

Day 41 Monday April 1, 2013

ATM Lesson #102 – Diana Razumny

Primary Image #1, 5 lines

CD#09/T01 [58 min] DVD#S04-1 Scene 1 [59 min] Source: AY#338

1. On back, 5 lines, pts at shldr/hip joints. Lengths from C7 to shldr, C7 to top of head. 2. Come to sit keeping sense of lines. Sit w/legs and arms straight out in front, sensing lines. 3. On back, recreate the position of arms/legs straight out in front, sense the lines. 4. Connect R hip/shoulder points, same w/L points. Create rectangle with 4 points. Think of rectangle as a plane. Bring arms/legs forward as before, think of plane, tip plane to L, R side of plane lifts. 5. Sense 5 lines, imagine looking down at lines from above, below, from feet or head. Sense while seeing lines. 6. Arms/legs forward, tip plane of torso R/center. 7. Sitting w/arms/legs forward, take plane forward from hip joints, tipping/bowing, arms stay in same relationship so hands end up coming towards floor when tilting forward. 8. On back, 5 lines, point on R knee, imagine string pulling knee directly forward so line bends at knee, foot slides along floor. Lift R arm, point elbow to ceiling. Lift R elbow/knee point at same time, eventually straight arm/leg towards ceiling, take into tipping the torso plane. Repeat on L side, remember other lines. 9. Bring both elbow/knee points forward, straighten R arm/leg to roll L, bend line to come to center, straighten L arm/leg, tip plane R. 10. Sit, arms/legs straight out in front, tip plane, coming onto one hip then other. 11. Stand, think of torso plane, lift both arms, feel plane move backwards; feel if don't let plane move. Fold forward, feeling back side going back.

Discussion #80 – Diana Razumny

About ATM lesson and segment

CD#09/T02 [22 min] DVD#S04-1 Scene 2 [21 min]

Discussion about 5 lines lesson.

Discussion #81 – Diana Razumny

What did you do between segments?

CD#09/T03 [2 min] DVD#S04-1 Scene 3 [47 min]

Small groups.

ATM Teaching #21 – Diana Razumny

Coming to sit from lying

CD#09/T04 [15 min] DVD#S04-1 Scene 4 [40 min]

Pairs- observe each other come from lying to sitting. 2 pairs, one person teach other pair coming to sit. Their partner demonstrates coming to sit while they teach other 2 (pair).

Discussion #82 – Diana Razumny

Reading Moshe lecture on Primary Image

CD#09/T05 [22 min] DVD#S04-1 Scene 5 [67 min]

ATM Lesson #103 – Diana Razumny

Primary Image #2, facial dimensions, lift head, on back

CD#09/T06 [52 min] DVD#S04-1 Scene 6 [52 min] Source: AY#339

1. On back, sensing face: lines, 2 eyes to nose; nose to shoulders; eyes to ears; mouth relative to nose, ears, eyes; chin to jaw joints; width of head/forehead. 2. 5 lines, bring head forward, think of line of spine bending. Lines C7 to shoulders, hip joints to central line, from tailbone to C7. 3. Sit, legs straight out in front, arms straight out in front, head forward, line of spine bends. 4. Take arms straight forward, chin away from chest, chin to chest and w/o head following. Take head back, chest forward/up. 5. Sit, arms rest, legs straight out in front, lift one straight leg thinking of the line of the leg lifting. Lift leg line, take leg L/R, then in circle. 6. Define leg and arm lines while on back. Bend knees, arms straight forward, define lines, lift R bent leg line while keeping other lines. Repeat w/L leg. 7. On R side, head straight forward and then chin to chest note back. Roll head/L shoulder back. Move head/shoulder opposite directions. Repeat on L side. 8. On back, feet standing, lift one leg/line, unbend knee, foot to ceiling, keeping sense of all lines. Repeat w/other leg. 9. Sit, arms/legs straight out in front, arms lengthen forward, chin to chest. Then keep arms/head in same relationship to torso and bow from the hips. Arms/legs straight out in front, lift one leg.

Day 42 Tuesday April 2, 2013

ATM Lesson #104 – Diana Razumny

Primary Image #3, bending leg lines

CD#09/T07 [46 min] DVD#S04-2 Scene 1 [46 min] Source: Primary Image #3: AY#340

LOB, arms directly out to sides throughout lesson. Lines from C7; leg lines. Feet to standing, lift front of foot so heel stays on floor, lift leg keeping ankle shape, bend and unbend leg line. Repeat OS. Lift front of R foot, bend hip joint more, reverse order to come down. OS. Bend R ankle, slide heel on floor to lengthen leg line. OS. Bend R ankle, place on L knee, lift R hip, notice all lines, relationship L hip joint and R knee. Slide R heel to compare. OS. Return to bending/unbending R leg line in air, keeping ankle shape. In air, rotate R leg. R leg long, flex ankle, roll leg in/out. Repeat OS.

