

Day 31 Monday Oct 22, 2012

Discussion #61 – Katrin Smithback

Introduction

CD#07/T01 [6 min] DVD#S03-1 Scene 1 [6 min]

ATM Lesson #74 – Katrin Smithback

4 points #1, exploring

CD#07/T02 [41 min] DVD#S03-1 Scene 2 [41 min] Source: Amherst Year 1 – 6/18/1980

STAND, feet spread a little. Touch the floor w/ one hand, letting knees bend. Explore where is best place for hand. Touch floor w/ R hand. Let feet move, turn & explore floor around yourself w/ R hand (palm). Do w/ L hand. Do w/ both hands. Put both hands on floor. (4 points on floor). Feet spread. Lift L hand & R foot tog. Lift L hand & L foot. Lift both hands. Lift both feet. Lift both hands & both feet. Lift R foot & R hand. Then immediately L foot & L hand- alternate. Explore floor one hand, then other. Both hands on floor. Walk forward. Backward.

Discussion #62 – Katrin Smithback

About ATM Lesson

CD#07/T03 [11 min] DVD#S03-1 Scene 3 [11 min]

Sharing experience. Katrin: Find what works for you. Talked about rules in Feldenkrais classes. How people do movements out of habit and hurt themselves following their rules. Interesting to see how ways that you limit yourselves change over this segment.

FI Exploration #43 – Katrin Smithback

Movement observation, take hands to floor, standing

CD#07/T04 [44 min] DVD#S03-1 Scene 4 [53 min]

Groups of 3 practice the beginning of a movement from lesson with one student doing a movement with others watching for which joint is being moved. Where is the place where they are bending the joint? Showed hip joint on skeleton. Joint is where 2 or more bones come together and move in relation to each other. When moving arm forward the joint is the sternoclavicular joint. After movement have a conversation about which joint is moving. Locate joint, where do they bend first, where do they bend the most? Then in full group. Demo with Eleanor doing movement. Other student demos. Have class do a movement. Problem in movement and in all areas of life is we think we are doing one thing but actually doing something else. Then students position themselves back to a wall. Lottery ticket 18 inches in front on floor. Move forward with heels stay against floor. Move 6 inches forward and try again. How far forward can you go and still have your butt touch the wall. Demo with skeleton. Bend with neutral spine to access hip joints. Has to do with working comfortably at the table, ease getting up and down off floor.

FI Exploration #44 – Katrin Smithback

Finding bony landmarks of pelvis #1, on side

CD#07/T05 [33 min] DVD#S03-1 Scene 5 [47 min]

Beginner's mind. Can't learn method if either, "I will never get it." Or "I know it already." Demo with skeleton to look at pelvis, bony landmarks. You will be feeling through to find the bone. Partners with one student on side. Look for landmarks of pelvis. Demo with skeleton. Slow down, focus on pelvis, be precise where you put your hands and arms. More practice. Group discussion.

ATM Lesson #75 – Katrin Smithback

Rolling the pelvis #1, sitting

CD#07/T06 [36 min] DVD#S03-1 Scene 6 [36 min] Source: Amherst Year 1 – 7/7/1980

SIT, cross-legged, hands behind on floor. Imagine sitting on clock: 12 in front, 6 behind, 3 to R... Bend head down toward 12. *Does rest of body move?* Change legs over & do. Tilt head back (toward 6) What moves toward 6? *Top of head, ear, chin, etc.* Tilt head forward toward 12- what moves toward 12? SIT, SOLES TOG. roll pelvis from 12 to 6 and back. Tilt head forward & back and feel what pelvis does. *Sternum has to move.* Tilt head forward toward 12. If move pelvis back to 6, head moves down more. Leave head down & move pelvis to 12 and you get taller. Lift and lower head as roll pelvis.

Discussion #63 – Katrin Smithback

About ATM Lesson

CD#07/T07 [37 min] DVD#S03-1 Scene 7 [37 min]

Katrin: About not pushing from old habits from our culture. Rubia: About doing less. Weber-Fechner law. Distinction between work and effort. About distal/proximal.

FI Exploration #45 – Katrin Smithback

Reversing proximal/distal movements

CD#07/T08 [10 min] DVD#S03-1 Scene 8 [14 min]

Groups of 4 practice proximal/distal movements.

ATM Lesson #76 – Katrin Smithback

4 points #2, to sitting

CD#07/T09 [32 min] DVD#S03-1 Scene 9 [32 min] Source: Amherst Year 1 – 6/23/1980

STAND, legs spread a little. Touch floor w/ L hand. Explore floor until you can touch w/ entire palm. Let head hang, then lift the head as lengthen spine. Put hands on floor. Alternately lower head & round back, then lift head & let belly push forward. Lift the L foot & R hand. Lift R foot & R hand. Alternately lift L foot, R foot- find comfortable place for feet. Lift the L foot a little, move the L knee to the R, turning to look at R, L knee passes thru line between. R hand & R foot, pelvis turns to sit on floor. Hands stay on floor. Once this side is clear, do to other side. Go side to side- keep pelvis low & do a little hop with feet, flicking feet/legs to one side then other.

Day 32 Tuesday Oct 23, 2012

ATM Lesson #77 – Katrin Smithback

4 points #3, sit on floor with help of hands

CD#07/T10 [67 min] DVD#S03-2 Scene 1 [68 min] Source: AY#22

STAND. Put hands on floor, knees bent. Lift (& lower) pelvis. *Lean equally on hands & feet. Try & put palms on floor.* Put hands on either side of R foot– lift & lower pelvis. Do on L. Have feet parallel. Put hands on knees, bend knees & stay bent. Move back of head and tailbone (or sit bones) backward– back arches. Think rubber band pulls coccyx & back of head together– then pulls pubic bone & forehead tog to round. *Legs don't straighten.* Turn head so R ear faces floor, arch & round. Look under L armpit/over L shldr and round & arch. Put your hands on floor & do– as if to see L hip under armpit/ L hip pocket over shldr. Do w/ head turned to R. Stand, bend knees, put hands on floor. Lift/lower pelvis– different? Do w/ R foot betw hands. L foot between hands. Put hands on floor between legs. Keep hands on floor & slide them to the R in an arc, going around R leg. *As if scything grain. Where does head go? Hands remain same distance apart. Wt. on R leg.* Do to L. Move from R to L w/out stopping in the middle. *Knees bent, hands slide on floor. Notice how far hand moves behind R heel, L hand behind L heel. Same? Note projection of head on floor.* Exhale as twist to side, inhale in middle. Have your feet pelvis width apart. Put your R hand on the floor by your R leg. Lift your R leg, bring it forward & sit. *Don't turn, go straight forward.* Then bring it back to stand. Find the best place for your R hand. *As if turning on axis of R hand & L leg.* Do w/out sitting. *Your pelvis moves forward & back like a pendulum– your R leg stands ea time your pelvis moves backward.* Do w/ the L leg, L hand standing. *Let your pelvis swing– it continues to go upward after your foot is standing. If lift L hand when the foot stands may be easier if not flexible enuf.* Put both hands on the floor, take both legs forward & sit. *Initially will be like a light fall. Slowly organize so pelvis & head can move without stopping– pelvis moves forward & back continually.* Do w/ the R leg again. *Don't push the floor with your feet– you get up by lifting the pelvis backward & the feet just move under to prop you up.* The do w/ the L leg. Then both hands & both legs. Stand. Put both hands on floor as in beginning. Lift/lower your pelvis. Compare.

Discussion #64 – Katrin Smithback

About the method

CD#07/T11 [54 min] DVD#S03-2 Scene 2 [54 min]

Katrin sharing injury story from Hawaii and how ATM helped her recover. About doing a lesson many times over many years. Can do the same ATM and your experience is different every time. About work and effort question. It is not the movement that is important but your process around doing or not doing the movement. Demo with Rubia about trying to do movement. Trying brings up habits that usually inhibit the movement your are wanting to do. About Moshe's purpose for the method to become a mature person by differentiating actions from parents and culture.

