

Day 51 Monday August 19, 2013

ATM Lesson #122 – Carol Kress

Looking at the back while sitting

CD#11/T01 [50 min] DVD#S05-1 Scene 1 [49 min] Source: AY#136

Discussion #101 – Carol Kress

About ATM Lesson

CD#11/T02 [22 min] DVD#S05-1 Scene 2 [22 min]

Spaces in lessons, being quiet. Students shared about their practicing the method between segments.

ATM Lesson #123 – Carol Kress

Hands lifting the legs

CD#11/T03 [50 min] DVD#S05-1 Scene 3 [50 min] Source: AY#127

FI Exploration #64 – Carol Kress

Exploring the shoulder on the side #1, tracing shoulder

CD#11/T04 [30 min] DVD#S05-2 Scene 4 [54 min]

Student Review: What did you practice in previous segments with the person lying on their side? Palpating spine; lifting leg; Then in lying on the back with sliding hand to chest and linking with shoulder; With hand on forehead, rolling together; rolling head; lifting head in several stages; lifting shoulders; organizing through the leg and pushing through to diagonal shoulder; bringing leg out to side to standing and lifting; with leg standing, circling; with leg on your thigh circling; flipping the trochanter; in sitting, tracking C7, flexion and extension.

Exploration: in dyads. Find shoulder, C7, find spine. Trace shoulder blade, thoracic spine, come around to collarbone. Start in standing and take a guess about which side they will lie on. Has to do with long and short sides. Ceiling side is usually shorter. Practice. Switch roles.

ATM Lesson #124 – Carol Kress

Arm circles with lifting the head, pecking movement

CD#11/T05 [34 min] DVD#S05-1 Scene 5 [34 min] Source: AY#129

Day 52 Tuesday August 20, 2013

ATM Lesson #125 - Carol Kress

Touching the floor with the hands, part 1

CD#11/T06 [52 min] DVD#S05-2 Scene 1 [52 min] Source: AY#139

ATM Lesson #126 - Carol Kress

Hip and shoulder circles

CD#11/T07 [35 min] DVD#S05-2 Scene 2 [35 min] Source: Mia & Gaby notes

Edited for the following ATM Teaching exercise.

ATM Teaching #28 - Carol Kress

Recreate structure of ATM lesson

CD#11/T08 [3 min] DVD#S05-2 Scene 3 [72 min]

Groups of 4 recreate the structure of the ATM lesson. Then 2 teach other 2 the lesson.

ATM Teaching #28 continued - Carol Kress

Recreate structure of ATM lesson continued

CD#11/T09 [45 min] DVD#S05-2 Scene 4 [87 min]

Switch roles but also switch groups to teach the lesson. At end group discussion about the experience of teaching and receiving instructions and other aspects of the method in ATM.

ATM Lesson #127 - Carol Kress

Crossing knees and twisting the back and pelvis

CD#11/T0 [53 min] DVD#S05-2 Scene 5 [53 min] Source: AY#140

Day 53 Wednesday August 21, 2013

ATM Lesson #128 – Carol Kress

Spinal chain, variation on hands/knees

CD#11/T11 [45 min] DVD#S05-3 Scene 1 [45 min] Source: AY#177 Making the spine flexible and integrating it

[Taught by Diana Razumny in Rocky Mt 1 Denver training, Year 4, Seg 13] On back, feet standing, lift pelvis, each vert. Interlace hands behind head, lift head, each vert. Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vert move. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vert. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vert. Lift head, look up, push belly out, note vert. Lower head, look under pull belly in. Note if can slide forehead along floor while looking under. If not, come on elbows a bit so forehead can slide along floor. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vert. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vert. Rest on back. On back, stand feet, lift pelvis like beginning, note vert. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine

FI Exploration #65 – Carol Kress

Exploring the shoulder on the side #2, bring hand to mouth

CD#11/T12 [54 min] DVD#S05-3 Scene 2 [108 min]

Demo with skeleton showing bones of the shoulder. Reconstructing function. Start with arm alongside. Sitting behind, hold arm at wrist and upper arm and see what is possible by rolling arm. Then sitting at head lift lower arm at joints and see what is possible reproducing bringing hand to mouth by keeping arm close to chest. Many times ribs are involved or held which limits movement. Demo with Brandon. At head with Brandon on back. Look for easier shoulder as lifting each shoulder from behind. Then in sidelying, finding right amount of props for head to be comfortable. From behind with arm alongside. Self-use is very important to practice now. With 2 hands on arm, roll arm. Make adjustments to be lined up with arm so it is easier for yourself. Then back sitting at head. Bring arm along chest towards mouth. Do a few movements and take rests. Hands on wrist and back of shoulder so holding whole shoulder girdle. Work from pelvis and not arms. About working on the floor. Advantages and disadvantages. How you hold the wrist with your hand to allow rotation. The arm is supported by the chest. Then sitting behind with hand on pelvis rolling. Then back to sitting at head and moving arm with hand towards mouth. Bring person to back and lift shoulders again to see the change. Practice in dyads for 20 minutes each.

Discussion #102 – Carol Kress

About ATM principles, benefits, skills

CD#11/T13 [39 min] DVD#S05-3 Scene 3 [39 min]

Principles: more choices; comfortable and efficient movement; Ease; learning how to learn; the belief in change
Benefits: Self-knowledge/self-awareness; more choices; comfortable and efficient movement; ease; learning how to learn
Skills: Learning how to learn; perception/attention; less is more; intentional language (positive, empowering); playful learning; responsive, attentive to population; encourage discovery; understanding the structure of lessons; an experiential process (non-directive); curiosity; non-competition; conveying the principles.

ATM Lesson #129 – Carol Kress

Judo Roll #1, on the knees, laying the head on the floor

CD#11/T14 [41 min] DVD#S05-3 Scene 4 [41 min] Source: AY#228 Place the head on a handkerchief

Discussion #103 – Carol Kress

About ATM lesson

CD#11/T15 [6 min] DVD#S05-3 Scene 5 [6 min]

ATM Lesson #130 – Carol Kress

Judo Roll #2, four diagonals in folding

CD#11/T16 [39 min] DVD#S05-3 Scene 6 [39 min] Source: AY#114

Day 54 Thursday August 22, 2013

ATM Lesson #131 - Carol Kress

Touching the floor with the hands, part 2

CD#11/T17 [56 min] DVD#S05-4 Scene 1 [57 min] Source: AY#141

Discussion #104 - Carol Kress

Moshe Video: Stability/Instability

CD#11/T18 [55 min] DVD#S05-4 Scene 2 [71 min] Source: Amherst Year 1: 6/26/80 AM1

Moshe Video. Then small groups discuss video. Then discussion in full group.

ATM Lesson #132 - Carol Kress

Judo Roll #3, on hands and knees, diagonal hand to foot, rolling on shoulder

CD#11/T19 [39 min] DVD#S05-4 Scene 3 [39 min] Source: San Francisco Year 1: 7/21/75