Discussion #83 – Diana Razumny

About primary image lessons

CD#09/T08 [24 min] DVD#S04-2 Scene 2 [24 min]

Discussion about ATM lesson and 5 lines series.

Discussion #84 – Diana Razumny

What is ATM? What's it like? How does an ATM work?

CD#09/T09 [45 min] DVD#S04-2 Scene 3 [62 min]

3 groups, each one takes one of these questions to discuss and make notes. Full group discussion with small groups reporting.

ATM Lesson #105 – Diana Razumny

Taking off sweater with arm clock, on back

CD#09/T10 [26 min] DVD#S04-2 Scene 4 [26 min] Source: Amherst & Diana's variation to prep judo roll series

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

ATM Teaching #22 – Diana Razumny

Taking off the sweater ATM

CD#09/T11 [5 min] DVD#S04-2 Scene 5 [113 min]

On front Trios: Each think of a set of instructions from 'sweater' lesson; show each other, discuss it, then one at a time, teach it, 1 person teaching the other 2.

ATM Lesson #105 cont – Diana Razumny

Taking off sweater with arm clock, on back, continued

CD#09/T12 [19 min] DVD#S04-2 Scene 6 [20 min] Source: Amherst & Diana's variation to prep judo roll series

See above for full barebones notes.

Day 43 Wednesday April 3, 2013

ATM Lesson #106 – Diana Razumny

Primary Image #4, tubes with water

CD#09/T13 [48 min] DVD#S04-3 Scene 1 [49 min] Source: AY#341

On front, arms straight out to sides, chin on floor, imagine central line as tube, water running through from bottom to top, switch to forehead on floor, repeat image. Valves at C7 so water can run out arm tubes, same at hips for leg tubes. Lengthen out one arm at a time, affecting rest of tubes. On back, arms straight out to sides, same image/sense of tubes, lengthening out limbs. Take quality of clearest line and transfer to other lines. On front, look to L and sense tubes; look to R. Look to L, lengthen L arm out, constant with flow of liquid through tube. OS. Look R, bend R leg out to side, straighten/bend knee, same image of tubes with water. OS. On back, arms to side, lengthen R arm in direction of flow; L arm. R leg bent open to side, same idea, bend/straighten; L leg, think, then do. On front, think arms flying up/back, think legs, then all four, with no effort, just force of water running through tubes. Same on back. Stand with arms out to sides, as above.

FI Exploration #55 – Diana Razumny

Quality of touch

CD#09/T14 [48 min] DVD#S04-3 Scene 2 [49 min]

Quality of touch – grapefruits & Ziplocs

Grapefruit: Rolling between 2 hands, fingers pointing same direction then opposite directions (switch which hand is in front)

Rolling own head between hands while sitting, fingers opp dir.

Grapefruit wrapped in towel, towel gathered up to create neck.

Ziplocs: touch so light only feel plastic w/no pushing back from back. Slowly apply more pressure until feel bag is pushing back. Roll between hands w/lightest amount of pressure possible. Play with adding more.

Partners: Roll partner's head between hands while they sit/tilt forward from hips. Roll from forehead while they're lying on back. Rolling in groups of 3, 1 person roll head of practitioner as practitioner rolls head of student. Group discussion.

FI Exploration #56 – Diana Razumny

Pushing from the foot, legs long, imagining lines

CD#09/T15 [55 min] DVD#S04-3 Scene 3 [58 min]

Demo with skeleton about the project of pushing from the foot while imagining the 5 lines. Demo with Rubia. Lying on back, with Diana at feet. Deciding which leg to work with first. Finding which leg the head lines up with. Roller under knees important if any hyperextension. Lifting foot and while holding foot with 2 hands to push through skeleton. Showed ways of holding foot, which varies for different feet. For starting push through to feel connection of leg to hip. Bring knee and foot in line with hip joint by internally rotation to push into hip. Demo with Tim.

FI Exploration #56 continued – Diana Razumny

Pushing from the foot, legs long, imagining lines continued

CD#09/T16 [40 min] DVD#S04-3 Scene 4 [64 min]

First talked about compilation of ATMs from Segments 1-3 to mark which ones you liked, didn't like, etc. We will be using those synopses this segment. Demo with Tim. Continue with same group pushing from feet through skeleton into torso.