FI Exploration #46 – Katrin Smithback

Looking up and down while sitting

CD#07/T12 [20 min] DVD#S03-2 Scene 3 [20 min]

Demo with Mary Alice. About ease of using neck and shoulders. In sitting, moving head up and down in various ways. Using ball to show rolling pelvis forward and backward. Then Katrin holding head as Mary Alice rolls pelvis forward and back growing taller and shorter. Image of neck as full spine. Then looking up and down with pelvis rolling. Then looking left and right with whole self, knees forward and back as turning. With Katrin holding head brought Mary Alice from sitting to standing. Didn't go back to ATM movement of 4 points but this was part of learning leading to those movements.

ATM Lesson #78 – Katrin Smithback

Rolling the pelvis #2, sitting and supine

CD#07/T13 [44 min] DVD#S03-2 Scene 4 [44 min] Source: Amherst Year 1 – 7/8/1980

SIT, SOLES TOG., hands behind. Tilt head forward & back. With pelvis. Tilt head back & stay there– then roll pelvis forward, pushing belly out, then roll pelvis back. Put hands behind and slide feet forward & back– find most comfortable place. Move both feet to R. Find comfortable part of mvmt. Push belly forward, head back– slide feet R, L knee will come to floor– not swiveling. R shoulder back, L forward. LIE ON BACK, SOLES TOG. Slide feet L/R. Roll pelvis for/back– don't press floor with feet. Put R foot on L and roll pelvis– won't press with R foot. Note head mvmt with pelvis mvmt. Do you stop head? Put L foot on R and roll pelvis. Soles tog. Push so pelvis rolls back and chin lifts– stay in this position and alternately push out and pull in belly. SIT, SOLES TOG., lean on hands. Roll pelvis 12 to 6. Touch L thigh to floor. Which hand pushes floor? Lift L hand and do. Lift R hand and do – have to bring R shoulder forward. Roll pelvis L so that L thigh touches. Push lower abdomen forward toward L thigh, R shoulder comes forward. Both hands on floor. LIE ON BACK, SOLES TOG. Move so L thigh, then R touches floor. Go slowly to side and fast back to middle. Then do quickly back & forth.

Discussion #65 – Katrin Smithback

ATM versus exercise

CD#07/T14 [24 min] DVD#S03-2 Scene 5 [24 min]

Made list on board discussing how to infuse exercise with awareness.

FI Exploration #47 – Katrin Smithback

Finding bony landmarks of pelvis #2, in sitting

CD#07/T15 [23 min] DVD#S03-2 Scene 6 [38 min]

Briefly defined parasitic movement. Dyads find bony landmarks of pelvis in sitting. Demo with skeleton.

ATM Lesson #79 – Katrin Smithback

4 points #4, to lying

CD#07/T16 [22 min] DVD#S03-2 Scene 7 [22 min] Source: Amherst Year 1 – 6/23/1980?

On 4 points. Put R knee thru so thigh lies on floor as you sit, then take hands away to roll and lie on back. Bring legs over chest, swing to sit up, put R foot behind L leg, both hands to R & get up to 4 points & go back down same way. Do in one mvmt. All start tog. & do as group, coming back to same 4 points. All tog., 4 points, roll to R, come back up to 4 points & roll to L. Listen to people around you.

Day 33 Wednesday Oct 24, 2012

ATM Lesson #80 – Katrin Smithback

Rolling the pelvis #3, supine, movement of eyes

CD#07/T17 [46 min] DVD#S03-3 Scene 1 [46 min] Source: Amherst Year 1 – 7/9/1980

LIE ON BACK, SOLES TOG. Roll pelvis R/L so one thigh toward floor then other. Can soles stay tog, sides of feet remain on floor. What happens to head/eyes- do they move to R with pelvis/thigh? What moves first, where is the intention formed first-. Close eyes. Is intention first in eyes? Move eyes in opposite direction to pelvis. Then the same direction. Does the mvmt slow down with one way (eyes opp). Put R hand behind back so lumbar spine in resting on knuckles, roll side to side. Take hand out and roll pelvis- note diff. Imagine taking feet close to self. Roll pelvis forward and back (12 {by feet} to 6 {by head}) When does chin move down toward chest? When do knees open more? At 12. Stay at 12 (extended)- alternately expand chest and lower belly. (When expand chest do not lift lower ribs forward- do so distance between sternum and spine increases. When expand abdomen don't lift lower back more- push lower abs in direction of pubis. Put thumbs by navel and fingers just above pubis- expand only lower abdomen pushing fingers forward, thumbs fall back. Can do independent of breathing. Tilt legs R/L as before- different? Is head moving? Move eyes same/opp pelvis. Move head same/opp pelvis.

Discussion #66 – Katrin Smithback

About ATM lesson, questions and eyes

CD#07/T18 [73 min] DVD#S03-3 Scene 2 [73 min]

Discussion about lesson being difficult for one student and great for another student. About using ATM materials on the internet and from other sources. There is a logic to an ATM. There is a functional theme to each lesson. In the training you will be learning about the structure of ATMs. About eyes and perception. How the eyes work. Illusions about what we think we see.

ATM Lesson #81 – Katrin Smithback

Lengthen arm overhead

CD#07/T19 [54 min] DVD#S03-3 Scene 3 [54 min] Source: Esalen #31

LIE ON BACK. Put R hand behind head. W/ L hand reach behind R hand & hold R wrist. (Both hands behind head). Pull R wrist/arm to L. *L elbow will get closer to chest. Have to lift head just enuf to decrease friction- don't keep lifted entire time.* Straighten R leg. As slide R hand to L, push on L foot to roll pelvis to R. *Eventually R armpit will be on floor and R elbow will be behind head.* Keep rolling, gradually head will touch floor. *L knee stays pointing to ceiling, L foot standing.* Keep doing until you can lie entirely on R side with R elbow on floor and head touching floor. Lift the R elbow off the floor a tiny bit. Leave the head resting on the floor- don't lift with the elbow. Direct L elbow downward in arc toward L ribs/chest as you pull. Do on other side. SIT, legs in any way that allows you to sit comfortably. Hold R wrist w/ L hand behind head. Pull R arm to L until L elbow touches chest. Slide the R hand over the L cheek to hold your chin. Holding the chin w/ the R hand, let go w/ your L hand. Move your R elbow a little forward toward the floor in front of you. Then move the elbow back - *have to arch the back and push the lower belly forward, getting taller.* Change legs over & do on other side. Pull R arm w/ L hand until can hold chin w/ R hand. Put L hand on the floor in front of you to help- and lower R elbow to the floor and back. Keep holding your chin & slowly take your L leg behind you- then take the R elbow to touch the floor in front of you- then take elbow L/R in a wide arc. Take the elbow to the R, bring the L leg back in front of you & slowly roll onto your back- little by little. Sit, hold chin w L hand and do mvmts on other side. LIE ON STOMACH. Put your R hand behind your head. Explore your back between your shldr blds. Explore your neck. Lift your R elbow behind your head and slide your hand from L scap to R scap. Hold your R elbow w/ your L hand to help. Can you touch all over both scaps? SIT. Hold chin w/ R hand. Use L hand on R elbow to help. Move R elbow forward toward floor, bending back. Put L hand on floor to help. Then make large arc w/ R elbow on floor. LIE ON STOMACH. Do mvmts w/ L hand behind head. Put both hands behind head, touching scaps- lower arms are parallel. If difficult, cross arms, putting hands on opp. scap, then move them towards armpits. Change over crossing & do. Bring arms to be parallel. W/ arms parallel, lift one elbow off floor & back. Lift other. Lift both. Lift both elbows behind head, moving them closer tog so hands slide down back below scaps. Move arms closer tog, then a little apart. Make small circles w/ the elbows, keeping hands parallel on back. Keeping arms on back behind head, bend R knee & roll onto back. Then roll back onto stomach, bend L knee & roll to other side onto back. STAND. Lift arms in air- different? Turn head L/R.

