back, rvrs. Repeat OS. Step forward, keep going, step back, cont. On back, arms forward, alternate lengthening hands/arms to ceiling. Add internally rotating the lengthening arm, bending elbow of un-lengthening arm. Pause. Alternate lengthening/shortening (knees softly bent) legs. Add internally rotating lengthening leg. Sitting, legs in front. Repeat leg movement – alternately lengthening/shortening with internal rotation at end of lengthening. Walk sit bones. Add leg movements. Continue and add arm movements out in front.

PARTNERS-one sit behind other, hands on ribs while both butt walk forward. Short discussion at end.

FI Exploration #39 – Diana Razumny

Gracovetsky Video & Walking observation with sticks, dots and strings

CD#06/T07 [53 min] DVD#S02-17 Scene 2 [61 min]

Video of Hull from Gracovetsky showing movement study of man with no legs. Then walking observation wearing T-shirts and using sticks, dots and strings. Diana demonstrates. Yarn around pelvis; stick across shoulders and/or across hips; dots on T-shirt at various places to show movement. Group discussion at end of observation.

FI Exploration #40 – Diana Razumny

Class FI with Rubia

CD#06/T08 [54 min] DVD#S02-17 Scene 3 [54 min]

Interview. Old pain in right hip and leg, in sitting, walking and in car. Assessment in standing and in walking. Then on hands and knees on table, shifting weight side to side. Then variety of movements, lifting shoulder, lifting hip. Diana had students feel Rubia's lower back's shape. Then sitting on table. Then end of table with one side of pelvis off table and lifting hip. Then same with other hip, dropping if off edge of table and then lifting it up. Then back to knees and hands. Flex and extend. Then back to sitting on end of table and lifting sitbones one at a time.

ATM Lesson #67 – Moshe Feldenkrais

Sidebending, taught to the public

CD#06/T09 [58 min] DVD#S02-17 Scene 4 [65 min] Source: San Francisco Evening Classes, Vol 1 #8

On back, Scan/ref of sides, line lengths, breath. Bend knees, stand feet shoulder width. R arm down along side, back of hand on floor, palm facing ceiling. Lengthen R arm down, towards R foot, gradually increase. Head/shoulders move down/R also. Pause. R hand over top of head, hold L temple, move head/arm to R/return. Lighten floor friction to slide head/shoulders down/R. Think of R elbow making arc. Note ribs on L. Pause. Rtrn to orig. mv. – lengthen R arm towards R foot. Rtrn to scan of sides, lines breath, R/L diff. Rest, legs long. Stand R foot, lift R hip, roll pelvis. Note back of head, chin. Stand R foot little more to R and headword Slide R hand towards R heel. Slide hand under heel, thumb outside, fingers inside. Lift toes/front of foot, heel standing on palm. Bring all to middle, note L/R diff. Stand feet, lengthen back of R hand on floor to R heel, lifting R hip. Lift R heel, stand in R palm. Lift/lower R side of pelvis, knees stays forward. Note which shoulder/ribs/head, what lifts from floor. Pause. Lift R foot, slide hand under middle of arch, hold. Lift heel/toes alternately – up/down, heel/toe. Lengthen out, note which leg/arm feels longer. Stand R foot, hold foot w/R hand again, Lift R hip joint, pelvis rolls L. Add moving L straight arm on floor towards overhead. Note– palm up/down? At some point arm turns. Note if R hip lifts easier. Push the R thumb between the big/2nd toe, lift/lower heel. What stops heel from lifting more. Heel hand, lift/lower R hip, knee can move to middle. Move hand/foot little to R so knee goes more to middle. Return foot/hand under knee, few times back/forth. ROB. Stand feet, reach R heel w/R hand, compare to beg. Roll to one side, stand, walk. Lift R arm to ceiling. Walk, lift L to note difference. Walk in a circle. Which side easier? Larger? Smaller? On back, stand feet, arms along sides, back of L hand on floor, palm forward. Imagine sliding head/shoulder/hand down to L. Imagine L hand under L heel. Think it 3 times. Then think it to t he R, then L and compare. Think lifting L hip, R leg straight, tilt pelvis to R. Think the L hand moves to L heel, 3 times. Actually hold L heel w/L hand, think only lifting L hip, roll to R. note L side shrinks, L shoulder pulled down, R leg gets longer, R arm glides on floor till it's overhead and has to turn. Just Think lifting L hip, lift/lower L heel. Middle of foot in hand, hold it, think lifting L hip joint 3 times. Think lifting front of foot 3 times fast. L thumb between big/2nd toe if can, think lifting heel 3 times. Move L foot to L, imagine knee going down to middle to floor, lifting L hip, 3 times fast. Actually do it, see if it works

better now. Stop, stretch out. Bend R knee, hold under up R hand, see if it's easier. Switch to L side and see if it's the easier one, the one that didn't work that isn't tired. Stand, walk, see how it feels.