ATM Lesson #107 – Diana Razumny

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

CD#09/T17 [35 min] DVD#S04-3 Scene 5 [35 min] Source: San Francisco Training Year's 3 & 4

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

Day 44 Thursday April 4, 2013

Discussion #85 – Diana Razumny

Check in

CD#09/T18 [20 min] DVD#S04-4 Scene 1 [20 min]

ATM Lesson #108 – Diana Razumny

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

CD#09/T19 [62 min] DVD#S04-4 Scene 2 [62 min] Source: San Francisco Training Year's 3 & 4

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

Discussion #86 – Diana Razumny

About sawing arms lessons

CD#09/T20 [6 min] DVD#S04-4 Scene 3 [8 min]

ATM Teaching #23 – Diana Razumny

Choosing lessons from Year 1

CD#09/T21 [4 min] DVD#S04-4 Scene 4 [70 min]

Small groups go over their choices of which lessons from year 1 ATMs that: 1) favorites, 2) least favorites, 3) learn to teach first, and 4) favorite series.

Discussion #87 – Diana Razumny

About ATM Teaching

CD#09/T22 [17 min] DVD#S04-4 Scene 5 [17 min]

Lists from small groups. About Facebook files and using our secret Facebook group.

FI Exploration #57 – Diana Razumny

Lifting shoulder with arm across chest #1

CD#09/T23 [62 min] DVD#S04-4 Scene 6 [81 min]

Demo with Mary Alice. Diana sitting at head. Lift shoulder. Then reaching across, drags hand from alongside very close to front across chest while supporting her elbow and wrist. Lift shoulder again supports arm on chest. Connections of shoulder girdle with sternum and ribs. Lifting arm above shoulder, make circles in shoulder girdle.

ATM Lesson #109 – Diana Razumny

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

CD#09/T24 [40 min] DVD#S04-4 Scene 7 [41 min] Source: San Francisco Training Year's 3 & 4

Review what you remember of "sawing arms" lesson. Sit, arms straight out in front, right over left, interlace fingers, bring hands to belly continue, bringing up in front of chest/throat/face, slide the right elbow through and past the left. Repeat arm position, start with the right elbow through a little then slide the left elbow around the right elbow. Then move both elbows to create the slipping of the elbows past each other. Repeat starting the finger interlacing by crossing the left arm over right. On back, repeat variations with each arm crossing. Repeat and explore taking the interlaced hands to each side of the head and feel if it's easier to go to one side of the head. Leave the right elbow through and slide interlaced

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

Day 45 Friday April 5, 2013

ATM Lesson #110 – Diana Razumny

Pretzel legs #1, fingers and toes relating, on back

CD#09/T25 [53 min] DVD#S04-5 Scene 1 [53 min] Source: San Francisco Training: Sliding foot through gap #1, June 21, 1976

1. Stand, scan 5 lines. On back, scan 5 lines. Stand feet, open L knee to side, slide L foot and lower L leg through gap between R foot and pelvis. Slide in/out.
2. Stay with foot through gap, imagine connection between R fingers and L toes. Move large L toe, thinking of R thumb. Continue on to each toe/finger.
3. Slide L foot through gap to R, reach with R hand towards L foot, and reach L arm overhead.
4. Slide L foot through gap, stay, R hand touching L foot, palm to sole.
5. Slide L leg in/out of gap, note belly coming forward and L. Note different use of head/pelvis.
6. Slide L foot through gap, stay, explore top of foot/toes with R hand.
7. Slide foot through, stay, R palm facing L sole, not touching, think relationship of toes/fingers, bend big toe up while thinking thumb. Continue on with each toe and finger.
8. Slide L foot in/out of gap. Alternate sliding through gap and bringing outside of L ankle to front of R thigh. Leave L ankle on R thigh, bring R palm towards L sole, not touching, play between fingers and toes.
9. Same position, bring sole/palm to touching, bring leg/foot/hand away from R thigh towards ceiling, R side shortens a little. Slide L foot through gap again. Stand, walk, sense L foot and R hand.
10. Return to back, R foot standing, L knee out to side, slide through gap and then bring out to touch top of R thigh, keeping L knee out to L.
11. Leave L ankle on R thigh, push L knee away/down bringing L sole to orient towards face. Ankle stays on thigh, R palm to L sole, fingers/toes relating, pushing each other back and forth individually.
12. Slide L foot through gap, hold from top of foot with R hand, bring sole of L foot to R buttock. Holding foot, lengthen L arm, roll onto front, bring sole of L foot to R buttock. On back, 5 lines, compare sides.