[Original notes] Stand on Knees. Right cheek to the floor, hands taking weight, protecting. Shift pressure to temple and then to chin. Use whole self- back, spine needs to be free to help cheek. Seems innocent, so be gentle.... Shoulders help. Use hands wisely. Push up. Nose to floor and to ceiling (eyes - help) - pressure toward back of head. Left hand more intelligent - push up. Be delicate. Shifting of weight on knees. Join, easier? Cross right knee behind, easier? Change - left behind. Find good distance. On Knees. Circle - Which knee does not cooperate, parts of the spine. Think spine long, coccyx to head. Sleepy areas, between shoulder blades and lower. Delicate - cervical spine. Change directions. Helps our orientation in environment, to neighbors... take our eyes, nose and mouth in the direction of action. On Knee. Right arm through to left. Bring head thru, back of head to floor nose to ceiling. Flex left ankle, toes for running. Close Right eye, left eye looks more. Close left eye, back works more less in muscles of the neck. Left knee gets light. Toes stay, all parts of self cooperate. REST, turn head, left easier? On knees. Right arm thru, back of head to floor, through. What interferes? Let spine, chest change sufficiently to find more ideal organization for action. Left Toes under, Knee gets lifts. Find shelf of right shoulder. Hands for clapping. Make left arm longer. Lift to ceiling, now make it longer. Turn arm around itself. Lengthen and shorten. On the knees. Right arm thru. On left toes. On back of head. Left arm to the ceiling. Make a conical circle. Smoother if arm longer, collarbone moves. Left palm to forehead, roll the head. Contrary to feeling of having knees wider, knees closer is easier to turn. Feel for mobility in the hips to help. On knees, right arm thru, on left toes, back of head to the floor. Left hand behind the head, lift head. Like a feeling of lengthening back of neck. Look to ceiling. Use fingertips. Lie more on right shoulder blade. On knees, right arm through, on left toes, back of head to floor on right shoulder. Take left arm to ceiling and back to floor, rolling head, until left leg lifts. Find a see saw between arm and leg. On Knees. Right cheek. Make circle. Feel movement thru whole spine. Change direction. BREAK. On left cheek. Circle. Use arms, shoulders, hips back, feet, knees. Details from other side linger in your mind. Distance apart of the knees, elbows, hands. On knees. Left arm thru. Face to the ceiling, use the eyes. Coming to back of the head. Auxiliary tricks not so needed, since with awareness you have selected what improves and assists. You can now eliminate unexamined restrictions that were imposed on action. All subject to your will, choice. We use auxiliaries for learning purposes. We assimilate and digest what is fundamental to the action. On knees. Lift right arm. Right toes under. Wrist soft. Make are longer and shorter. Turn it around itself. Hands for clapping. Open right arm, follow with the eyes. Head turns. See with both eyes. Let neck organize. Weight to left shoulder shelf. On knees. Left arm thru. Right toes under. Take right arm to ceiling and back, following with the eyes. Always in sight, head must turn. When right knees lifts, make see saw between arm and leg. Both toes for running. Both hands on floor. Think of taking one arm thru and looking as you take it to the ceiling. Come to appropriate ear and lifting appropriate knee. Develop mobility to go side to side. Have arms clapping and see if length is more even as more weight is on shoulder.

FI Exploration #66 - Carol Kress

Exploring the shoulder on the side #3, hand to chin and cheeks

CD#11/T20 [42 min] DVD#S05-4 Scene 4 [88 min]

Demo with Max. On floor with Max on back and Carol sitting at head. Lifting each shoulder as reference movement. Lie on right side, put pads under head. Carol sitting behind with hands on arm. Max left arm alongside. Carol turning arm with one hand on shoulder and one hand on wrist. Back at head holding left arm at elbow and wrist. Left hand over top of shoulder and other hand brings hand and arm slide along chest. Then Carol behind pelvis with one hand on pelvis, shaping hand on pelvis and moving pelvis forward and backwards towards lying on his back but not that far. Then at head again to see if arm with chest is more available for movement. Then bring hand from breastbone to around chin. Then a little around his head. Package of head, hand, arm and chest, all move together. Bring hand to each cheek and note the difference. Demo: Tadd working with Tim. Partners practice.

ATM Lesson #133 - Carol Kress

Belly in and out, with breath

CD#11/T21 [37 min] DVD#S05-4 Scene 5 [37 min] Source: AY#435

Day 55 Friday August 23, 2013

ATM Lesson #134 – Carol Kress

Judo Roll #4, shoulder stand prep

CD#11/T22 [48 min] DVD#S05-5 Scene 1 [48 min] Source: AY#314 Preparation for a candle

Discussion #105 – Carol Kress

About Judo Roll series

CD#11/T23 [17 min] DVD#S05-5 Scene 2 [17 min]

ATM Lesson #135 – Carol Kress

Judo Roll #5, walking feet side to side overhead on floor

CD#11/T24 [33 min] DVD#S05-5 Scene 3 [34 min] Source: San Francisco 7/22/75

Hands and knees. Right cheek. Push up with arms – protects head. Extend right arm to the right, palm up. Should also be in place to protect. From unuse can be stiff, joints not accustomed to movement. Move head under gate of left arm. In and Out slowly. Stay, nose to ceiling. Which parts interfere? Hands and knees, Right cheek, left push up, right arm to the right. We create a strong contrast in order to feel differences. Right arm out at the shoulder level, where it protects the head the best. Teacher shows how to learn. Take care, self regulate. Gauge the distance of knees apart and in relation to shoulders. Make it awkward, then less awkward, then nice. Move head in and out slowly. Explore with the left hand. Weight gets distributed more equally on extremities, neck and back softer. Same side. Left toes under. Lift knee, weight shifts to the right. Knee returns, weight left. Feel where you sense this, shoulders, spine? Move left knee to right and over, to feel that when you lift knee, weight shifts. Find the place you could have right toes under and lift knee. Have a clear image of self, with awareness, understanding, imagination, projection. Complete picture, not broken into parts, lips, knees and whatever aches. Walk the knees right and left. One after the other. Same position. Head through left arm. Left hand protects the head. Lengthen left leg, move it left until right knee lifts. Weight on left hand, back of head, and right shoulder. Toes stay on floor! No intention to roll. Need to find balance in the situation. Ability to recover a disturbed balance. Our structure is cockeyed from the stability point of view. It is the recovery of the lost balance that is necessary. Nervous Systems functions best when we are capable of recovering from mistakes, from lost balance from everything. That what needs to be cultivated from childhood. Instability is the essence of human life. BREAK. On hands and knees. Imagine arm to the right. Head through. Can put head through and continue imagining. We are in position to facilitate, can also sit. Imagine toes on the floor. Walk to the right and left. Small steps. Lifting knees and walking on toes. Now lift right knee. Make any adjustments. What does pelvis do, move right or left? (left) Lift minutest movement to see if imagination corresponds to reality. Gradual slow, no jerks. Is there resistance? In lumbar, abdomen? This is minor thing. Lived up to now without it. But most important prerogative of the human brain is to be unstable, recover, be able to get more competent. Let gradation get finer. To roll or not? There are extraordinary people who have left a mark on this world forever who probably couldn't move at all. Be able to do is nothing. The thing is for us to be human beings with a free brain. Imagine, (be in any position), movement, any parts that are absent from your image? Act, observe in action. Develop awareness of image of self in action. We will develop ability to learn this without performing anything. On hands and knees. Imagine to other side. Left arm extend to left, on left cheek. Use experience you have to cut short your learning on this side. How the shoulder turns, palm to ceiling. Head through the gate of the right arm. Do and see what needs correction. Where should right hand be? Fingers pointing? Where to put so left knee could lift? Imagine movement and then do. Do you think effectively? Which parts make it easy to lift left knee? Right lifts easily. Abdomen, collarbones, which ribs are fanned open, shoulder blades? Imagine the walking the knees. Imagine taking the right knee to the right so the left knee lightens. Find balance, make it smoothly reversible. What comes first, last? (On left cheek, left big toe last) Going down which knee bends first. (Same side as cheek) Think of order consciously and the trajectory becomes a definite thing. Refine to state of reversibility. Find temporal sequence of the members. Hands and knees with the right arm extended. Which side is easier? Rolling over will be the easiest thing with this quality of reversibility.

Discussion #106 – Carol Kress

Moshe Video: FI lesson with Kimberly

CD#11/T25 [65 min] DVD#S05-5 Scene 4 [65 min]

Group discussion during and at end of video about what Moshe is doing, thinking, etc.

FI Exploration #67 - Carol Kress

Exploring the shoulder on the side #4, forearm on sternum

CD#11/T26 [12 min] DVD#S05-5 Scene 5 [91 min]

Demo with skeleton. Sitting at head, with arm on chest, rolling as unit.

ATM Lesson #136 - Carol Kress

Folding and rolling arms and legs, long and bent

CD#11/T27 [31 min] DVD#S05-5 Scene 6 [31 min] Source: AY#130 Rolling with tapping the arms and legs

Day 56 Sunday August 25, 2013

Discussion #107 – Carol Kress

Checking in

CD#12/T01 [7 min] DVD#S05-6 Scene 1 [7 min]

ATM Lesson #137 – Carol Kress

Judo Roll #6, preparation for shoulder stand, back & pelvic movement

CD#12/T02 [54 min] DVD#S05-6 Scene 2 [54 min] Source: AY#79

[Taught by Dennis Leri in North Carolina training, Year 3, Segment 9] Sit, arms out in front, roll back, feet overhead and swing back up to sitting. On back, legs bent, lift legs, bring hands to support pelvis up in air, knees towards nose. Lift knees away from face, lower legs hang down as knees go up towards ceiling. On back, feet standing, roll pelvis up/down. Support pelvis in air w/hands, knees up to ceiling, lower legs hanging down, feet towards butt, do same movement of pelvis/tailbone. Support pelvis, knee up towards ceiling, bend/unbend knees so feet go towards ceiling. Repeat one leg at a time. On back, walk shoulders towards feet to be able to hold ankles. Pelvis in air again, keep knees bent, lift lower knees to face/ceiling, feet stay near butt. Pelvis up, legs straight up to ceiling, lower feet towards floor overhead, back to ceiling. Repeat but without support of hands, arms on floor overhead. Pelvis up, legs parallel to floor, imagine putting pants onto one leg then other, using arms/hands. Pelvis in air, legs overhead, arms overhead, spread legs, toes to floor. Repeat w/legs close together, bend one knee and other, thinking of taking knee to floor near head. Stand

Discussion #108 – Carol Kress

About ATM Lesson

CD#12/T03 [27 min] DVD#S05-6 Scene 3 [27 min]

ATM Teaching #29 – Carol Kress

Find the sequence of steps from instruction cards

CD#12/T04 [49 min] DVD#S05-6 Scene 4 [80 min]

Groups of 3. Each group grabs a pile of instruction slips. Each slip is an ATM instruction. As a group, find a sequence.