FI Exploration #48 – Katrin Smithback

Finding pelvis #3, and spine, guided

CD#07/T20 [44 min] DVD#S03-3 Scene 4 [67 min]

Partners. Start by practitioner sitting behind student and find top of pelvis. Student rolls pelvis. Now practitioner puts hands on spine to sense movement of pelvis as student rolls pelvis. Same with hands around rib cage. Practitioner push down on shoulders to sense pelvis. Movers again roll your pelvis. Practitioner standing place hand on head while student rolling pelvis. Then student roll pelvis with no hands on to compare. Student walk around and then chat with practitioner. Switch roles. Full group discussion at end. Demo with Max about self use to show how if you can't move your own pelvis then you can't move theirs.

ATM Lesson #82 – Katrin Smithback

4 points #5, swivel to sit/stand

CD#07/T21 [29 min] DVD#S03-3 Scene 5 [29 min] Source: Amherst Year 1 – 6/24/1980

Stand. Put R hand on floor, swivel pelvis to sit. Movement of pelvis organizes limbs to be able to do. Do to other side. Stand. Put both hands on floor. Compare to beginning. Lift R foot & R hand. R foot & L hand. All combos. Both hands. Both feet. Hands & feet together.

Day 34 Thursday Oct 25, 2012

ATM Lesson #83 – Katrin Smithback

Rolling pelvis #4, sitting, leaning on forearms

CD#07/T22 [35 min] DVD#S03-4 Scene 1 [35 min] Source: Amherst Year 1 – 7/7/1980

Short talk about doing too much, which can cause injury. Learn to not be ambitious with yourself & students. So doing less & even only in your imagination. It is a life-long process to keep becoming more aware. SIT, SOLES TOG, LEAN ON ELBOWS, FOREARMS. Roll pelvis forward & back (12-6). Keep head upright, don't lean head back. Do quickly. Take head backward as roll pelvis forward- lift chest, etc. Then keep head looking at horizon. *Elbows under shoulders*. Straighten L arm & lean on L hand & R elbow. Note diff's in pelvis. Reverse hands & cont. Lean on both elbows again & do- diff? Sit up & lean on hands. Do 12-6 pelvis. Lean on elbows. Tilt pelvis so legs go alt. to floor. R ribs move away from R elbow as leg goes to L. Head turns. Roll pelvis around clock, making circle. Other direction. Quickly.

Discussion #67 – Katrin Smithback

Perception

CD#07/T23 [82 min] DVD#S03-4 Scene 2 [83 min]

Story about doing too much. Tim: About neck pain. Katrin: About defining your problem. About video of Mrs. Biddle shown last segment. Our perceptions color everything we do. How we think of ourselves. Story about heavy woman who believed she couldn't do movements, while another heavy woman could do everything. Magic trick our perceptual system. Examples on board. Contexts, expectations, etc. all color how you see things. Video of basketball passes & gorilla. About 50% do not see the gorilla because of focus of attention counting the passes. Other videos with a conversation, pick pocket, etc.

FI Exploration #49 – Katrin Smithback

Finding pelvis #4, more landmarks

CD#07/T24 [17 min] DVD#S03-4 Scene 3 [23 min]

Demo with skeleton, lying on back. Iliac crest, anterior superior iliac spine (asis), posterior superior iliac spine (psis), acetabulum, pubic bone, trochanter, etc.

ATM Lesson #84 – Katrin Smithback

Rolling pelvis #5, coordinate head-pelvis, sitting, supine

CD#07/T25 [44 min] DVD#S03-4 Scene 4 [44 min] Source: Amherst Year 1 – 7/9/1980

SIT, SOLES TOG, LEAN HANDS. Imagine sitting on clock. 12 in front, etc. Roll pelvis forward & back (12-6). Roll pelvis R/L (3-9), only thinking of pelvis. Do thinking of legs. Roll pelvis around clock, clockwise. Roll from 12-3, Imagine when hit number it prints on your ass. Move precisely so hit same number exactly. Roll from 12-9. Roll from 6-7-6-5....to 9 & 3. Roll in complete circle clockwise. Do quickly. Counterclockwise- slow then quick. Alternate clockwise & counter, slow & fast. LEAN ON ELBOWS, SOLES TOG. Do 12-6, then 3-9. LIE ON BACK, SOLES TOG. Start at 3, add one hour on either side until complete circle. Do from 9. Do from 6. Do from 12. *What happens at head- same circle*. Do quick circles, both ways. BEND KNEES, FEET STANDING. Imagine clock under head. (12 toward feet, 6 toward top of head) Move head around clock, slowly increasing to full circle. Nose moves in circle. *Notice how pelvis is moved*. Stretch out R leg & do. Move head & pelvis opposite. Move them together. SOLES TOGETHER. Move pelvis clockwise, note head moves clockwise. Slowly move head opposite. Move pelvis 12 to 3 a few times so becomes easy and stay at 3. Move head thru numbers to 9. Then let both return to 12. Move pelvis 12 to 9 & stay there. Move head thru numbers to 3. Then let both return thru numbers to 12. Do from 6, etc. Start head & pelvis at 12, then move by one hour in opp. directions, slowly increase. Do from 6. Do both clockwise out of phase. Start head at 6 and pelvis at 12.... (Many variations) STAND. Move pelvis clockwise (dial on floor) in circle (coccyx on dial)- Note what doing with head. Gradually move head in same direction. Move them in opp. directions.

FI Exploration #50 – Katrin Smithback

Observation of ATM lesson movements

CD#07/T26 [66 min] DVD#S03-4 Scene 5 [66 min]

Short group discussion. Then ½ of group in sitting do movements of roll pelvis forward and back (12 to 6) and then switch roles. Students practice verbalizing the movement of the students. Then same with ½ of students lying on the floor.

ATM Lesson #84 continued – Katrin Smithback

Rolling pelvis #5, coordinate head-pelvis, sitting, supine continued

CD#07/T27 [11 min] DVD#S03-4 Scene 6 [11 min] Source: Amherst Year 1 – 7/9/1980

Day 35 Friday Oct 26, 2012

ATM Lesson #85 – Katrin Smithback

Holding chin #1, rolling

CD#07/T28 [60 min] DVD#S03-5 Scene 1 [61 min] Source: Amherst Year 1 - 6/27/80

SIT CROSS-LEGGED. Reach behind head w/ R hand, explore L side of face. Grasp chin (or thereabouts) w/ R hand. Put L hand on floor in front of you. Holding chin, reach toward floor w/ R elbow. Change legs to make easier (one leg backward- try both, which easier?). When get to place where difficult, stop there & move elbow forward & up MT. SUPINE. Reach behind head w/ R hand to hold chin. Move head/elbow R & back. Let knees bend & feet move to L & come back. Bring L arm overhead. Simultaneously Take R elbow to R as bend knees & take feet L, sweeping L arm overhead (hand stays on floor) to roll to R. *Keep R elbow & L hand on floor the entire time.* Come to sitting (*elbow can leave floor then*). Keep making smoother- pelvis never stops moving. SIT, Z SIT W/ L LEG BACK. Hold chin w/ R hand as before. Put L hand on floor. Lower R elbow toward R knee, stop before getting to knee or floor- move R elbow forward & up many times. Move it L/R. Take R elbow to floor & slowly explore rolling to side to back. SUPINE. Imagine rolling to R side & up to sitting, holding chin. Hold chin w/ R hand, start to roll to R side- do in increments, watch for breath holding, effort- keep elbow & L hand on floor- eventually come up to sit. SIT, Z SIT W/ R LEG BACK. Hold chin w/ R hand. Lean L hand on floor. Move R elbow toward L knee- reach forward to make mvmt easier. Bring R elbow to floor and roll onto back. Roll to L side, onto back, then to R side MT; do without straightening up all the way, so elbow stays on floor (when possible)- then come all the way to sitting. Make full circles in same direction- have to flip knees over. Then other direction. Don't put hand behind head and roll to sit to R, to L. (Teach self lesson w/ L hand behind head.)-not in lesson