Discussion #52 - Diana Razumny

About Moshe teaching

CD#06/T10 [15 min] DVD#S02-17 Scene 5 [15 min]

Discussion #53 - Diana Razumny

Instructions for tomorrow's people watching

CD#06/T11 [3 min] DVD#S02-17 Scene 6 [4 min]

Going up to Museum Café tomorrow around lunch time to watch people walk.

Day 28 Wednesday August 8, 2012

ATM Lesson #68 – Diana Razumny

Lifting pelvis over knees

CD#06/T12 [57 min] DVD#S02-18 Scene 1 [58 min] Source:

On R side, R arm long overhead on floor, rest head on R arm, knees/hips at 90. Lesson ref: Lift head, eyes to horizon. Lift both feet, pivoting over knees. Lift pelvis. Keep legs to side, turn chest to floor, have arms bent on floor to sides of head, face to R. Slip L bent leg onto floor in front of R, reverse, slip L leg to floor behind R while sliding R leg up, reverse. (scissor legs). On R side, L hand in push-up, R arm long under head, slide R arm back behind and slip fingertips under waist, slide arm through to front, circle arm. Return to ref. mv. On R side, slide L bent leg forward of R, circle inside of L ankle/knee on floor. Chg dir. Rtrn to ref. On R side, L arm over top of head, hold R side of head, R arm long on floor under head. Lift head/arm to side few times. Pause, lift L foot few times. Combine lifting head/L foot. Same position, lift head w/L arm, place head on floor in front of R arm, lift and place on floor behind. Pause, lift head/arm, slide R arm forward small amount so head can return to floor where arm was. Lift head again, slide R long arm back behind area for head to return to floor. On R side, circle R arm, leave it behind, stand elbows over hands (pushup), turn head side/side slowly. Leave face to L, lift pelvis. Rest & repeat. As weight comes into L knee, slide R knee up to support R hip. Rvrs. Rtrn to ref.

Discussion #54 – Diana Razumny

Moshe lesson with Jonathan

CD#06/T13 [66 min] DVD#S02-18 Scene 2 [67 min]

FI Exploration #41 – Diana Razumny

People observation

CD#06/T14 [2 min] DVD#S02-18 Scene 3 [3 min] watching not recorded

Diana introduced project of watching people, possibly video sippets and will direct watching at restaurant during lunch.

FI Exploration #41 continued – Diana Razumny

People observation continued

CD#06/T15 [52 min] DVD#S02-18 Scene 4 [52 min] watching not recorded

Group discussion about activity of 2-3 students watching different body parts for movements. Head and neck, shoulders and ribs, torso, pelvis and ribs, knees, feet and ankles, etc. Watched student videos of people taken. Website: Biolab showing walking with emotions.

ATM Teaching #13 – Diana Razumny

Drawing ATM instructions

CD#06/T16 [12 min] DVD#S02-18 Scene 5 [12 min] Source:

Showed iPad notes for morning ATM lesson that Diana used for teaching. And talked about ways of teaching ATM.

ATM Lesson #69 – Diana Razumny

Perfecting the Self Image

CD#06/T17 [44 min] DVD#S02-18 Scene 6 [44 min] Source: ATM Book #8

Lesson read from ATM Book #8.

Day 29 Thursday August 9, 2012

ATM Teaching #14 – Diana Razumny

Using “better sidebending” notes

CD#06/T18 [38 min] DVD#S02-19 Scene 1 [61 min]

Diana reads barebones notes. Exercise in visualizing, feeling movements. If you can do the barebones notes then you can use synopsis to remember lesson. Decide how to do your own barebones notes. 2 groups receive notes from Moshe’s lesson of sidebending. See how much you can give instructions to your group.

Discussion #55 – Diana Razumny

Ramachandran Video of face & phantom limbs

CD#06/T19 [26 min] DVD#S02-19 Scene 2 [27 min]

ATM Lesson #70 – Diana Razumny

All 4’s, sliding feet to side, sitting back, flex/ext ankles

CD#06/T20 [40 min] DVD#S02-19 Scene 3 [40 min] Source: Esalen #15 Foot/hip discrimination