Discussion #109 – Carol Kress

About ATM teaching

CD#12/T05 [45 min] DVD#S05-6 Scene 5 [45 min]

By showing person the movement are you disrespectful and interfering with their learning process? How to talk and interact with students while teaching an ATM lesson. The way you are being taught in the training is very different then teaching to the public.

ATM Lesson #138 – Carol Kress

Rolling the ball, line of pressure #1

CD#12/T06 [35 min] DVD#S05-6 Scene 6 [35 min] Source: AY#303: Self-image, the line of a ball which rolls

First read from Jacoby. Feldenkrais adopted a lot of ideas from Jacoby.

ATM Lesson #139 – Carol Kress

Judo Roll #7, arm extended to side, head through gap of other arm

CD#12/T07 [28 min] DVD#S05-6 Scene 7 [28 min] Source: San Francisco 7/30/75 & part of AY#133: Head under a frame, part 2

Hands and knees. Hands on each side of the head. Put right cheek, then left cheek. Difference in quality and ease, necks and spines not perfect. Get there by means and not by willpower, willpower will destroy the neck. Skill is not willpower. You learn the competence of the nervous system to organize the system is the important thing, not willpower. Using will proves the internal sense that you can't do. Put right arm through. Left toes under. Head under. Put left arm through, right toes under, head through gate. Go slowly in learning, go too fast and there can be trouble. You are encouraged to go with time and ease. Many are not organize at first to twist. Chest needs to soften, flatten, twist. Hands and knees, right arm out to the side. Left toes under. Head under. Lift left knee. Walk to left to lift right knee. Left hand protects head by moving. Left leg to the left and whole kit and caboodle until both arms can lie on the floor. Left arm, hand moves, adjusts. Head stays safe. Keep left hand helping until pelvis moves sufficiently to balance on shoulders. Keep left leg low. Hands and Knees with left arm extended. Right toes under, head through gate. Walk to the right until left knees lifts.

Use right hand to protect head, it moves and adapts until pelvis can balance. No special effort of will to succeed or no intention. Learn skill how to do it. How whole self cooperates. Left arm helps so you won't fall. Use feet, intelligence and internal sensation. Feet on toes, legs spread. Get clear on order of movement, what leaves the floor first, last, so it will be reversible. Do not jump, spine needs to be supple. Hands and knees. Right arm extended. Right arm extended - on right shoulder, right leg leaves last and returns first. Connect in your mind this right shoulder movement with the right foot. Head goes to the opposite shoulder then where you lean. Head goes to the left, not in the middle. Protected by the left hand. Full image of the self must be present. Rolling you can do on stone as there are no angles on something you put weight. Left side. From standing, roll. Right Shoulder coming to stand. (IN SF NOTES) Rolling backwards. Imagine to the left.

Day 57 Monday August 26, 2013

Discussion #110 – Carol Kress

Moshe video: To correct is incorrect

CD#12/T08 [73 min] DVD#S05-7 Scene 1 [86 min]

Small group discussion after video. Then full group discussion.

ATM Lesson #140 – Carol Kress

Rolling the ball, line of pressure #2

CD#12/T09 [45 min] DVD#S05-7 Scene 2 [45 min] Source: AY#305: The line of effort in the back in lifting

FI Exploration #68 – Carol Kress

Exploring the shoulder on the side #5, review

CD#12/T10 [1 min] DVD#S05-7 Scene 3 [40 min]

FI Exploration #69 – Carol Kress

Exploring the shoulder on the side #6, circling shoulder

CD#12/T11 [21 min] DVD#S05-7 Scene 4 [56 min]

Demo with skeleton. Sitting at head, anchoring shoulder with one hand and moving arm with other hand to facilitate movement in shoulder joint in many directions. Dyads practice. Group discussion at end of practice.

ATM Lesson #141 – Carol Kress

Hip joints by way of lengthening #1

CD#12/T12 [45 min] DVD#S05-7 Scene 5 [45 min] Source: AY#268

[From Dennis Leri, North Carolina training, Year 3, Segment 9] On back, stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations alternate sides: straight leg lifts/lower; stays lifted and goes L/R; lift straight leg then circle; lift and lengthen through heel; leave straight leg lifted and lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Do that same thing but with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, attn to knees moving little in up/down plane. Make small quick circles.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #1, circling straight leg, on back/arms overhead] On back, lengthen through each heel, imagine diagonal bands. Stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations with straight leg lifted, alternating sides: take L/R; circle; lengthen through heel; lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Return to both feet standing, arms overhead, roll pelvis 12/6, note symmetry. Repeat with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, keep knees forward towards ceiling, note slight movement in knees. Make small quick circles. Return to scan of diagonal bands.

Discussion #111 – Carol Kress

About ATM Lesson

CD#12/T13 [34 min] DVD#S05-7 Scene 6 [34 min]

Demos with skeleton and then students. As they lengthen ankle, what happens in pelvis, ribs, chest, head. More demos with Tadd and Brandon.

Day 58 Wednesday August 28, 2013

Discussion #112 – Carol Kress

About ATM teaching

CD#12/T14 [30 min] DVD#S05-8 Scene 1 [31 min]

Carol talks about her 22 years of teaching ATM classes in Marin County, CA.

ATM Lesson #142 – Carol Kress

Hip joints by way of lengthening #2

CD#12/T15 [53 min] DVD#S05-8 Scene 2 [53 min] Source: AY#269

[From Dennis Leri, North Carolina training, Year 3, Segment 9] Start with reference of returning home of any sort while standing. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. Return to soles together, circling pelvis. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, R knee to floor, repeat w/L knee then alternate R/L. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #2, circling bent leg, on back/arms overhead] (Alternating ATM instructions with ATM teaching. 2 people teaching, 1 instruction each from to 2 other - the same instructions but on the other side.) Start with reference of returning home of while standing. Slide arm down outside of leg then return to upright quickly a few times. Repeat OS. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. (Pause, let 2 teach other 2 on other side). Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. (Pause, let 2 teach other 2 on other side). Return to back, soles together, roll pelvis 12/6 then circling pelvis. Revisit above variations after pairs teaching. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, roll pelvis 12/6. Slide knees. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

Discussion #113 – Carol Kress

About ATM lesson

CD#12/T16 [25 min] DVD#S05-8 Scene 3 [25 min]

ATM Lesson #143 – Carol Kress

Relaxing the muscles of the throat

CD#12/T17 [51 min] DVD#S05-8 Scene 4 [51 min] Source: AY#296

FI Exploration #70 – Carol Kress

Exploring the shoulder on the side #7, Fix shoulder and move elbow and reverse

CD#12/T18 [42 min] DVD#S05-8 Scene 5 [92 min]

Demo with Tony in sidelying. Carol at head with hands on shoulder/wrist/arm. Lifting arm. Then moving arm headward and then downward, lifting arm and moving shoulder joint in various directions and circles. Fix shoulder and move elbow, moving both, fix elbow and move shoulder. Pairs practice. Then group discussion. Importance of self-use. Demo with skeleton.