ATM Teaching #16 – Katrin Smithback

Languaging scan #1

CD#07/T29 [32 min] DVD#S03-5 Scene 2 [32 min]

Groups of 5 lying with heads together in a spoke. Take turns giving instruction. First a body part by giving group some way to attend to that part. Go around the circle once. You say what you are experiencing. Next round use sensation such as length, width, depth, breathe, etc. Next round breathing. Next round about relationship within yourself. Next round about orientation in relation to the environment. Next round the positions of group change for each of the 5 tasks. First on back, then on all fours with heads together, then sitting in circle, then standing. Each person is theme of one of the past rounds: body part, sensation of volume, etc., breathing, relationship with self, orientation in environment.

Discussion #68 – Katrin Smithback

Constraints

CD#07/T30 [36 min] DVD#S03-5 Scene 3 [50 min]

Katrin talked about constraints: attaching one body part to another or keeping a strict relationship between body parts or having an unchanging relationship with something in the environment. In your groups talk about why the constraint of the ATM lesson. Why is that constraint in the lesson? Then full group discussion about what small groups discovered.

ATM Lesson #86 – Katrin Smithback

Hamstrings, extending the knee with flexed hip

CD#07/T31 [39 min] DVD#S03-5 Scene 4 [39 min] Source: San Francisco, year 2, July 8, 1976

Lie on back. Bend R leg and place foot on floor. Put L ankle on R thigh, L knee open to outside. Hold L ankle with R hand. Lift L leg into air, straightening as lift. Repeat. Lift L leg in air and lower L knee to floor in the direction of the L elbow, straightening L leg out along the floor to the L, still holding with R hand. (R leg will also come to lie, bent, on floor). Notice if leg extends easier in this position? On back, both knees bent, feet standing. Move L arm, straight, in circular sweep outwards along floor until arm is straight overhead (upper arm near L ear). Slide the straight L leg to the L, as bring R hand across body to the L to grab L ankle. (L arm moves behind body, to the L). On back, knees bent. Grasp L ankle with R hand and place the L hand on the L knee joint. Roll to the L, L leg out to the side. Straighten the L leg, using the L hand to push gently. Turn the pelvis and trunk as far to the L as necessary to straighten the L leg. Still holding L ankle, move the R shoulder blade alternately away from and toward the spine. Raise the R arm vertically over the shoulder. Lift the shoulder and arm toward the ceiling and then let the shoulder slide back down toward the spine. Do #3. Lie on L side with L leg straight, holding L ankle or foot with R hand (L arm behind), then release the grasp on the ankle. Keep L leg straight and slide L heel alternately forward and backward, lengthening and shortening leg. Grasp the L ankle with the R hand and use the arm to help shorten and lengthen the L leg. Turn the head to look at the L hand, then the R hand. Same position, use the L arm, elbow bent and forearm on the floor, to prop the trunk up. Let your head move in a pendular motion as if to sweep the floor with your hair(or nose.) On back, R knee bent, foot standing. Put L ankle on

R thigh, hold L ankle with R hand. Straighten L leg, rolling to L side, and roll up to sitting, keeping L leg straight and head near leg. Do #33) – any easier? (On back, both knees bent, feet standing. Move L arm, straight, in circular sweep outwards along floor until arm is straight overhead (upper arm near L ear). Slide the straight L leg to the L, as bring R hand across body to the L to grab L ankle. (L arm moves behind body, to the L)).

Discussion #69 – Katrin Smithback

About ATM lesson & unanswerable questions

CD#07/T32 [14 min] DVD#S03-5 Scene 5 [17 min]

Discussion about the ATM lesson. Katrin: On unanswerable questions and world views.

ATM Teaching #17 – Katrin Smithback

Language scan #2

CD#07/T33 [23 min] DVD#S03-5 Scene 6 [33 min]

Groups of 5 on back in circle of spokes with heads together. Take something you are experiencing now and turning it into a more generalized instruction for your group. Go through the same 5 things from this morning. Group discussion.

ATM Lesson #87 – Katrin Smithback

Holding chin #2, with supine X, lifting head/leg

CD#07/T34 [24 min] DVD#S03-5 Scene 7 [24 min] Source: Amherst Year 1 – 6/30/80

SIT. Reach w/ R hand behind head to hold chin. Put L hand on floor for support. Lean w/ R elbow towards floor, move R elbow on floor to lie down. *Have to go to L, not R.* Go around & make a full circle- *have to change legs. L hand never leaves floor.* Go in opp direction. Put L hand behind head to hold chin. Move L elbow R/L, until entire self moving incl legs/knees. (Z sit w/ R leg in front). Extend R arm out to side at shlder level, move arm forward/backward. Put R hand around head (legs the same, R leg in front...) & move R elbow R/L. Then stretch out L arm & move it for/back. LIE ON BACK. Put L arm behind the head. *you can hold the elbow w/ the R hand.* Roll the pelvis R & L. Take the R hand away & roll upper body to the R. Lift L elbow & head & roll to R. Lift head & see if could roll to R to sit- *don't sit, just begin to do.* Put the R hand behind the head & roll toward the other side. Stretch out in an X- could draw a line from one arm to opp leg thru center. Lift your head slowly. Think of putting your forehead on floor between legs. As lift head imagine putting chin on floor betw. legs- then mouth, nose, R ear, L ear. Lift head as if to put R ear on floor & imagine lifting L leg at same time. Then R ear/ R leg.

Day 36 Monday Oct 29, 2012

ATM Lesson #88 – Katrin Smithback

Holding the chin #3, tilting legs, stand to sit (not holding chin)

CD#08/T01 [59 min] DVD#S03-6 Scene 1 [59 min] Source: Amherst Year 1 – 6/27/80

SIT, feet standing, hands behind on floor for support. Tilt both legs L & R, 1 knee coming below other foot. *What does this have to do w/ what we did before & on 6/27 {holding chin & rolling}?* Go slowly w/out stopping in the middle. Then go slowly to side & quickly to middle (not stopping in middle). Tilt the legs to the R & put L hand in front of you on floor. Explore the floor w/ the L hand, moving mainly forward. While forward move your head to come underneath your arm. Change over hands & move R hand forward, then move head to bring under R arm. Tilt the legs to the L, move L hand forward, then move head as if to bring under L arm. Now do w/ the R arm moving forward, head under R arm. LIE ON BACK. Stand feet, tilt legs L/R. SIT, feet standing. Tilt legs L/R. (knee of one leg will come near foot of other). Slowly to sides, fast thru middle. STAND. Feet as wide as when sitting. Bend & put your R hand on floor near/outside your R heel, flop legs on floor, knees to R to sit. *L knee will be next to R sole of foot.* Do so can sit & flop legs in one go. Get up & go down flopping knees. Do to L- put L hand near L heel, flop legs to L to sit, then come back up. *Gently, no banging on floor as sit.*

Discussion #70 – Katrin Smithback

Foreground and background

CD#08/T02 [64min] DVD#S03-6 Scene 2 [65 min]

You get so intent in your focus & you lose the whole picture, you lose your other sensations and do not see the whole person. Peripheral vision is very important. So fixation of what is wrong and not seeing other qualities. How can you transfer experience to daily life? Perception is crucial to attitude about what exists as far as, say pain. Pain focuses and also getting away from. So if you are moving away from a problem you can't figure it out. If you can move from fear to curiosity then you can work with problem. Stories about students coming to Katrin for FIs with strong attitudes about what they can do and not do. About diagnoses. Artist Laura Ferguson with scoliosis writings about her disability and videos of her paintings. Group discussion. About ATM teaching and how to respond to groups. Alice Domurat Dreger – medical ethicist and author. Neil Marcus – advocate, educator, performer.