Discussion #88 – Diana Razumny

About Pretzel Legs ATM lesson

CD#09/T26 [23 min] DVD#S04-5 Scene 2 [23 min]

Discussion about all experiences in the lesson. Demos with Rubia and Kim.

ATM Teaching #24 – Diana Razumny

Teach one movement instruction to each other

CD#09/T27 [8 min] DVD#S04-5 Scene 3 [86 min]

Trios, think of one movement instruction each and teach each other.

ATM Teaching #24 cont. – Diana Razumny

Teach one movement instruction to each other continued

CD#09/T28 [27 min] DVD#S04-5 Scene 4 [28 min]

Groups teach each other. Group on floor has 5 students. Then group discussion about teaching experience.

FI Exploration #58 – Diana Razumny

Lifting shoulder with arm across chest #2

CD#09/T29 [21 min] DVD#S04-5 Scene 5 [58 min]

Demo with skeleton. Repeat yesterdays arm/shoulder moves with new partner. Start with skeleton to see C7, 1st rib ring, shoulder, arm movement.

ATM Lesson #111 – Diana Razumny

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

CD#09/T30 [54 min] DVD#S04-5 Scene 6 [54 min] Source: San Francisco Training Year's 3 & 4

See yesterday for notes.

Day 46 Monday April 8, 2013

Discussion #89 – Diana Razumny

Check in

CD#10/T01 [11 min] DVD#S04-6 Scene 1 [11 min]

ATM Lesson #112 – Diana Razumny

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

CD#10/T02 [72 min] DVD#S04-6 Scene 2 [78 min] Source: San Francisco Training Year's 3 & 4

Start with partners moving C7 back and forth. Standing at student's side while they are sitting. One hand at top of sternum and other fingers at C7/T1. Move forward and backwards.

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

Back to partners to feel movement of T1/C7.

Discussion #90 – Diana Razumny

About ATM lesson

CD#10/T03 [20 min] DVD#S04-6 Scene 3 [20 min]

FI Exploration #59 – Diana Razumny

Movement of C7, on back

CD#10/T04 [23 min] DVD#S04-6 Scene 4 [46 min]

Demo with Tim. Lying on back with Diana at head. First Tim talks about his experience on the table. Diana talks about imagining Tim in standing to practice changing orientation. Moving clavicles and sternum. Playing with movement in rib ring from front and from C7. For practice: feel along cervical spine and feel to locate C7/T1. Have Tim roll his pelvis and listen with your fingers. Any corresponding movement at base of neck. Then have Tim lift low back and flattening it and feel again how movement is reflected in base of neck. Practice that much with a partner. Next demo with Rubia: sitting at head slide hands under shoulders and slide up along spine to feel thoracic and cervical areas. Then lift vertebra by pressing hand into table and hold and wait. Then slowly lower hands slowly and allow them to follow. Then bending head from side to side. Then lift head forward.

ATM Teaching #25 – Diana Razumny

Sawing arms movements in trios

CD#10/T05 [35 min] DVD#S04-6 Scene 5 [76 min]

Experience sawing arms movements on your mats. Then trios teaching one or two of the movements. Group discussion. Long discussion about what if you can't do the movements in an ATM, can you still teach it?

ATM Lesson #113 – Diana Razumny

Pretzel legs #2, foot to buttocks & rolling, on back

CD#10/T06 [56 min] DVD#S04-6 Scene 6 [57 min] Source: San Francisco Training: Sliding foot through gap #2, June 22, 1976

Sliding foot through gap #2 (Pretzel legs): foot to buttocks & rolling, on back

1. On back, stand R foot, slide left foot through gap between R heel and R buttock, keeping outside of L thigh stays on floor, knee out to L. Repeat/review from previous lesson: L heel to R buttock, turning foot so little toe comes towards buttock; sole of foot to buttock; slide R hand towards L foot as it slides through; hold top of foot to turn so sole comes to R buttock.
2. Review sliding L foot through gap then L ankle on R thigh. Leave on R thigh, R palm near L sole, imagine fingers/toes connecting. 3. Hold L foot while on thigh with R hand, turn foot bringing sole more towards head/face, note L knee moves away. Return to sliding L foot through gap, thinking of little toe coming towards buttock.
4. L ankle on R thigh, R palm to L sole, direct L foot towards ceiling. L ankle on R thigh, take L knee down/away, note sole comes more towards head. R palm on L sole again, straighten L knee, foot/hand towards ceiling. 5. Slide L foot through gap. L ankle on R thigh, match fingertips to toes, push little toe with little finger, little toe pushes back. Repeat with thumb and big toe; ring finger and 4th toe; index and 2nd; middle finger and toe; then all 5 toes/fingers at same time. Return to sliding L foot through gap.
6. Sit, R leg long, L bent out to side, L ankle on R thigh, lean on R hand behind, hook L big toe with L index finger, swing L leg so foot goes towards R cheek of face then swing/straighten L foot out to L. 7. On back, slide L foot through gap then out and slide ankle onto front of R thigh, keeping L knee out to L the whole time.
8. Sit, L ankle on R thigh near hip, L index between big/2nd toe, turn foot, sole towards face. Swing L leg out to L, straightening knee then bending, bringing foot towards face again. 9. Ankle still on R thigh, bend R knee, sliding R sole on floor, L foot comes towards face as R knee bends up. 10. On back, slide L foot to R buttock, R hand holds L foot, bring L hand to L foot also from behind pelvis, bring foot towards/away from pelvis, lifting and lowering pelvis.
11. On front, bend knees, hold L foot with both hands, slide L foot across buttock to R. On back, scan 5 lines. Stand, walk, turn, walk backwards.