ATM Lesson #144 – Carol Kress

The line of effort #1, in the stomach and the chest

CD#12/T19 [36 min] DVD#S05-8 Scene 6 [36 min] Source: AY#306

Day 59 Thursday August 29, 2013

ATM Lesson #145 – Carol Kress

The line of effort #2, in lying on the back

CD#12/T20 [46 min] DVD#S05-9 Scene 1 [46 min] Source: AY#307

Discussion #114 – Carol Kress

What is posture? Moshe video

CD#12/T21 [95 min] DVD#S05-9 Scene 2 [128 min]

Small groups discuss posture. Then Moshe video on posture. Then small groups again. Then full group discusses video and Moshe's views. Made list of ideas from Moshe from the Potent Self:

Ready to move in any direction (6 cardinal directions) without preparation; freedom of the breath; high center of gravity; singular attention; eliminate parasitic actions, cross motivation; reversibility; head and neck free; no effort, efficient, aesthetic quality; skeleton dominate in supporting us so musculature is freer; proportional distribution of effort. When sitting at table working with someone you can use some of these ideas.

FI Exploration #71 – Carol Kress

Exploring the shoulder on the side #8, elbow to ceiling, circling shoulder and elbow

CD#12/T22 [10 min] DVD#S05-9 Scene 3 [50 min]

Demo with skeleton. Review: Sitting at head with one hand on shoulder and other hand on elbow with elbow towards ceiling and moving shoulder back and forward. Then differentiate shoulder and elbow with circles. New piece: when take shoulder back add bit of rotation. Shoulder first slides back and then carries the torso. Then elbow opposite the shoulder: down/up, forward/backwards.

ATM Lesson #146 – Carol Kress

Hip joints by way of lengthening #3, with sidebending, on back

CD#12/T23 [45 min] DVD#S05-9 Scene 4[45 min] Source: AY#270

[From Dennis Leri, North Carolina training, Year 3, Segment 9] On back, feet stand, roll pelvis up/down, thinking lower back lift/lower. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift R side pelvis. Do other side. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. Stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. Stand one foot, repeat the side bend from before, take hand that was overhead down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, bend down to R side to hold in front of R knee, L arm extended overhead on floor, lift/lower L arm. Leave arm down and lift R knee, then lift arm, head and knee together. On back, stand R foot, hold in front of R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat OS. Repeat, add arm that's overhead on floor slides more overhead towards overhead. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead] On back, scan movement of breath at rib ring. Break down "frog leg" movement to stand feet. Explore skeletal stability of legs. Feet standing, roll pelvis up/down, thinking lower back lift/lower. Clarify symmetry of rolling pressure. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift/lower lumbar, sym rolling on sacrum, pause, lift R side pelvis, roll onto L side. Repeat OS. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. On back, stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. (Broke to observe plus discussion). Stand one foot, repeat the side bend from before, take hand that was holding head down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, reach to hold below R knee, L arm long overhead on floor, lift/lower L arm/head, eyes on hand. Leave arm down, lift R knee, then lift arm, head and knee together, look at hand. Rpt OS. On back, stand R foot, hold below R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat, add sliding L arm on floor. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly. Roll head, feel upper rib ring, breath moving. Bring C7 forward/back.

ATM Lesson #147 – Carol Kress

Tanden with bending the knees

CD#12/T24 [27 min] DVD#S05-9 Scene 5 [28 min] Source: AY#359

Day 60 Friday August 30, 2013

Discussion #115 – Carol Kress

Checking in

CD#12/T25 [38 min] DVD#S05-10 Scene 1 [38 min]

Not be in a hurry to “get it.” Take your time in this new learning. Hang out, don’t know but explore. Pathway of inquiry. About science and what it says and how it changes. Drugs, music and transformations. Working out and ATMs. About practicing aikido. About value of doing ATMs over the years with new experiences.

ATM Lesson #148 – Carol Kress

Self hug, head and pelvis roll, on back and front

CD#12/T26 [48 min] DVD#S05-10 Scene 2 [48 min] Source: AY#230: Self hug–the arms rolling upper & lower girdle, on back & abdomen

FI Exploration #72 – Carol Kress

Aikido practice

CD#12/T27 [6 min] DVD#S05-10 Scene 3 [27 min]

Carol demonstrates with Galen a basic technique of aikido. Pairs practice and switch partners.

Discussion #116 – Carol Kress

About Aikido practice

CD#12/T28 [6 min] DVD#S05-10 Scene 4 [6 min]

Respect of practice. How you soften over time.

ATM Lesson #149 – Carol Kress

Tossing the parts, arms, legs, head & pelvis

CD#12/T29 [41 min] DVD#S05-10 Scene 5 [41 min] Source: AY#168

FI Exploration #73 – Carol Kress

Exploring the shoulder on the side #9, lift head and arm together

CD#12/T30 [19 min] DVD#S05-10 Scene 6 [77 min]

Demo with skeleton. Sitting at head. Carol’s hands on elbow and other hand has skeleton’s hand on cheek/forehead and turning head with whole shoulder. Then elbow to ceiling and circling elbow and shoulder, cardinal directions for shoulder. Then turning shoulder from elbow. Everything together. Differentiating, should back, elbow forward, reverse. Down with shoulder, up with elbow and reverse. Carol moving from her pelvis. Bring elbow down to side and bring arm in pathway close to body overhead. Lift head with arm. Make circles with arm linked to head. Sit behind and move pelvis back and forth and see how spine follows. Then 2 hands on pelvis and ribs. Then back to head and notice difference. Partners practice.

Discussion #117 – Carol Kress

Closure

CD#12/T31 [6 min] DVD#S05-10 Scene 7 [6 min]

ATM Lesson #150 – Carol Kress

Voice production and speech

CD#12/T32 [26 min] DVD#S05-10 Scene 8 [26 min] Source: Chava Shelhav – ATM Book, lesson #15

Day 61 Monday September 2, 2013

Discussion #118 – Diana Razumny

Checking in

CD#13/T01 [5 min] DVD#S05-11 Scene 1 [6 min]

ATM Lesson #151 – Diana Razumny

Taking off sweater with arm clock, on back

CD#13/T02 [60 min] DVD#S05-11 Scene 2 [60 min] Source: Amherst

On back, slide hand along floor, onto pelvis, around/up to opposite 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.

Discussion #119 – Diana Razumny

About ATM lesson

CD#13/T03 [13 min] DVD#S05-11 Scene 3 [13 min]

FI Exploration #74 – Diana Razumny

Finding fibula & tibia

CD#13/T04 [51 min] DVD#S05-11 Scene 4 [59 min]

Ipad anatomy app projected to look at lower leg bones and foot. Self exploration of boney handles at top of fibula and tibia. Stand foot, hold below knee at top of lower leg, turn foot on heel, feel movement under fingers. Half of class lie on side, knees/hips bend 90 degrees. The other ½ explore finding head of tib/fib using foot, lifting heel.

ATM Lesson #152 & ATM Teaching #30 – Diana Razumny

Lifting hip to lengthen opposite arm, on back, foot standing

CD#13/T05 [56 min] DVD#S05-11 Scene 5 [59 min] Source: Gaby Yaron San Francisco Eve, Aug.15, '77

Scan on back, roll head. Note breath thru nostrils, space in mouth. Stand R foot, L arm long overhead on floor. Lift R hip, roll pelvis L, lengthen L arm. Add rolling head L, looking at L hand. Switch to rolling head R, back of R hand on floor. Lengthen R arm towards R heel. Note breath R/L lung. Repeat OS. Repeat, leave hip lifted, roll head R/L, lengthening arm looking towards. ROB, note breath, lungs, nostrils. Roll head. Leave hip lifted, roll head R, lengthen R arm, R hand under heel, lift/lower hip holding heel. Hip lifted, lift/lower toes, quick/slow. Lower hip, lift/lower, compare. Lift/lower hip, hip lifted, lift toes then front of foot, heel in hand. Lift/lower hip, compare ease. ROB, compare sides. Repeat OS. Return to lift/lower R hip, lengthen L arm overhead, R hand to heel. Slide R hand under arch, hip lifted, repeat lifting toes then toes/foot. Lift/lower hip, note ease. Repeat OS. R hand holding R arch, lift/lower R hip. L hand under head, lift head towards R knee. Add lifting foot/leg w/R hand, knee/head tog/apart. Return to ref move, L arm lengthens overhead with R hip lift. ROB, note breath, lungs, nostrils, space in mouth, tongue.

Students randomly teach other side of lesson. Everyone review what they remember from 1st side of Gaby's lengthening arm lesson on other side. When finished, students randomly volunteer to teach one step at a time until the second side has been completed.