Discussion #71 – Katrin Smithback

Perception continued

CD#08/T03 [63 min] DVD#S03-6 Scene 3 [77 min]

My _____ hurts (body part); I have/am _____ (condition, diagnosis)

Cause and effect: I have/am _____ so my _____ hurts. I can't do _____ because I have/am _____.

When dealing with living systems you are never in a cause/effect relationship. Gregory Batson.

How can we reframe these statements? I hurt in my hip. Pain (away from) vs. ability/function (towards). What you want to do? What are you moving towards? Small groups. Find something that you like to complain about as above. Reframe it. Group discussion. About getting older and what that means. What we offer in Feldenkrais which is different than the medical model with diagnoses and fixing the problem. Katrin read something from Moshe in the Amherst training.

ATM Lesson #89 – Katrin Smithback

Holding the big toe #1, rolling, lengthen hamstrings

CD#08/T04 [41 min] DVD#S03-6 Scene 4 [41 min] Source: Amherst Year 1 – 7/11/80

SIT, legs bent in front. Hold R big toe w/ R index finger. Lean on L hand. Lift R leg in air. Bring head closer to knee as lift. Lift R leg, move it L/R. LIE ON BACK. Put L hand behind head. Hold R big toe. Lift head & leg tog, straightening leg as lift. Roll to R as straighten leg- eventually come onto R side. *Easier to straighten leg on side? On back, straighten R leg while taking leg to R as lift head & take to L. Straighten R leg as roll onto L side. From L side, roll to center, bending leg. Slowly start to roll to R, straightening leg. Roll back & forth, straightening leg on side, bending in middle. SIT, holding R big toe. Lift & straighten R leg. Straighten R leg as bend forward to kiss L knee.*

FI Exploration #51 – Katrin Smithback

Sensing spine #1

CD#08/T05 [23 min] DVD#S03-6 Scene 5 [34 min]

Demo with Tadd. Lying on side, palpating spine on both sides. Have Tadd roll to get a sense of the spine as it is moving. Feel spine on both sides as Tadd rolls for him to feel his spine. Practice. Demo with Tim in sitting sensing his spine.

Day 37 Tuesday Oct 30, 2012

Discussion #72 – Katrin Smithback

Reading from journal about the method

CD#08/T06 [7 min] DVD#S03-7 Scene 1 [7 min]

Read Marty Weiner about how we don't diagnose but work with each person by being present and figuring out how we can help them to function better.

ATM Lesson #90 – Katrin Smithback

Holding the chin #4, rolling, to stand & #5, not holding chin, with standing to sit facing opposite direction with legs crossed

CD#08/T07 [43 min] DVD#S03-7 Scene 2 [43 min] Source: Amherst Year 1 – 6/27/80

#4 – LIE ON BACK. Put your R hand behind your head to hold your chin. Imagine rolling from your back to your L side & sitting– how would the pelvis/legs move, when would your head move, etc. Put your L hand behind your head & Imagine rolling to the R side to sit. SIT, Z sit w/ R leg behind. Put your R hand behind head to hold chin. Imagine taking your elbow to the floor & rolling. Put your L hand on the floor, raise yourself to your knees, bring the head/elbow to the floor– *easier?* Lift your pelvis & feel how light it could be– it could be that light w/out lifting the pelvis if you allow your chest to be free & spine to lengthen. Try doing w/out lifting the pelvis. Change your hands & legs over & do on the other side.

#5 – NOT HOLDING CHIN. STAND, feet apart. Take your R hand behind your R foot, flop the knees to the R to sit. *Keep your orientation to the front.* LIE ON BACK. Arms overhead, sweep the L hand, roll the pelvis to the R, folding yourself, to come to standing. Head stays low, breathing continues, etc. Then go L. *Make it one continuous motion.* Close your eyes, imagine where you are in the room, you is above you, below you, how much space around you. STAND. Notice where your feet are, they will always return to where they are (attached w/ strings to these points), notice where your front is. Doing the mvmt all tog as a group, go down to the R, onto your back and back up to the R. *Find the right rhythm, same as your neighbors.* Then do to the L a few times. STAND. Put the R hand on the floor in front of you, swivel to the L to come to sit w/ legs crossed facing the opp direction. From sitting, L leg in front of R, lean on R hand, swivel up to standing. Go up and down quickly. From sitting, swivel to one side to stand then swivel to other side to sit– quickly, don't stand all the way up. *Feel spiral mvmt of pelvis organizes mvmt.*

Discussion #73 – Katrin Smithback

Research about the method

CD#08/T08 [16 min] DVD#S03-7 Scene 3 [17 min]

Many more articles now of studies about the success of the method. Described a few studies. Sensibility articles from the guild about many applications of the method for the general public. Available on feldenkrais.com.

ATM Teaching #18 – Katrin Smithback

Languaging scan #3

CD#08/T09 [22 min] DVD#S03-7 Scene 4 [40 min]

Groups of 5 in spoke arrangement on floor. Go around the circle referencing the 5 categories: body part, sensation, breathing, relationship inside and relationship to environment. Movement will be tilting both legs to the right. Go around again starting with different person and notice something else of the 5 categories. Next round turn into invitation or question. Next round bring in something else as an invitation or question. Next round come up to sitting in circle. Stand your feet and tilt legs to left and again describe but now someone else's movement without identifying them. Go around the circle 2 times. Next round whatever you see turn it into a movement invitation. Then group discussion about experience.

Discussion #74 – Diana Razumny & Katrin Smithback

Guild website

CD#08/T10 [16 min] DVD#S03-7 Scene 5 [17 min]

Diana shows how to navigate around the guild website www.feldenkrais.com

ATM Lesson #91 – Katrin Smithback

Holding the big toe #2, knee under elbow

CD#08/T11 [48 min] DVD#S03-7 Scene 6 [49 min] Source: Amherst Year 1 – 7/11/80

Taught part of #2 and part of #3 (see #3 on Day 38)

SIT, legs in front, bent- hold R big toe w/ R index finger. Raise R leg, pass your knee under your elbow, so knee is outside/inside elbow. Extend range of mvmt: w/ elbow on outside, take inside of foot to floor & knee to floor. Now w/ elbow inside, take R foot further to L, placing on floor to L of L thigh. Go back & forth between these 2 mvmts. Move your head in the direction of the twisting mvmt- can you see all the way around you? Continue, moving eyes opp. to head. Continue to move between two mvmts, extending range so start to spin on butt 180o- use L hand to help spin. As twist to R, keep R knee outside elbow & place R knee on floor- L leg will roll onto inside so both knees point to R. This time as twist to R, have thighs & knees come tog, but feet are separated, resting on inside edges. Hold foot w/ whole hand (thumb w/ fingers) and pass knee inside/outside elbow. Try w/ hand holding inside of foot- outside of foot. Hold R foot w/ L hand and pass knee inside/outside elbow.

Discussion #75 – Diana Razumny & Katrin Smithback

About ATM lesson

CD#08/T12 [13 min] DVD#S03-7 Scene 7 [13 min]

Tadd: About position of thumb and fingers.