Day 47 Tuesday April 9, 2013

Discussion #91 – Diana Razumny

Checking in

CD#10/T07 [10 min] DVD#S04-7 Scene 1 [11 min]

ATM Lesson #114 – Diana Razumny

Pretzel legs #3, fingers & toes relating, on back

CD#10/T08 [84 min] DVD#S04-7 Scene 2 [85 min] Source: San Francisco Training: Sliding foot through gap #3, June, 1976

1. On back, stand R foot, press floor w/foot, feeling through to C7. Bend L knee out to side, slide L foot through gap. Slide in/out. Explore w/&w/o pressing R foot. Slide R hand towards L foot as foot slides to R. 2. Repeat with R hand on top of head, sliding head/shoulders R. Repeat with L hand on L temple, pushing head to R with shoulders sliding down to R while sliding L leg through.
3. Return to sliding of L leg to feel difference, then add sliding head/shoulders down to R, reach R hand to L foot. Stay down to R, relating R fingers to L toes without touching. LOB, feel connection between same toes/fingers. 4. Return to previous position, touch big toe and thumb, alternately press each toe to finger & v.v. 5. R foot standing, L ankle on R thigh, reach R hand to foot, repeat pressing each toe/finger individually. Return to sliding L foot through gap, pushing with R foot, R hip lifts to help. Swing L bent leg under gap and then up to bring ankle to front of R thigh.
6. Return to L ankle on R thigh, hand around top of foot, turn foot so L knee goes away from head. Return to sliding L foot on floor then bringing ankle to thigh. L ankle on R thigh, R fingers matching up with L toes, tilt legs L so knee goes to floor, allow head to lift. Repeat without hand to foot. Slide foot through gap. 7. L ankle on R thigh, tilt legs L leaving head on floor, think of knee moving away/down, add lifting R heel to help, then alternate lifting R toes/heel.
8. L hand behind head, L ankle on R thigh, hold L foot from outside edge, lift head and L foot towards ceiling. Change to lifting head and R foot from floor. 9. Same position, lift head and legs and roll to L side. Sit, hold L foot with R hand, L hand behind head, bring face and foot towards each other, think of sliding face along lower L leg. 10. Lie on L side with legs bent one on top of other, lift R foot away from L, pivoting over L knee, add lifting head with R arm wrapped over top of head. 11. On back, stand R leg, L ankle on R thigh, hold L foot with right hand, L hand behind head, bring head/legs together and roll L. Slide L leg in/out of gap.

Diana had several students teach part of the lesson near the end.

Discussion #92 – Diana Razumny

About students teaching part of ATM lesson

CD#10/T09 [23 min] DVD#S04-7 Scene 3 [23 min]

Students who taught shared experience of suddenly teaching without preparation.

Discussion #93 – Diana Razumny

Anatomy of shoulder video & review of movements from shoulder

CD#10/T10 [30 min] DVD#S04-7 Scene 4 [31 min]

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

FI Exploration #60 – Diana Razumny

Demo with Henry

CD#10/T11 [42 min] DVD#S04-7 Scene 5 [42 min]

Demo with Henry. Sitting and first flex and extent. Squat for reference. Diana worked with finding more flexion. Then on table on hands and knees with head on table. Diana sitting at head of table. Put fingers on C7/T1 and have Henry push on fingers. Head rolls as Henry pushes on Diana's fingers. Then sitting up and flexing and extending. Then back on knees, elbows and top of head. Contacting C7/T1 have Henry do clock with head. Discussion about lesson.