Discussion #120 – Diana Razumny

Practicum trios discuss barebones notes

CD#13/T06 [49 min] DVD#S05-11 Scene 6 [69 min]

Trios take barebones notes from Diana's version of Gaby's lesson. Read it to each other to fill out instructions.

Day 62 Tuesday September 3, 2013

ATM Teaching #31 – Diana Razumny

Highlight Gaby's #11 full notes

CD#13/T07 [25 min] DVD#S05-12 Scene 1 [75 min]

Teaching trios again. Highlight Gaby's #11 full notes with three colors: position; movement; noticing. Then group discussion.

ATM Lesson #153 – Diana Razumny

Circling right arm, on right side

CD#13/T08 [61 min] DVD#S05-12 Scene 1 [61 min] Source: Amherst July 10,'80

On back, arm along side, R palm on floor, circle arm, taking across front, overhead, returning to R side. Lie on R side, L hand standing on floor in front of chest, rest head on R arm long overhead, slide R straight arm forward so head comes to floor behind arm, rvrs, slide arm back so head comes to floor in front of arm. L hand on floor in front, elbow over hand, lower arm vertical. R arm straight out in front at shldr height below L hand, start bending elbow, directing to, slide under/behind, rvrs. Take R arm/elbow through, arm behind, straighten, slide behind, circle, turning palm to floor, slide arm up to head, rvrs. Rtrn to head resting on long R arm, slide arm forward, send elbow to, arm behind, rvrs. Head on R arm, slide arm back, head to floor in front, cont sliding arm, palm to floor, circle behind, bend elbow to slide fingertips under waist. Head on R arm, slide/circle in front, under waist, behind, circle up to head, rvrs. Continue, note legs, explore variations of leg configuration. Stand, bring ea arm to ceiling, compare distance between arm/ear, which hand closer to ceiling. Reach around to hold chin.

FI Exploration #75 – Diana Razumny

Rolling pelvis on side with hand to chest review, guided

CD#13/T09 [80 min] DVD#S05-12 Scene 3 [84 min]

Demo with skeleton. Person on side, review hand to chest, check for ease of rolling back, turning. Practitioner sits behind, at pelvis, roll pelvis, think through spine and leg from the hip joint. Cup front of knee with footward hand, headward hand on pelvis to feel upper leg bone between hands, roll pelvis for/back with this hold, hands listening to each other push/pull. Practitioner at front of knee, roll pelvis from head of fibula and front of tibia (push tibia, pull fibula). Lift top foot with one hand, other resting on trochanter, feel the movement of the skeleton under your palm. Have person lift their knee, take the weight, other hand lift foot, roll pelvis for/back. Return to head, hand to chest or head, roll back, note differences.

ATM Lesson #154 – Diana Razumny

Cross arms, on front and back #1

CD#13/T10 [35 min] DVD#S05-12 Scene 1 [35 min] Source: Amherst July 15 & 16,'80

On back, circle ea arm, one at a time, moving towards center and across. Rpt, both at same time. Rpt, notice which arm comes near head first and switch to other arm first. Pause w/arms across chest, draped. Let hands hang to floor, roll head side/side. Switch which arm is nearer to head, rpt. Circle R arm across to L, fingers near R shoulder, touching floor, slide fingers to R, roll chest, allow/notice pelvis/legs. Imagine someone pulling arm at wrist. Pause, repeat w/L arm crossing to R. Circle both arms, pause w/arms across chest, hands on opposite sides, slide fingertips on floor side/side to rock shoulders. Note which arm closer to head, circle arms down to sides, reverse which comes closer to head, repeat. On front, look R, R elbow bent, fingertips pointing overhead, elbow out to side at shoulder level, slide palm on floor in direction of fingertips so arm straightens on floor overhead, keep sliding palm on floor crossing over to L side, lift head so arm comes under, lower head, then reverse. Rpt but with L hand/arm in pushup position. Rpt all on OS.

Day 63 Wednesday September 4, 2013

ATM Lesson #155 – Diana Razumny

Head through gap #1

CD#13/T11 [40 min] DVD#S05-13 Scene 1 [40 min] Source: Amherst July 22,'80

(Hand on wall to start) Ref. observation: partner on front, arms frame head, nose towards elbow, spine mvt?

1. On back, R knee bent, foot on floor, push with foot, allow hip to lift. Lengthen L arm up, R down, push foot, lift hip, feel for arms lengthening, ribs, head?
2. R knee forward again, bridge R hand/arm near shoulder. Push R foot, roll pelvis, explore R knee tilting L or staying up/pointed towards ceiling.
3. Rpt, explore position of foot, in/out, up/down, finding position that creates smooth/easy move of hip. (skeletal power-obsrv)
4. Rtrn to bridging R arm, compare to beg. Stand, note diff. in legs.
5. Rtrn to bridging R hand/arm, add R foot on floor, knee forward. Rpt on L side.
6. Bridge R arm/leg, R elbow/knee bent forward, L hand on elbow, explore elbow L/R. Explore up/down w/elbow, then circle. Explore direction of fingers and placement of hand
7. Legs straight, bridge R arm, compare. R knee forward, foot push on floor, roll pelvis L, track mvt through to head, explore head rolling ea direction.
8. Bridge R arm/leg, push foot, roll pelvis, allow mvt through to head, looking up to L, slide back of head through gap.

(Return to mvt observation reference) Bridge R arm/leg, push foot, roll pelvis, allow mvt through to head, looking up to L, slide back of head through gap.

ATM Teaching #32 – Diana Razumny

Teach head through gap ATM movements to partner

CD#13/T12 [24 min] DVD#S05-13 Scene 2 [25 min]

Sitting at head instruct student lying on back teaching steps from ATM. Switch roles. Switch partners.

ATM Lesson #155 continued – Diana Razumny

Head through gap #1 continued

CD#13/T13 [9 min] DVD#S05-13 Scene 3 [9 min] Source: Amherst July 22,'80

Other side.

Discussion #121 – Diana Razumny

About ATM lesson and ATM teaching

CD#13/T14 [22 min] DVD#S05-13 Scene 4 [22 min]

Discussion #122 – Diana Razumny

What's next? & about teaching from Gaby's #11 notes (Aug. 15, 1977)

CD#13/T15 [44 min] DVD#S05-13 Scene 5 [44 min]

Bring your practice lesson notes tomorrow for ATM teaching.

Now discussion: What would be your next step towards being able to teach Gaby's #11 lesson? Ready from the highlighted notes? Use the bare bones notes? Make new notes? On floor with recording or notes?

About teaching Gaby's lesson #11 from barebones and full notes.

FI Exploration #76 – Diana Razumny

Holding foot & knee on side, internal/external rotation to roll pelvis

CD#13/T16 [76 min] DVD#S05-13 Scene 6 [78 min]

Demos: Skeleton, then all students. Partners: one lying on side, other in front of lower leg, lift at knee and foot; lift knee while foot stays low for external rotation; knee lowers foot up for internal rotation.

ATM Lesson #156 – Diana Razumny

Cross arms, on front #2

CD#13/T17 [40 min] DVD#S05-13 Scene 7 [40 min] Source: Amherst July 15 & 16, '80

1. On belly, face R, R arm at right angle, fingers up, L arm/fingers down. (Egypt arms) Move arms direction fingers pointing, R up/L down.
2. Pause, Lift just elbows, just hands, just wrists. Lift R elbow then L alternately. Lift both arms off floor simultaneously.
3. Same pos, slide R arm up/L down. Pause w/arms long, roll pelvis L/R, which easier? Pause, lengthen R arm little more, feel R foot/leg (lengthen?) Feel ribs R/L, pelvis. Lengthen L arm down, note L foot/leg. Pause, switch head to L rpt.
4. Same pos, R/L arm long, face to L, roll pelvis R, allow knee to slide up, slide L hand under waist. Leave forearm/hand under waist, roll pelvis side/side, sliding knees up on each side. Cont, face to R, slide L arm under more.
5. Original pos, (Egypt arms), lift elbows, etc. Slide R palm/arm on floor, direction overhead, straighten, upper arm near head, lift head, continue sliding palm so straight R arm is to L, shoulder height, reverse.
6. Arms 'starting' position, facing R, slide both arms long, slide L fingertips/hand under belly over to R side, allow pelvis to roll, reverse.
5. Return to R straight arm on floor to L, leave there, roll pelvis, slide L arm under belly to R, roll pelvis to bring L arm straight to R. (can roll up onto R elbow) so arms are both straight and crossed to opposite sides. Pause there, swing head side/side.
6. Start w/R arm over to L, head down, slide L fingertips/hand under belly over to R side.
7. Rpt in imagination on other side?