First part of lesson taught. (This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Please stand on your knees. Spread your knees a little. Stand on your hands too: Lean on your hands. Now slowly flex both feet to stand on your toes as if for running. Keep on doing that. Observe what you do to your body, with your legs and your feet, leaning forwards, or leaning backwards. Just note what you do in each case. Now try to make sure when do you breathe in. When the feet are long? Or short? Now increase the speed of the movement and see what you have to do in order to get faster. Does your body begin to move to and fro or not? Is it necessary to move your body? Can you do it without moving your body? Now while you do that, decide which foot is lagging behind the other one. Usually one does exactly what you want, and the other lags behind a little bit. Now stop that and do it with the right foot only. Some people are doing it with the left foot but it doesn't matter really -- as long as it's only with one foot. Now stop that and do it with the left foot only. Now try to make that fast. Can you decide now which foot is acting more readily? It sounds as if you are the nervous system and the foot is the body when I talk like that. I should say "You are not moving the leg," not "Your leg is not moving. You are limping with the left leg behind the other one." Now stop that. Lie on your back and rest a while. Resume the position on knees and hands. And now slowly move the right leg around the knee as a hinge to the right. Knee stays on the floor, right foot slides to the right and back again. Take the foot to the right and back, touch the floor somewhere on the right. Bring it back. Now keep on doing that. Now try to listen to your body. Which parts move that you just wouldn't think would move while moving the leg like that? What does your head do? Does it move to the right? Or the left? Let the head go the way it seems best for it to go. Usually people moving the leg outward move the head and the eyes towards the leg that is coming out. Now take the leg outward and leave it where it is at the extreme right. Don't strain. Now move the head to see it, many times, quickly. Don't rotate the head. Just take the head there to see the leg. And look at the foot where it is, not between your legs. You have to move the head so that it goes beyond the right shoulder. Keep on doing it. Make it simpler, faster. Now stop. Try to keep the eyes in the middle and move the leg. See what that has done to the movement of the leg. Does the leg move out more? More easily? Keep on doing that. Now do it moving both head and leg together. Make it a very simple movement. That's enough. NDW do the same thing; with the same foot but flex it, bend the toes. Move it to the right and back again. And see whether you move better or worse. Keep on doing it. Now stretch the foot out to the right as far as it will go, with the toes bent. And rotate the neck to the right as far as it will go. Then move your head again as before and see in what way is it different from the way you usually move your head. Some people only rotate the face -- you must make the right side shorter. That means the right hip and the right shoulder are going towards one another. The other side must become longer. And if you don't do that, you look clumsy. Now move the leg alone in the same way. Now stop. Lie on your back and rest. And sense what you feel (or feel what you sense, as you wish). I use the word feel for the emotional attitude -- feeling cheerful, light, heavy, ugly, -- but the sensation in the body is a muscular sensation which can be identified as "I feel these muscles contracted, or not contracted, or limp," and so on, with different qualities, different levels. Now back on your knees and hands. Stretch the right leg straight out behind you, and the right foot, but this time try to take the head to your left as if from the hip joint to the neck there's a stick, not a spine. So you are taking your head to the left as you take your foot to the right. Don't rotate your face -- move your body as if it were a stick. Some people are just moving the eyes and think they are moving the head. Some are keeping the neck stiff. The face must not turn. There's nothing to see -- you can't see the right foot there. Have your nose pointed in the direction of the floor. Now do the same thing with the leg flexed -- the right leg flexed. And move the body as a whole, right and left. And now try to do the one we did before: Let the head go in the direction it wants to go. See whether the leg goes more than before and whether

the head goes more than before. Does it feel easier, lighter, better? Now make it fast. Now stop. Try to flex and stretch the feet and see how they work now, how the right works and how the left work. Try the right alone. Try the left alone. Can you see the difference between them? And differentiate between that movement and a rusty one? Now move each alternately: Flex one foot and then the other, stretch and flex, stretch and flex. Make it fast. Now stop doing that. stretch out your feet. Try to sit down on your heels. Observe how you sit on your right heel. Check the pressure of the heel to the butt, and feel how it is in the right side. Now if I ask you to stand on one foot in front of you, which foot would you use? The right. All right, get on to your right knee. Then on to your right foot. Then take the foot back and sit. Now get up on to the left foot. Then take back the foot and sit. Feel how the right foot works and how the left one works, in both positions. Now stop that. Lie down and rest a while. Again, the same position on your knees and hands. This time try the left foot. That means stretch out both feet. And move the left foot out. Turn the head towards the left foot. And the left side should be shortened, should shrink together, while the right side lengthens. Make that movement very easy. Now move the left foot to the side and let it stay there. Move the foot to the left side. And now move your head many times: to look at the left foot and then to the middle. Middle, look at the foot, middle, look at the foot. Now stop moving the head. Move the foot back into position on the left side and see whether it becomes lighter. Whether it goes at a little wider angle than before, the movement becomes easier. Now while you are doing that with the leg, suddenly fix your head to the right. Hold the body as a stick from the heel to the head, and the whole thing moves right and left. Make the movement simpler, easier. If you move the body like the stick, the leg can't move away in the hip joint. There's no movement in the hip joint. Remember that the ability to perform these movements has nothing to do with intelligence: It's a measure of the completeness of the self-image. If the image is not complete, the man is not responsible for what he does. He believes he is doing one thing and he is doing something else. Now do the same thing with a flexed foot. with the flexed foot, movement is of one piece. That means the head is going in the opposite direction of what it intends to. Now stop that and rest a while. I have heard it said that the waking state of most people is sleep while they walk. They still sleep. They are not aware. Their awareness is not woken up. They can make some mental, intellectual efforts but their bodies are still asleep while they walk and therefore their thinking has the same quality as dreaming because in dreaming there is no connection between space and time. They are not directed by gravity, or events need not take place in sequence. There is just a notion of time separated from gravity. Events that happened first can come second. Time does not have a direction. So it is that in the waking state that if the awareness is not really developed and evoked in someone, you will find that they act very similarly as in dreaming. . And hence the very great importance of waking up to that, and to making the scope of thinking wider and better and more differentiated.