ATM Lesson #115 – Diana Razumny

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

CD#10/T12 [50 min] DVD#S04-7 Scene 6 [50 min] Source: Moshe Tucson Workshop

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

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

Day 48 Wednesday April 10, 2013

ATM Lesson #116 – Diana Razumny

Pretzel legs #4, sitting between feet, on back

CD#10/T13 [54 min] DVD#S04-8 Scene 1 [58 min] Source: San Francisco Training: Sliding foot through gap #4, July 6, 1976

1. On back, stand L foot, open R bent knee to R on floor, slide R foot through gap. Leave it through, slide L standing foot on floor along lower R leg towards R knee. 2. Repeat, leave L foot standing to R of R knee, lift/lower R knee caressing lower L leg. Repeat all on other side. 3. L knee bent out to L on floor, slide R foot to standing to L of L thigh, take R knee towards L foot, R foot comes off floor, R ankle stays in contact with L thigh. OS.
4. On hands and knees, bring R knee to floor behind L knee. OS. Stay with R knee behind L on floor, open/close feet. Leave feet separated and take pelvis back towards floor between feet, then towards one heel and the other. 5. Repeat, take pelvis to floor between legs, keep hands on floor; same, hands come off floor. Sit back, bring hands behind, slowly go down onto one elbow, the other and on down to back and reverse. Switch legs, repeat. 6. On back, bend L knee out to side on floor, stand R foot to L of L knee, take R knee towards L foot; lift head when L knee goes towards R foot. L hand over top of head, face R, lift head, L ear goes towards R knee, bring R hand towards L foot; switch arms. 7. L knee bent on floor, stand R foot to L of L knee, reach hands to hold feet. 8. On hands and knees, R knee to floor behind L, make quick. Leave knee behind, separate feet, pelvis to floor to sit between feet. Reverse legs, repeat. Alternate putting knees behind to feel for differences on sides.

Discussion #94 – Diana Razumny

About ATM lesson

CD#10/T14 [16 min] DVD#S04-8 Scene 2 [15 min]

ATM Teaching #26 – Diana Razumny

Choosing lessons for practicum

CD#10/T15 [26 min] DVD#S04-8 Scene 3 [27 min]

From list chosen by students last week. Diana decided on 6 lessons with 2 or 3 students per lessons. Students not present will join groups of 2 soon.

- 1) AY#446 Ideal Bending (ATM#08 Flexion #3, diagonal hip/shoulder, elbow/knee – Tim, Eleanor, Yolanda
- 2) Mia Segal San Francisco #14 Diagonal lengthening, on back and front (ATM#14 [#25 and 17 related]) – Kim, Henry, Tony
- 3) ATM Book #7 Carriage of the head (ATM#25 Tilting bent legs, on front [#60 related]) – Galen, Leighann, Katherine
- 4) ATM Book #3 Fundamental properties of movement (ATM#38 [#14 & #32 related]) – Rubia, Ashley
- 5) AY#177 Spinal Chain (ATM#47) – Nicki, Amy, Mary Alice
- 6) ATM Book #8 Perfecting the Self Image (ATM#69 [#71 & #15 related]) – Tadd, Max

Possible additions of students not present this segment: Lori, Lauri, Julia, Dana, Brigit. They will be added to groups as they commit to summer segment.

Record yourself as a goal with your lesson and share with your trio.

Relaxercise books. Go through in order between segments. Eleanor and Tim shared experience of using book. Rhythm, timing and other aspects will become important.

Discussion #95 – Diana Razumny

Moshe video about thinking

CD#10/T16 [40 min] DVD#S04-8 Scene 4 [41 min] Source: Amherst Training

Group discussion about video, Moshe and training programs.

FI Exploration #61 – Diana Razumny

Flipping trochanter

CD#10/T17 [28 min] DVD#S04-8 Scene 5 [36 min]

Demos with Ashley and skeleton. Locate trochanter by rolling leg. Then flip trochanter so it their leg rotates internally. Follow up with pushing through skeleton from the foot.