Day 64 Thursday September 5, 2013

ATM Lesson #157 – Diana Razumny

Side bend in side sitting

CD#13/T18 [47 min] DVD#S05-14 Scene 1 [47 min] Source: AY#64

Sit, R leg back, lean on L hand/arm behind, R arm over top of head, bend to R. Repeat OS. R leg back, hold R ankle w/R hand, extend L arm straight out in front at shoulder height, turn L so L arm goes around to L, eyes on hand. Repeat OS. Sit, R leg back, hold R ankle w/R hand, L arm over top of head, finger on temple, thumb behind ear, turn to look up in direction of L elbow. Add returning w/head/elbow down to R, breathing in when looking up to L, exhale when head/arm go down to R. Repeat OS. Sit w/R leg back, lean on L hand, extend R arm straight out to side at shoulder height, lengthen arm out to R. Same quickly. Repeat OS. R leg back, interlace hands on top of head, tilt head side/side. Quick. Repeat OS. Sit cross-legged, arms out in front, switch crossing few times. Stand, walk.

Discussion #123 – Diana Razumny

About ATM lesson

CD#13/T19 [25 min] DVD#S05-14 Scene 2 [25 min]

Max variation in side sitting. 2 variations in side sitting by students. Half of students like one way and the other half prefer the 2nd way. Also difference in each variation between men and women.

ATM Teaching #33 – Diana Razumny

Trios teach prepared ATMs

CD#13/T20 [6 min] DVD#S05-14 Scene 3 [58 min]

Trios – 1 teaches movement instructions, 2 receiving/doing lesson give noticing questions.

Discussion #124 – Diana Razumny

About ATM teaching

CD#13/T21 [10 min] DVD#S05-14 Scene 4 [52 min]

Group discussion about experience. Then trios meet to break down lesson into thirds for next week teaching.

ATM Lesson #158 – Diana Razumny

Upper back clock

CD#13/T22 [44 min] DVD#S05-14 Scene [44 min] Source: Alexander Yanai #83

1. On back, knees bent, feet stand, lift pelvis, rolling up spine. Leave pelvis down, interlace hands behind head, lift head with arms, elbows forward. Start with head on floor, lift pelvis very high, lift head with hands, rock a bit on rounded spine, head and pelvis stay in same relationship to each other as they alternately lift and lower.
2. Head and pelvis lifted, keep fixed distance between head and pelvis, lower one while the other lifts and visa versa. With pelvis at highest point, have the pressure point of spine at 12 o'clock and go up/down between 12 and 6. Think of 3 at your left, 9 at your right, lift head and pelvis again, move between 12 and 1 in an arc. Continue one number at a time around clock towards 3 and back again.
3. Repeat with idea of ink or paint on your back at each number and you are pressing the number against the floor. Then go between 2 and 4. Go around from 12 to 6, return. Go between 12 and 6 straight through middle.
4. Start at 12, move to 3, lengthen left leg, continue down to 6 and back up to 12. Both feet standing again, move between 12 and 3, lengthen right leg and continue between 12, 3 down to 6 and back again.
5. Both feet standing, go between 11 and 1 through 12, increase until arcing around top half of clock. Think of paint again.
6. Repeat but through bottom half of clock.
7. Move around numbers on L side of clock and cut through middle between 12 & 6. Pause, repeat on R side of clock. Repeat bottom half of clock.
8. Move from 12 to 1 and continue making full circle of clock. Return but go other direction
9. Cross right leg over left, lift pelvis and head, circle around clock clockwise then counter. Repeat with left leg crossed over right. Do little more quickly in both directions.

Discussion #125 – Diana Razumny

About ATM lesson

CD#13/T23 [7 min] DVD#S05-14 Scene 4 [7 min]

Day 65 Friday September 6, 2013

Discussion #126 – Diana Razumny & Steve Mulvihill

ATM teaching for tennis & seniors

CD#13/T24 [43 min] DVD#S05-15 Scene 1 [44 min]

Steve described his process of working with tennis players and later taking the Feldenkrais training in Santa Fe and applying the principles and then teaching ATMs. Who has already done it, what can I learn from them, and then apply it. Went through many ATM pieces to use with tennis players. Working with seniors:

ATM Teaching #34 – Diana Razumny

Studying Alexander Yanai #93

CD#13/T25 [104 min] DVD#S05-15 Scene 2 [16 min] & Scene 3 [88 min]

Going through notes like study group. Looking online to IFF AY searchable database. Show AY hard copy Volume 2 part B. ATM #70 from our first summer – Esalen #15 All 4's, sliding feet to side, sitting back, flex/extend ankles.

Discussion #127 – Diana Razumny

Anatomy video of hip, knee, foot

CD#13/T26 [20 min] DVD#S05-15 Scene 4 [22 min]

Website – www.eorthopod.com

FI Exploration #77 – Diana Razumny

Movement observation

CD#13/T27 [54 min] DVD#S05-15 Scene 5 [24 min] & Scene 6 [30 min]

Half class side lie, knees/hips at 90, lift/lower heel (panoramic photo?) Then small piece of ATMs exploring the hip, knee, foot relationship on all fours and front for movement observation.

ATM Lesson #159 – Diana Razumny

Coming to sit, scissoring legs, pivoting on belly

CD#13/T28 [48 min] DVD#S05-15 Scene 7 [48 min] Source: July 10, 80

1. On L side, R arm in 'frame' out in front, hand on floor, L long arm under head, knees/hips bent up, stacked. Slide L leg/knee down so R knee/leg come to floor in front/above L. Rvrs.
2. Same position, slide R leg long few times then alternate legs straightening/bending.
3. On front, L arm down by side, face R, R arm frame, slide R leg/knee up to R few times, stay bent up, slide L knee up to R and under R bend leg. Slide up/down few times.
4. Rpt, then leave L knee bent up to side, straighten R leg down few times then alternate legs.
5. On front, arms up by head. Face R, cross straight R leg over L leg, bring L knee up to R side. 'Push-up' arms, elbows in air, rpt.
6. Rpt, push up to side sit. Rpt few moves from of above on L side. Alt side/side coming to side sit from front.
7. Push-up hands, look at wall overhead, bring both knees up to R side, keep looking at wall, swivel on pelvis to bring feet towards wall you're looking. Rvrs.
8. Sit, lean on hands behind, feet on floor, lift feet to balance on butt, send feet/legs around to R, then behind and come onto belly.

Day 66 Monday September 9, 2013

Discussion #128 - Diana Razumny

Checking in

CD#14/T01 [9 min] DVD#S05-16 Scene 1 [9 min]

ATM Lesson #160 - Diana Razumny

Folding, straight leg to ceiling, circling, on back and sitting

CD#14/T02 [56 min] DVD#S05-16 Scene 2 [56min] Source: AY#?

On back, stand feet, R ankle on L thigh, hold R foot w/L hand around outside edge, R hand behind head, lift head/foot towards ceiling. Hands interlaced behind head, stand feet, lift R foot to ceiling, lift head, circle leg. Repeat OS. Sit cross legged, hold R ankle w/L hand from under and R knee w/R hand wrapped around outside, lift/lower leg w/ help of hands, head towards knee. Repeat OS. On back, stand feet, knees together, feet wide apart, slide knees alternately in/down, lengthening out knee. Hands behind head, feet/knees together, lift legs, bend/unbend knees, lift head/feet towards ceiling. Repeat with legs, change arms to lengthen to ceiling when legs are lengthening. Pause, head on floor, explore lifting C7. On back, repeat original move of head/leg lifted, explore diagonals w/head/leg lifted. Repeat lifting foot/head towards ceiling with help of hand on each. Repeat, thinking of directing elbow towards knee. Sit, cross R over L, hang head, swing side/side, bring head/mouth to leg, going from ankle to knee, like lips could caress lower leg. Hold R leg like before, straighten L leg, foot resting on thigh, bend knee sliding foot so leg comes towards head. Repeat OS. Repeat above movement, roll back and then up to sitting again keeping head/leg near. Lengthen arms/legs in X position, explore diagonals, come from X to sitting then standing.

Discussion #129 - Diana Razumny

About ATM teaching project

CD#14/T03 [11 min] DVD#S05-16 Scene 3 [11 min]

Trios clustered into two groups, rotate teaching within group. Decide who is ready to start on Tues to teach within the cluster.