FI Exploration #52 – Katrin Smithback

Sensing spine #2

CD#08/T13 [11 min] DVD#S03-7 Scene 8 [33 min]

Demo with Max on side. Roll pelvis forward and back. Find the spine. Start at bottom by finding the top of his pelvis at lumbar spine. Key grip with each hand and come underneath and lift those vertebrae away from floor. Move up spine.

ATM Lesson #92 – Katrin Smithback

Head circles #1, learning to act symmetrical in asymmetrical position, prone

CD#08/T14 [34 min] DVD#S03-7 Scene 9 [35 min] Source: Amherst, Year 1 – 7/17/80

Please Note: Katring did not teach the series in order and skipped around between lessons. So the barebones notes do not match the teaching contained on the audio/video.

SIT, LEGS CROSSED, hand behind. Move shoulders alt. forward/back. Hang head backwards, let head roll R/L, back of head rolling to one shoulder & other. Nose points R/L. Mvmt of shoulders helps move head. No one spontaneously changed legs over: talk on symmetry. Continue doing mvmt of head/shldrs and change over legs without stopping. FEET STANDING, continue moving shldrs/head. Don't move knees. Try not moving shoulders, see if actually rolling head. Roll head in complete circle, moving head & shoulders. Do other direction. STAND & WALK. R FOOT STANDING, L LEG BACK (modified Z sit) Roll head in circle. Change direction. Making symmetrical mvmt in asymmetrical position. STAND & WALK. LIE ON STOMACH, LEAN ON FOREARMS/ELBOWS. Lower head, oscillate as if it were a pendulum, going L/R- gradually increase into complete circle- note where increase speed, where not easy- make easy side difficult. What do you feel as your head- face, back of head- what's making circle? REST. Put R arm in front, leaning on R hand, R shoulder higher than L- roll head as before. Lean on L hand & do. Lean on both elbows, hang head, slowly increase pendulum mvmt until have complete circles. How far back should head go? Till head is looking at horizon- like baby. Symmetry- we are not symmetrical in structure- but we can be symmetrical in functioning. Must have symmetry in action. Have to sense self, improve overall functioning to have it generalize to other actions. Importance of having head free to be able to orient in any direction. To be safe, have to have head free- if neck is stiff, causes insecurity- can't take care of self.

Day 38 Wednesday Oct 31, 2012

ATM Teaching #19 – Diana Razumny

Movement puzzle

CD#08/T15 [5 min] DVD#S03-8 Scene 1 [24 min]

Using holding the big toe in sitting with holding both big toes. Switch to side sitting keeping hold of your toes and do it in 3 different ways. Then in trios: teacher, student and demo student. Demo student: do one version slowly. Teacher teaches the movement to the student using only words.

ATM Lesson #93 – Katrin Smithback

Holding the big toe #3, knee under elbow

CD#08/T16 [51 min] DVD#S03-8 Scene 2 [51 min] Source: Amherst Year 1 – 7/14/80

Taught part of #2 and part of #3 (see #2 on Day 37)

SIT, hold R big toe w/ R index finger. Lift R foot. Bring R knee inside/outside R elbow. Both feet standing on floor, lean back on hands. Have feet apart. Tilt both legs to R, then to L– alt. Do w/out hands on floor. Can you stay in one place? Move forward? Back? Hold R big toe again. Lift R foot, take to L, to L of L thigh, then to R, knee & inside of foot on floor.– *L knee always open to L.* Move the L hand back farther away from you, moving R foot closer to hand. Move head/eyes in direction of mvmt. Then eyes opp head. Then eyes/head same– easier? Move R foot farther back to R, so L knee lifts off floor. Move R foot to R so L knee lifts– Lift L knee a little farther, then put back on floor– *R hip will lift– lift L knee fast, then take to floor slowly.* As lift L knee, continue to take it to R– let R knee lift also to go to R. Bring both knees to L then R. W/ both knees to L, lift L knee & bring it over to the R– knees will be tog, feet apart. LIE ON BACK. Hold both big toes w/ index fingers. Move R knee inside/out R elbow. Do w/ L knee. Move both knees & elbows inside/out elbows tog: *Both knees inside elbows at same time, etc.* SIT. Hold both big toes. Move knees inside/outside elbows. Hold both toes. Move R knee inside/out R elbow. Do L knee/elbow. LIE ON R SIDE. Hold L big toe w/ L finger. Move L knee inside/out L elbow. Lie on L side & do R elbow/knee. SIT. Hold R big toe w/ R finger. Lift leg, take knee inside/out R elbow. Stop w/ R knee to L. Both knees to L, R ankle flexed. Hold R little toe, separate it from rest of toes & bend it down toward sole– do each toe, then whole foot. Starting w/ little toe, separate & lift toe sideways (toward ceiling), lifting foot off floor. Hook R big toe & move knee in/out elbow– *easier?* Hold R big toe w/ L index finger. Lift R foot. Lift R foot & pass R knee under L elbow, back & forth. LIE ON L SIDE. Hold R toe w/ L finger, pass R knee under L elbow. Do w/ other hand/foot. SIT. Hold outside of L foot w/ L hand & R foot w/ R hand. Pass L knee under L elbow, foot is on side, and back. Move both knees under L elbow & back. W/ both knees to L under L elbow, slide L elbow over R knee, freeing R leg, raise R knee so foot stands on floor– go back & forth. Switch legs over & do on other side. W/ both knees to R under R elbow, pass R elbow over L knee. Move L knee up & over to L passing under L elbow. At the same time move R knee under R elbow over to the L, putting it alongside L leg, sliding L elbow over R knee so both knees are to L. Return to other side– back & forth. Hold both feet, elbows inside. Move both knees under your elbow to the side & put knees on floor– back & forth. Hold big toes w/ fingers. Lift R leg & pass foot to L (have to let go of L toe briefly), so legs are crossed, holding big toes.

FI Exploration #53 – Katrin Smithback

Sensing spine #3

CD#08/T17 [30 min] DVD#S03-8 Scene 3 [49 min]

Demo with Nicki. On side, roll forward and back. Notice movements. Put hand on pelvis where it feels so that you can feel the asis. Resting hand there. Then Nicki moves forward and back again. Follow along. Katrin moving from hip joint as she follows Nicki's movement. Then lead but only as far as pelvis moves easily. So listen, find a way in, adjust myself. If student helps then slow down your movement of their pelvis. Group discussion. Katrin: beginning of movement most interesting and not going to the end of range. Quality more important than range. Slow and small movements is best way to start a lesson.

ATM Lesson #94 – Katrin Smithback

Head circles #2, mobility of head/body tonus

CD#08/T18 [45 min] DVD#S03-8 Scene 4 [46 min] Source: Amherst Year 1 – 7/17/80

LIE ON BACK, ON ELBOWS, SOLES TOG. Roll head in circle, change directions. *Feel where you interfere. Put elbows where they help mvmt. Chest has to move, sternum needs to move relative to the spine. Note easier to let head move back– because sternocleidomastoid contracted, hard to have lifted.* Lift and lower your head. Do and think of moving forehead, nose, eyes toward the sex. *Why difficult– because of disrupted coordination between flexors and extensors.* LIE ON STOMACH, ON FOREARMS. Roll head in circles– what part of head do you make the circle with? EXTEND ARMS OUT AND REST ON HANDS. Roll head in circles. ON FOREARMS and do, then back on straight arms, hands and do. LIE ON BACK, ON

ELBOWS, SOLES TOG. Roll head. LIE ON STOMACH, ON R ELBOW, L ARM LONG ALONGSIDE BEHIND YOU. Roll head in circles. Do with other arm back. REST ON BOTH ELBOWS. Move head forward and back.