ATM Lesson #116 continued – Diana Razumny

Pretzel legs #4, sitting between feet, on back continued

CD#10/T18 [23 min] DVD#S04-8 Scene 6 [23 min] Source: San Francisco Training: Sliding foot through gap #4, July 6, 1976

On hands and knees, feeling trochanter, sliding foot on floor in and out. On knees, cross right knee over left knee and open and close the two feet sliding on floor. Leave feet open and take pelvis back to floor between feet. While sitting slide hands under feet so you can hold feet and take knees away from you. On hands and knees, cross the other knee behind, open and close the feet, leave open and sit back, hold feet and twist feet so knees towards floor. See how close to your pelvis your feet can be. Back to knees and feet, uncross and rest on back. Stand left foot, bend right knee out to side and bring back of left heel to front of right angle and slide foot around to right of right knee and have left knee come closer to floor. Come up on elbows to help direct knee down. Take knee forward and away from you and inch your way up to leaning on your hands and let the knee come towards the floor. Bring hands forward on floor so come onto to hands and knees. Slip knee around and out and do the other crossing and bring your hands behind you and sit back. Lower your elbows down, come onto your back, direct your right knee down and away from you. Lengthen out your legs and rest on back. Come up to sitting. Observe half of students observing while others do movement. Rest on back. Roll leg in and out. Then other leg. Tend to your 5 lines. Bring right foot to standing and open left knee to left and do original threading of left leg through the gap. Feel how belly and hip are involved. What does this do to your central line? Reach for left leg with right hand. Observe again half of students.

ATM Lesson #117 – Diana Razumny

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

CD#10/T19 [40 min] DVD#S04-8 Scene 7 [40 min] Source: San Francisco Year's 3 & 4

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

Day 49 Thursday April 11, 2013

ATM Lesson #118 – Diana Razumny

Pretzel legs #5, rolling up to sit with legs crossed, on back – Part I

CD#10/T20 [43 min] DVD#S04-9 Scene 1 [43 min] Source: San Francisco Training: Sliding foot through gap #5, July, 1976

1. On back, stand R foot, slide L foot through gap. Switch legs, slide R foot through gap of L foot and pelvis. 2. R knee open to side, slide L foot on floor along lower R leg around R knee. Stay, L foot near R knee, L knee down away, pivoting over L ankle, sole comes away from floor, stay there, reach R hand to L foot and hold. From that position sweep L arm overhead on floor, roll to R side, bring L hand to R foot. Reverse/Repeat. Repeat OS. 3. Switch legs, have arms overhead and sweep arms side to side, taking hands toward feet alternately, allowing head to roll and move along with sweeping arms. Switch legs again, sweep arms around side/side. Stand L foot to R of R knee, take L knee down/away, sweep arms along floor around to R to take L foot and hold foot as you come up to sitting. 4. On hands and knees, cross R knee behind, separate feet and sit back with pelvis to floor between feet. Repeat on other side. 5. Stay seated, legs crossed, rock forward/back then go down on one elbow to lie back down, come up, go down on other side. 6. All 4's, cross knees, sit back between feet, hold both feet in sitting, rock forward/back on sit bones, then side to side then roll down onto back with legs crossed. 7. Sit R knee crossed over left, lift/lower R knee. When lifted, place R foot on floor, lean on L hand, lift/lower R hip, hold L foot w/R hand, cont bringing weight on/off R foot. Repeat with legs switched 8. Sit with legs crossed, L on top, hold both feet, straighten/bend one knee then other. Repeat with legs switched. 9. Hands and knees, knees crossed, sit back between feet. Switch crossing.

Discussion #96 – Diana Razumny

About ATM lesson

CD#10/T21 [23 min] DVD#S04-9 Scene 2 [23 min] Source: Amherst Training

ATM Teaching #27 – Diana Razumny

Trios sharing plans for study

CD#10/T22 [31 min] DVD#S04-9 Scene 3 [31 min]

Groups shared their plans to contact each other on Skype and other means to prepare their 1 ATM to teach during this coming summer segment. Talked about using Relaxerice between segments. Not limited to that 1 ATM to study. Eleanor sharing her teaching ATM experience at work. What other lesson would fit with my lesson for a workshop or series? Also can study other versions of your lesson.

FI Exploration #62 – Diana Razumny

Review of segment

CD#10/T23 [55 min] DVD#S04-9 Scene 4 [55 min]

Demos with Kim, Tim and Brigita demonstrating what was explored during this segment.

Discussion #97 – Diana Razumny

Videos

CD#10/T24 [12 min] DVD#S04-9 Scene 5 [13 min]

Video of Moshe's sensei showing martial arts practice. Video of enthusiastic elder showing how to keep active.

Discussion #98 – Diana Razumny

Moshe lecture on awareness

CD#10/T25 [65 min] DVD#S04-9 Scene 6 [66 min]

ATM Lesson #118 cont – Diana Razumny

Pretzel legs #5, rolling up to sit with legs crossed, on back – Part II

CD#10/T26 [30 min] DVD#S04-9 Scene 7 [30 min] Source: San Francisco Training: Sliding foot through gap #5, July, 1976

See notes from morning.