ATM Lesson #161 - Diana Razumny

Bridging, Part 1

CD#14/T04 [37 min] DVD#S05-16 Scene 4 [38 min] Source: AY#439 part 1

Stand R foot, R arm overhead on floor. Press R foot minimal amount, note R shldr blade, slide down? Add pressing back of head w/foot pressing, note back of R hand slide? Slide head to R, looking L/up. Lift R hip, look L/up, continue to see towards R hand, arm drapes head. Repeat OS. Stand R foot, L arm overhead on floor, R arm down. Slide arms, L up overhead, R hand down towards foot. Note head - Alt, roll head R. Roll L, look up, slide back of head R. Which brings R hand closer to R foot? Think back of head/sacrum. Repeat OS. Stand R foot, R arm long overhead. Push R foot, lift R hip, slide head R, look up/L, arm drapes across head. Continue, when R arm draped on head, bend elbow, lift in air, slide hand towards head, place on floor, leave there, slide head in/out of arm bridge. Eventually stand palm w/fingers pointing footward. Slide head in/out of arm bridge, pushing from foot. Keep hand standing, extend leg, turn head left, slide under R arm. Repeat OS. Stand feet, R arm overhead on floor, L arm down by side. Slide L hand to L foot. Add lifting L hip, reach to hold L ankle w/L hand. Repeat OS. Bridge both arms, press hands, back of head, tail to floor. Slide back of head down to look overhead. Arms down by sides, press/slide head, weight to elbows/forearms. Look overhead, coming onto crown of head if possible. Lift bent legs over chest, repeat, rolling pelvis/tail down.

Discussion #130 - Diana Razumny

About ATM teaching project

CD#14/T05 [72 min] DVD#S05-16 Scene 5 [72 min]

Discussion about how students are understanding and working with the lesson they are going to teach. About teaching an ATM (Gaby #11 - lift hip to extend opposite arm) to the Boulder students next segment. Worked on making an outline to teach from. Max did the movements. Talked about Boulder segment and interfacing with 4th year students.

ATM Lesson #162 - Diana Razumny

Bridging, Part 2

CD#14/T06 [40 min] DVD#S05-16 Scene 6 [40 min] Source: AY#439 part 2

On back, press head, elbows, sacrum. Gently explore sliding onto top of head. Stand R foot, R arm long overhead. Roll L, stand R hand by head, rtn to back. Use L hand to direct R elbow/press R hand. Rpt OS. Stand R foot, slide R hand to R ankle. Hold R ankle w/R hand, lift/lower R hip. Stand L hand near head, arch onto top of head. Rpt OS. Stand hands near head/shoulders. Slide onto crown of head. Stand feet, lift pelvis, hands to ankles. Lift/lower pelvis, direct knees over feet. Shoulders slide towards feet. Press head, slide onto crown. Stand feet/hands, Slide onto crown of head pressing hands. Rpt, add lift/lower pelvis. Direct knees over/away from feet. Create rolling on top of head. Stand feet, arms along side. Press head/elbows to slide onto crown. Stay on crown, lift pelvis. Stand feet, hold ankles. Pull ankles to bring pelvis/feet close. Knees go forward/down over feet. Slide onto crown. Interlace hands behind head, lift. Rpt w/feet standing. Lift pelvis/head. Head/pelvis remain lifted, rock up/down head to tail. Hold below kneecaps, push knees into hands, pull onto crown. Hold/lift head, lift bent knees, elbows/knees together, hold. Stand - Walk.

Day 67 Tuesday September 10, 2013

ATM Teaching #35 – Diana Razumny

ATM pre-practicum #1

Not recorded

Tony taught one group; Tadd and Max taught the other group of students their ATM project lesson.

Discussion #131 – Diana Razumny

About ATM teaching experience

CD#14/T07 [30 min] DVD#S05-17 Scene 1 [31 min]

Teachers shared first. Then students. On board things to notice in the teaching: vocal qualities, pacing (movements, noticing, rests), language, structure of lesson.

Discussion #132 – Diana Razumny

Video about fast and slow thinking

CD#14/T08 [43 min] DVD#S05-17 Scene 2 [44 min]

Video based on the book, "Thinking Fast and Slow" by Daniel Kahneman. Group discussion about video. How did this video stimulate your thinking about any aspect of the method.

ATM Lesson #163 – Diana Razumny

Scissoring legs #1

CD#14/T09 [56 min] DVD#S05-17 Scene 3 [56 min] Source: Amherst Year 2: July 15&16, 1981

On back, hip/shldrs dots/lines, diagonal scan. Roll each leg L individually then same time. Outside edge of L foot to floor, inside edge of R. Turn L foot L, outside edge touching, slide L, note R heel/shoulder. Turn R foot L, inside edge of foot touching, slide R, heel going back. Leave R foot slid back to R, add sliding L foot L/center. Start with just sliding L foot L, stay L, add sliding R leg back to R/center. Turn both feet L, slide both at same time, L to L, R to R, like leaping through air to L. Bring tog/apart. Reach through straight legs as they spread, relax into knees bending as come together. Stay w/legs open, seesaw breathing. Legs split to L, keep L leg straight, reach L hand to L foot. Keep both hands palm down on floor. Slide L foot towards L hand. Repeat on other side, legs split to L, take R hand to R foot behind. Alternate. Keep legs fixed distance apart when alternating, slide legs as a unit, L foot towards L hand, R to R, feel hinging in torso. Note head/face. Note torso. Arms straight out to sides, legs split to L, keep legs open/fixed, slide head/shoulders/arms L so L hand comes towards L foot where it is. Repeat to R. Alternate. Leave head/shoulders/arms in middle, scissor legs, note diff. Scissor legs L, open/close. Arms straight out, palms down, add alternating hands to feet w/each opening of legs. Legs close when arms/head pass through middle. Rtrn to simple scissor legs, stand feet, push foot/lift hip, compare L/R. Stand, arms out to sides, tilt L/R, sidebend? Twist? Rpt OS.

FI Exploration #78 – Diana Razumny

Review of segment #1

CD#13/T10 [5 min] DVD#S05-17 Scene 4 [67 min]

ATM Lesson #164 – Diana Razumny

Rolling on diagonal, arms & legs in the air, on back

CD#14/T11 [48 min] DVD#S05-17 Scene 5 [48 min] Source: ?

On back, reach R arm forward and a little L. Stand feet, lift L leg towards ceiling, take leg up/R so feel pressure along back side on diagonal towards R shoulder. Stand R foot, lengthen L leg forward again, take L leg little to R/up towards R shoulder. Return to R arm forward, directing down/L, add lifting head. Repeat, add pressing L arm into floor, feeling elbow can participate. L leg in the air again, take leg up/R. Build a big circle w/leg each direction. Feel around the top of the shoulders, ribs on each side, pelvis. Repeat with R hand on L knee/calf. Repeat with L arm/R leg. Both arms in front, hands as if holding dowel, take arms forward towards L hip, head/shoulders come away from the floor, repeat OS then alternate. Both feet to ceiling, repeat same ideas with legs as did with arms. As legs go towards L shoulder, L shoulder lifts. Repeat OS. L leg in air, hold L ankle with R hand, circle leg, make circle of pressure on back. Repeat OS. Rock on diagonal while holding ankle (or behind knee). Hold opposite ankles, rock on diagonals, circle middle back. Arms forward, holding dowel, lift R shoulder/head then both shoulders to come to sit on diagonal, repeat OS. Continue, use arm/elbow to help come to sit over one hip/other.

Day 68 Wednesday September 11, 2013

ATM Teaching #36 – Diana Razumny

ATM pre-practicum #2

Not recorded

Eleanor, Yolanda and Tim taught in one group; Leighann and Galen taught in second group.

Discussion #133 – Diana Razumny

About ATM teaching experience

CD#14/T12 [47 min] DVD#S05-18 Scene 1 [47 min]

Discussion #134 – Diana Razumny

Moshe Video: On Health

CD#14/T13 [49 min] DVD#S05-18 Scene 2 [49 min] Source: Amherst Aug 7, 1980

FI Exploration #79 – Diana Razumny

Review of segment #2

CD#14/T14 [53 min] DVD#S05-18 Scene 3 [107 min]

First Max's question about bringing his grandmother from lying to sitting. Demo with Max. Then switch roles from yesterday's review. After practice then demo with skeleton. Demo with Rubia. Full demo with skeleton reviewing all of the FI exploration this segment. Important for study.