Discussion #76 – Diana Razumny & Katrin Smithback

Sharing about ATM teaching experiences & sponsors

CD#08/T19 [18 min] DVD#S03-8 Scene 5 [53 min]

Short discussion about ATM and then Diana had students form groups of 4. Within each group is at least one student who has practiced teaching ATM. That student(s) discusses their experiences of teaching ATM to friends, relatives, colleagues. Then group brainstorms about ATM teaching. Then group discussion. How we chose which lesson to teach. Choose a variety of lessons in terms of position, amount of movement, theme. Start with simple lessons you know and like. Next groups talk about their sponsors, if they have one already.

ATM Lesson #95 – Katrin Smithback

Holding the big toe #4, sitting on heels, sitting “English way”

CD#08/T20 [46 min] DVD#S03-8 Scene 6 [46 min] Source: Amherst Year 1 – 7/14/80

STAND ON HANDS & KNEES, knees far apart. Move forward & back w/ pelvis. Try w/ legs tog. Put R foot on L sole. Move forward & back w/ pelvis. Change feet & do. LEAN ON ELBOWS & do. Reverse feet & do. Move pelvis L to sit toward L foot, then R- alt. Put knees tog. & sit back. Then do L/R. ON HANDS & KNEES, knees apart- move pelvis L/R as sit back. Do w/ feet crossed. Move R foot to R, pivoting on knee. As move R foot to R, flex ankle & bring heel to floor. W/ R foot to R, heel on floor, sit back. Do above w/ L leg. SIT, feet standing & spread, lean on hands. Alternately move one knee to floor betw. legs- other leg stands. *Foot must slide to side & back.* Lift pelvis as do- *easier?* W/ R leg bent back (knee on floor) put L hip on floor- move pelvis L/R & see if can put R hip on floor near R heel. Do w/ L leg. Both feet standing in front, lift pelvis & straighten L leg. Keep it straight as long as poss. , swing to L, then bend L knee so foot moves back- lower pelvis to sit w/ L hip near L foot. Do w/ R foot. LIE ON BACK, legs straight- do same mvmt, arching back & lifting hip of leg that bends back. LIE ON L SIDE. Swing R leg around & bend back behind- slowly roll back to bring R hip toward floor near foot, R knee & heel on floor. Do on other side. LIE ON BACK, legs straight. Do same mvmt, arching back & lifting hip of leg that bends back. Alternate R/L legs.

Day 39 Thursday Nov 1, 2012

ATM Lesson #96 – Katrin Smithback

Holding the big toe #5, circling leg, sitting “English way” 2

CD#08/T21 [49 min] DVD#S03-9 Scene 1 [49 min] Source: Amherst Year 1 – 7/14/80

STAND ON HANDS & KNEES. Swing L foot in arc to L, foot flexed- then leave there & lower pelvis to floor betw. feet. Do on R. Alt. SIT, legs bent in front. Grasp L big toe w/ L index finger. Lift foot, move knee under arm, take foot to L & place knee & inside of foot on floor. W/ L foot bent back- *take back as far as possible*- lean on R hand- lift R knee & tilt it to L as far as poss. Both legs in front, hold big toes w/ index fingers. Move knees inside/outside arms. Move both knees L of L arm, then both elbows to middle. LIE ON BACK. Hold big toes w/ index fingers. Move both knees L of L arm, then both elbows to middle. SIT, legs in front. Hold both feet from outside, elbows in middle. Move both knees to L of both elbows & back. Move knees to L of elbows, slide L arm down outside of R leg until can bring R knee up, R foot standing, then return. Lift both knees, pass under both knees to other side- go back & forth. LIE ON BACK. Hold feet, pass both knees R/L under both elbows. SIT, feet spread, standing on floor- lean back on hands. Lift pelvis off floor. Bring L knee to center & down to floor, then do w/ R knee- alternate. Continue, taking ea foot farther back w/ ea mvmt. Continue, but have pelvis on floor. Continue, but when L knee comes to floor in middle, lift L hand from floor and bring around to the R in an arc. Same w/ other knee/hand. *No longer need support of hands*. Lean on both hands behind, lift pelvis, take both knees to floor in the middle- move pelvis back & forth. Continue, putting both knees tog. in middle on floor, and lift both hands from floor.

ATM Teaching #20 – Diana Razumny

Languing movement in rows

CD#08/T22 [74 min] DVD#S03-9 Scene 2 [74 min]

2 rows of students. One row does the same movement. First look up and look down. Other row take turns describing what you see in the movement. Other row doe the movement of turning left and right and other row comment on movement. Next ask row to do movement of turning left and right and other row students make an invitation or pose a question. By direction people to notice what they are doing you are focusing them in the present. Powerful for everyone to be in the present. Next turn it into a movement instruction. Do not move until the person tells you to move with the same two movements or some variation with something they can attend to and direction their attention to another part of the movement. Then group discussion about experience.

ATM Lesson #97 – Katrin Smithback

Head circles #3

CD#08/T23 [51 min] DVD#S03-9 Scene 3 [51 min] Source: Amherst Year 1 – 7/14/80

LIE ON BACK, FEET STANDING. Put hands behind back, palms down, L hand on floor, R hand on top. Lift & lower head- note difficulty when low back can't lengthen. Alternately expand chest up towards head (lift sternum, stomach contracts) & then expand lower abs. Straighten R leg, continue to expand chest, contracting abdominals. Note if one side of abs contract more. Change legs and hands. Do seesaw mvmt.

Both knees bent. Push lower abdomen out. Put fingers by pubic bone and push fingers forward. Note if stomach muscles work symmetrically. LEAN ON BOTH ELBOWS, SOLES TOG. ON BACK. Orient head as in standing. Move R ear to R shldr. Move L ear to L shldr. Move forehead to feet, think of lifting feet as if to bring toward head. Do a few circles in one direction, then the other. LIE ON BACK, LEGS LONG. Roll head R/L. FEET STANDING. Roll head quickly. *Note mvmt of spine & sternum*. Open eyes- find pt on ceiling above you, keep looking at pt and roll head- slow, then quicker. SIT, SOLES TOG. , LEAN ON HANDS. Find pt. in front, keep eyes on it, turn head R/L- slow then fast. Turn head farther (eyes on pt)- can put thigh on floor, turn shlders, etc. Close eyes, but keep looking at pt as do mvmt- feel sensation of eyes under lids. SIT, HANDS ON KNEES. Look up/down – feel moving throughout spine, pelvis.

Discussion #77 – Diana Razumny

Study between segments

CD#08/T24 [9 min] DVD#S03-9 Scene 4 [50 min]

What Feldenkrais activities are you excited to explore between this and the next segment? With yourself, with your buddy or with your sponsor. Category of ATMs, ATM teaching, FI practice, reading or special projects. Groups of 5-6 meet and discuss plans. Group discussion. Sponsors will visit training on last day of next segment and then have their own weekend with Diana.

ATM Lesson #98 - Katrin Smithback

Holding the big toe #6, elbow into gap

CD#08/T25 [34 min] DVD#S03-9 Scene 5 [34 min] Source: Amherst Year 1 - 7/16/80

LIE ON BACK, feet standing. Put L ankle on R thigh, hold L big toe w/ R index finger, put L hand behind head. Lift L foot & move it L/R. Lift head & L foot. Keep distance between them the same, move L foot down & away from head.

Do mvmt, but hold 4 toes from underneath sole (thumb betw big & 2nd toe, rest of fingers hold toes). Push on toes so they fan out. Put L ankle on R knee. Lift head & direct L elbow into space betw. R arm & L leg. Do w/ R leg straight- easier, harder? Continue (R leg standing), but direct nose into gap. Direct L elbow towards R knee, R elbow, etc. -where easiest?

Direct L elbow into gap so that you can let go of head, reach around L lower leg to hold L foot (from outside).