Discussion #56 – Diana Razumny

Highlights of this segment & share study plans

CD#06/T21 [30 min] DVD#S02-19 Scene 4 [76 min]

Small groups reflect on highlights of this segment and share study plans. Recited lists of between segment study ideas. Buddies meet to talk about studies. Tadd/Tim; Julia/Eleanor; Amy/Mary Alice; Galen/Ashley; Rubia/Yolanda; Lori/Laurie/Leighann.

Discussion #57 – Diana Razumny

Video "See How They Move"

CD#06/T22 [27 min] DVD#S02-19 Scene 5 [27 min]

Emmi Pickler video of how babies grow and move naturally

ATM Lesson #71 – Diana Razumny

Perfecting the Self Image taught to the public

CD#06/T23 [53 min] DVD#S02-19 Scene 6 [53 min] Source: ATM Book #8

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings & ATM Book #8) 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. 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. 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. 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. 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. 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. 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. 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. 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. 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.

Day 30 Friday August 10, 2012

Discussion #58 – Diana Razumny

About public ATM lesson

CD#06/T24 [27 min] DVD#S02-20 Scene 1 [27 min]

ATM Lesson #72 – Diana Razumny

Standing, shifting on heels

CD#06/T25 [53 min] DVD#S02-20 Scene 2 [53 min] Source: AY#

On back scan. Stand, feet parallel, shoulder's width: shift weight; exhale shifting, inhale when come onto one foot; note weight on foot; repeat with weight coming onto heels; Stand, R foot cross over L: Stand on both feet; Shift weight R/L with weight on heels; Note pelvis, chest, breath, hip joints; Add the breathing with shifting; Feet parallel, note difference; walk. Repeat, OS: Note hip joints/shoulder blades; Stand parallel, walk. Cross R over L, shifting side/side with breath: Weight in heels, start lifting front of foot. Note chest, neck, pelvis; Uncross, stand, repeat OS, ROB. Feet parallel, shift weight heel to heel: Take pelvis in arc backwards while shifting 3-9 via 6. Walking pause; Arc pelvis forward while shifting; Full circle of pelvis; Stand, feel weight in feet, walk, ROB. Stand, weight on heels: Shift R, add lifting front of foot; Add head/eyes looking down; Note back, shoulders, ribs; Shift onto whole R foot, note diff; Walk, stand, repeat OS. Shift side/side, look down when to side, look forward in middle. Shift to R heel: Lift inside of R foot; Lift outside of R foot; Stand, walk, repeat w/L foot, ROB. Shift onto heel: Lift front of foot when on heel. Stay on heel, front lifted, circle over hip joint; Repeat w/Ear to Shoulder on same side, circle opp direction. Repeat on OS. Stand, shift R/L on heels: lifting front of foot; Cross R foot over L, shift heel/heel, toes down; Stay on L heel, circle hip joint one direction, change direction; Change crossing, repeat; Stand, walk. Stand, feet parallel, shift heel/heel, breathing as before. Then full foot while shifting, then drop the breathing rhythm. Stand, walk, note hips, legs, neck.

FI Exploration #42 – Diana Razumny

Walking observation

CD#06/T26 [15 min] DVD#S02-20 Scene 3 [18 min] watching not recorded

Observe walking in small groups. Group discussion. Lots of changes noticed this time in several students. Great feedback on standing lesson that led to these changes.

Discussion #59 – Diana Razumny

Richard Davidson video about compassion study

CD#06/T27 [78 min] DVD#S02-20 Scene 4 [79 min]

Exploration of using science to study compassion.

ATM Teaching #15 – Diana Razumny

Coming from lying to sitting

CD#06/T28 [41 min] DVD#S02-20 Scene 5 [63 min]

Students explore different ways of coming from lying (back, side and belly) to sitting. Choose one and teach it to small group.

Discussion #60 – Diana Razumny

Closure

CD#06/T29 [33 min] DVD#S02-20 Scene 6 [33 min]

ATM Lesson #73 – Diana Razumny

Review of segment

CD#06/T30 [36 min] DVD#S02-20 Scene 7 [36 min] Source: Diana's creation