Day 50 Friday April 12, 2013

ATM Lesson #119- Diana Razumny

Pretzel legs #6, legs crossed, holding feet, roll to back, on back

CD#10/T27 [49 min] DVD#S04-10 Scene 1 [50 min] Source: San Francisco Training: Sliding foot through gap #6, July, 1976

1. On back, notice 5 lines. Stand L leg, push through foot on floor, notice effects on pelvis, R leg. Slide R leg through. OS.
2. On hands and knees, cross 1 knee behind, separate feet & sit back between feet. Go back & forth, sitting, coming onto hands/knees & switch knee crossing. Notice the changing shape of torso. 3. Sit back, hold feet, shift weight, explore tilting of head, note shape of torso with each variation. Then tilt forward/back. Then circle pelvis on floor, head circles opposite mid back. Repeat with other knee crossed behind. 4. On back, stand R foot, slide L foot through gap on floor. Repeat, other side. R foot standing, slide L foot through, stay & slide R foot around to L of L knee, take R knee down/away, R ankle pivoting over L thigh. Repeat, other side. 5. On hands/knees, cross R knee behind, sit back between feet, go down on 1 elbow & lower to lying on back, soles oriented towards face, arms overhead, sweep both arms around to 1 side to hold foot on that side, then sweep arms around, over head to other side to hold other foot. Repeat starting with L knee crossed behind R on hands and knees. 6. Legs crossed, sit between feet, hold both feet, roll down across side to come to back holding feet. Repeat with other leg crossing. 7. Stand R foot, slide L through, hold the two feet, swing legs overhead & roll up to sit, Continue and when legs are overhead, let go of hands/feet, switch leg crossing and roll up to sitting again. 8. On hands/knees, cross R leg in front of L then L in front of R, crawling forward then reverse to crawl backwards.

FI Exploration #63 - Diana Razumny

Pushing through top of head and C7

CD#10/T28 [53 min] DVD#S04-10 Scene 2 [53 min]

Push head on wall; pushed head together in pairs; then on head and knees practitioner gave pressure on head of student. Pairs share. Full group discussion. Also about sponsor program and experience of this segment.

Discussion #99 - Diana Razumny

Closure

CD#10/T29 [25 min] DVD#S04-10 Scene 3 [25 min]

Discussion #100 - Diana Razumny

Discussion with sponsors

Not recorded

ATM Lesson #120 - Diana Razumny

4 points, new variation

CD#10/T30 [67 min] DVD#S04-10 Scene 4 [67 min] Source:

Mats oriented horizontal in room. Sit, face L wall: **Rolling back:** Cross legs so R heel is near pelvis, Stand L foot so L heel/ankle touches front of R ankle, Wrap hands around outside of knees. Lift feet, keep ankles connected, balance on butt, round low back backward, roll onto back and then up to sit. Sit, face L wall, L foot standing, R leg straight out in front, hold around L knee with both arms, knee near chest, lift L foot, roll back, straight R leg comes along. Sit, face L wall, tuck R foot near pelvis, hold R foot w/L hand, hold R knee from outside w/R hand, L foot standing. Lift L foot, roll back, straighten L leg so L foot comes to floor overhead. **4 points:** Sit, face L wall, L foot standing in front of R bent leg, ankles connected, hands on floor to R, L hand in near R knee, R hand near pelvis/R hip. Press w/hands & L foot to lift pelvis from floor; pelvis high, head low, pivot on L ball of foot, bring R foot in line with L foot and R hand, RVRS. Stay in 4 points, go to other side - Rpt rolling back from this side. Plus group discussion about lesson at end.

ATM Lesson #121- Diana Razumny

Primary Image #5, hooking big toes, lift feet, sitting and on back

CD#10/T31 [37 min] DVD#S04-10 Scene 5 [37 min] Source: Alexander Yanai #342

1. Sit, hook big toes with finger. LOB, 5 lines. 2. Start sitting with hooking big toes with index fingers, lifting/separating feet. 3. On back, create 5 lines. 4. Sit, hook toes, lift one foot at a time off ground, rolling on pelvis. 5. On back, arms out to sides, create lines with length and direction. Hook toes while on back, lift feet towards ceiling, keeping lines and without lifting head. 6. Sit, hook toes, lift both feet. 7. Sit, hook one toe, lean on other hand, lift/lower foot. ROB then repeat on other side. 8. On back, hook toes. 9. Sit, hook big toes, lift off floor. Holding toes, shift weight to R sitbone, lift L foot. OS. 10. One arm long overhead on floor, hook same-side big toe w/index, lift/lengthen leg, note a little rolling towards long arm/leg on other side. Repeat on other side. 11. Hook both big toes, lift feet. Sit, hook toes, lift both feet.