Continue mvmt, see if you can get L shldr behind knee. When easy, put L hand in L hip pocket w/ L knee resting on L shldr. If difficult: as take elbow into gap, roll a little R/L- find where easiest. Then do again w/out rolling.

Day 40 Friday Nov 2, 2012

ATM Lesson #99 – Katrin Smithback

Head circles #4, tonic neck reflexes

CD#08/T26 [47 min] DVD#S03-10 Scene 1 [47 min] Source: Amherst Year 1 – 7/21/80

Read from Moshe before ATM. SIT, soles tog. Lean on hands, eyes closed. Roll head in circles. Reverse. Open eyes & roll head. Let eyes follow. Then lead with eyes (jerkier?) Grasp ankles with hands. Look up & back. Roll head. (Harder) Put hands behind and look up/down, roll head. STAND ON KNEES. Put L hand on top of head. Move head & elbow in circles. SIT IN Z, L leg back, lean on R hand. L hand on head, circles. Reverse. Put R hand on head & do circles. Reverse. Change legs over & do circles w/ L/R hand on head. Reverse. Continue to do circles- w/out stopping, change legs over. Hands behind, change legs over, back and forth. R hand on head, do circles- change legs over w/out stopping. L hand on head & do. SIT, Soles tog. Hold ankles. Do circles. Lean back on hands, do circles. Tilt head back, then slowly grab ankles (head stays back)

Discussion #78 – Diana Razumny

Questions

CD#08/T27 [17 min] DVD#S03-10 Scene 2 [17 min]

Katrin's teaching does not match the barebones notes contained in this synopsis. Katrin: How teaching ATM in the teaching is quite different than teaching to the public. About cultural expectations. Kim: About emotional releases during ATMs. Katrin: Why Moshe picked movement to address entire person. I know how I feel by having sensations. About Alba emoting. Emotions are tied to posture, breathing, memories, etc. that can change and/or be triggered during an ATM.

FI Exploration #54 – Katrin Smithback

Contacting the skull, in sitting

CD#08/T28 [22 min] DVD#S03-10 Scene 3 [37 min]

Demo with Julia. In sitting contacting pelvis and have Julia roll pelvis forward and backward. Hold head from front and then have Julia roll from pelvis again. Contact above lower jaw on base of skull. Cheek bones in pad of thumb. Feel head with light touch. First hold head and follow movement.

ATM Lesson #100 – Katrin Smithback

Head circles #5, head sinking between shoulders–sphinx

CD#08/T29 [46 min] DVD#S03-10 Scene 4 [47 min] Source: Amherst Year 1 – 7/21/80

PRONE, LEANING ON ELBOWS/FOREARMS, looking forward. Let torso sink down between shoulders & raise back, *shldr blds move tog. Shldrs over elbows, arms vertical. WHY IMPORTANT?-If arms not vertical, are using muscles to hold self up that are then not available for mvmt.* LIE ON BACK. Extend R arm to R, palm up. Slide arm R/L by lifting & sliding shldr bld. PRONE, do same thing w/ R arm. ON BACK, do again. PRONE, ON ELBOWS. Sink between shldrs. *Note diff's betw shldr blds.* Put L arm forward and sink. Both arms vertical and sink. PRONE, ARMS STRETCHED OUT TO SIDES. Move shldr blds (& arms) apart & tog. Turn head & continue. Move both shldr blds/arms R then L – turn head, find best place for head to help arm/shldr bld which doesn't move as well. *Arm you are looking at moves easier.* Do a few mvmts with head on one side, then other. Put head in middle on chin. Move shldrs/arms apart & tog. ON BACK, bring shldrs apart/tog. *Lift a little to make room for shldr blds.* PRONE, ON ELBOWS *Note if can have eyes/head to horizon easier.* Sink torso betw. shldrs. Straighten arms, rest on hands & sink torso. Lean on R elbow & L hand, turn head so R ear faces floor and sink. Lean on L elbow & R hand, head so L ear faces floor & do. Lean on both elbows, face forward & sink torso. SIT, SOLES TOG., LEAN ON HANDS. Rotate head in circles. *How far can you take head backwards?* Grasp ankles & rotate head in circles. SIT, L LEG BACK, R HAND ON TOP OF HEAD. Make circles with head/elbow. Keep moving head & change legs over to other side. Do with other hand on head.

Note: Katrin did not teach the head circle series in order but skipped around between lessons. Here is one of the lesson not taught.

Head circles #6, rotating head with one hand

TALK: Teleceptors, tonus of eyes/neck affects entire self, importance of freedom of head mvmt.

SIT, SOLES TOG, LEAN ON HANDS. Roll head in circles. Use entire self. Reverse. Open eyes (eyes looking far away) and do, letting eyes follow (eyes passive). Lead with eyes (head passive)- notice not as smooth. *Place where mvmt not smooth is where eyes skip, not organized.* GRASP ANKLES. Make circle with head. *Hard to move head back because can't lift chest easily- some open mouth to move head more.* Lean on hands & make circles- feel diff. GRASP ANKLES. Make circle with

head, both directions. HANDS BEHIND. Make a few circles. STAND ON KNEES, L HAND ON TOP OF HEAD. Move head/elbow in circle. *Don't make mvmts with pelvis, etc.* Z SIT, L LEG BEHIND, LEAN ON R HAND, L HAND ON TOP OF HEAD. Make circle with head/elbow. Do reverse. *Move shldr bld, clav, upper chest with hand on head. Not about doing big mvmt with pelvis. Notice limitations in atlas/axis.* Put R hand on head, L hand on floor and make circles. LEGS TO OTHER SIDE, R hand on head- do circles. *Note how head mvmts changes with changes in configuration of rest of body.* Do circles, think of elbow doing mvmt (follow same path). Without stopping or pausing, change legs over to other side, then back. HANDS BEHIND. Move legs from side to side. Do without using hands. Put R hand on head, do circles and change legs over. Do with L hand on head. Do quickly, poorly. SOLES TOG. HOLD ANKLES. Do head circles. LEAN ON HANDS, do circles. *Circles are now more similar no matter where hands.* With head tilted back slowly move hands to ankles- *can you keep head back as far no matter how sitting?*

FI Exploration #54 continued – Katrin Smithback

Contacting the skull, in sitting, continued

CD#08/T30 [37 min] DVD#S03-10 Scene 5 [59 min]

Demo with Max and Lori holding head on skull continued. Practice in dyads. Demo skeleton showing weight distribution. Issues about getting very close to person as working. Then 8 sitting on tables and 8 working with them. Round robin. Practitioner contact person at head as they look up and down and then rotate through the 8 students. Switch roles. Group discussion at end.

Discussion #79 – Diana & Katrin

Closure

CD#08/T31 [7 min] DVD#S03-10 Scene 6 [7 min]

ATM Lesson #101 – Katrin Smithback

Holding the big toe #7, roll forward to sit

CD#08/T32 [29 min] DVD#S03-10 Scene 7 [29 min] Source: Amherst Year 1 – 7/16/80

LIE ON BACK. Hold L big toe w/ L index finger & R w/ R. Lift both feet & lower. Slowly increase range of lift- notice legs spread apart as they lift & straighten. As lift legs & arms, lift head to look betw. legs. Do opp: as lift legs, lower head- as lift head, lower legs. Continue until you start to rock back & forth. Continue to rock, coming closer to sitting up: straighten legs overhead, then quickly bend them, feet toward butt & use momentum to come to sit. Continue, but more slowly til can make reversible- *have to round back & soften chest a lot.* SIT, holding big toes. Lift both feet a little & start to roll back, but only to point can roll back to sitting w/out falling- go slowly rolling back & forth- no momentum- see if can roll onto back & come back to sit reversibly. Roll sideways onto shldr, then onto back, and back up.

Groups of 4 practice different ways of getting up from lying or sitting to standing. Then individually find your favorite ways.