ATM Lesson #165 – Diana Razumny

Scissoring legs #2

CD#14/T15 [33 min] DVD#S05-18 Scene 4 [33 min] Source: Amherst Year 2: July 15&16, 1981

Start like lesson #1, explore scissoring L/R. End w/scissoring to L. Scissor legs L then slide R leg over L to L, L leg back to R, open/close legs here. Reach through straight legs, keeping R shoulder back to R towards floor. Rpt OS (or wait till end in imagination). Repeat, arms straight out to sides, sliding hands towards feet alternately on opening of legs. Note shape/use of torso. Return to original scissoring, note diff. use of torso. Rpt OS (or wait till end in imagination). Scissor R leg over L to L, arms out, take L hand to R foot, R hand to L foot alternately with opening of legs. Stay w/L hand near R foot, roll head side/side. Leave head looking L, push belly out/down on exhale (seesaw), add lifting head. Look R, rpt. Repeat w/face to ceiling. Rpt OS (or wait till end in imagination). Return to simple scissor legs to L. Lie w/legs down, sense legs/pelvis lower back. Bring feet to standing, push foot to floor lifting side of pelvis, compare R/L. Other side in imagination?

Day 69 Thursday September 12, 2013

ATM Teaching #37 – Diana Razumny

ATM pre-practicum #3

Not recorded

Nicki, Mary Alice and Amy taught in one group; Katherine, Ashley and Rubia taught in second group. 2 groups shared.

Discussion #135 – Diana Razumny

About ATM teaching experience & self evaluation

CD#14/T16 [22 min] DVD#S05-19 Scene 1 [23 min]

Full group discussion. Then students do self evaluation: Do you feel you are ready to teach ATM to the public? What are your strong points as an ATM teacher? What are your areas/challenges you want to work with? How are you going to proceed to grow yourself?

ATM Lesson #166 – Diana Razumny

Judo roll prep, shoulder stand prep

CD#14/T17 [50 min] DVD#S05-19 Scene 2 [50 min] Source: AY#9

On back, feet stand, fists under pelvis, lift bent legs into air, swing spread legs overhead, feet towards shoulders. Add head lifting. Sit, arms out in front, swing whole body rolling backwards. On back, arms by sides, swing legs up and over, arms stay on floor. Press hands on floor to help swinging legs. On back, R foot standing, L leg long, swing L leg towards overhead, R bent leg follows behind. Pause, reverse legs and repeat. R foot standing, lift L foot, L hand holds L foot, straighten L knee. Continue, thinking of heel going towards ceiling. Pause, reverse legs. Hold both feet w/both hands, straighten knees, heels to ceiling. Note point along spine where you come to rest or balance when legs straighten. Sit, soles together, interlace hands behind head, elbows hang towards floor, fold/unfold spine while head continues to hang. Note lumbar. Sit, L foot standing, R long, lean on L hand, face L, hang head, R hand on L ear, R ear towards L knee, fold/unfold spine. R elbow outside L knee. Sit, L foot standing, lean on R hand, face R, L hand on R ear, L elbow towards R knee, fold/unfold spine. Sit, R foot standing, lean on L hand, face L, R hand on L ear, R elbow towards L knee, fold/unfold spine, head remains turned and hanging. Sit, R foot standing, lean on R hand, face R, L hand on R ear, L ear towards L knee, elbow to outside of L knee. Sit, soles together, interlace hands behind head, elbows hanging down, fold/unfold spine. Change? On back, hold feet, swing legs overhead, ease? Sit, swing back, catch pelvis w/hands, elbows support, stay up, straighten legs, feet to ceiling. Small move, lower straight legs towards floor. One leg at a time. Knees stay straight. Ref move: On back, feet standing, fists under pelvis, repeat beginning move, swinging legs overhead, note ease/difference.

FI Exploration #80 – Diana Razumny

Review of segment #3

CD#14/T18 [9 min] DVD#S05-19 Scene 3 [95 min]

Practice with new partner.

ATM Lesson #167 – Diana Razumny

Scissoring legs #3

CD#14/T19 [37 min] DVD#S05-19 Scene 4 [37 min] Source: Amherst Year 2: July 15&16, 1981

On back, diagonal scan, stand feet, tilt knees L/R. Note ease, compare R/L. Roll legs to point L, spread like for leaping. Do few times. Add sliding hands, palm down, alternately towards foot in front/back (R/L). Repeat on R side. Switch over legs so L crosses over R to the R, R reaches behind to L, scissor. Stay w/legs open, lift head to look at L hip. Hands on lower ribs, lift head on exhale, push belly out. Try on inhale, suck belly in. L hand on ribs, R behind head, lift head. Original scissor legs to R, hands on ribs, help ribs w/hands. Leave legs open, reach R hand to ceiling, lift/lower shoulder blade. Lift head w/arm. Lift/lower arm/head sequentially then in opposition. Alternately press/lift head/shoulder. (Lift head/press shoulder) Scissor legs as before, stay open, reach L arm to ceiling, lift head w/arm then alternately. Legs open to R again, both arms to ceiling, reach alternately, lift head w/each arm. Repeat w/head turned to R. Interlace hands, arms in hoop, roll hoop R, R elbow towards floor then to L. Lift head when elbow touches floor. Scissor legs w/arm hoops. Stand feet, tilt legs. Note ease/difference.

Day 70 Friday September 13, 2013

ATM Teaching #38 – Diana Razumny

Teach Gaby's lesson #11 from notes

CD#14/T20 [65 min] DVD#S05-20 Scene 1 [106 min] Source: Gaby #11

Teach Gaby's lesson using Tim's notes. 2 people head to head, one reads instruction, does it, leads partner through it – alternate giving instructions, reading, marking up copy with own notes. Then group discussion about experience. Galen shows stick figures on iPad. Long group discussion about teaching instructions and misunderstandings, language, process of improving your instructions over time.

ATM Lesson #168 & FI Exploration #81 – Diana Razumny

Judo roll prep, lengthening through straight leg, in partners

CD#14/T21 [24 min] DVD#S05-20 Scene 2 [32 min] Source: Diana Razumny

Show Boulder training video of Diana giving instructions. Demo first with Joan. Pairs: One on back on floor, other standing overhead. Bring pelvis in air, hold with hands, bring R knee to floor to R of head, stand L hand in bridge, straight L leg long to ceiling then overhead, partners hold L heel so they can take head through gap. Go back and forth, head back through bridge to roll a little onto shoulder, reverse, head comes back to starting. On hands/knees, R knee stays on floor, lengthen L leg, L hand on floor, take head through gap/bridge of L arm, lengthen L leg, partners hold L heel/ankle, lengthening out heel as head comes out of gap. Head comes in and out of bridging L arm with no weight on the head but directed onto the shoulder.

Discussion #136 – Diana Razumny

About ATM teaching certification & ATM practicums

CD#14/T22 [31 min] DVD#S05-20 Scene 3 [31 min]

About sending in your ATM certification form to the guild when finishing Year 2 on November 8th. About joining the guild as a student member. About teaching your project lesson and Gaby's lesson in Boulder next segment.

ATM Lesson #169 – Diana Razumny

Holding knee and foot, circling hip joint

CD#14/T23 [70 min] DVD#S05-20 Scene 4 [70 min] Source: AY#302 Releasing the hips by holding the feet

On back, stand feet, hands hold R knee, gently pull close to chest. Rpt w/L leg. Hold R knee w/both hands, circle knee, chg dir. Rpt OS. Hold R knee, circle foot at ankle, chg dir. Attn toes/heel. Cont quick/slow. Rpt OS. Hold R knee w/L hand, R ankle w/R hand, pull ankle R, knee L. Roll L, eventually R knee touches floor to L. Rpt OS. Hold R knee w/L hand, ankle w/R hand, circle lower leg, knee stationary, chg dir. Rpt OS. Same pos. circle foot only at ankle, chg dir. Rpt OS. Sit, L leg long in front, R leg bent backwards, lean on L hand, hold R knee w/R hand. Lift/lower R knee, eventually knee up over standing foot. Continue past standing to knee open to R. Alt knee in/out. Turn torso to accommodate knee to floor front/back. Rpt OS. On back, hold R knee w/L hand, R hand hold outside edge of R foot. L hand pulls R knee to L, R hand pulls R foot to R. Cont, rolling L, touch R knee to floor on L, R foot lifted. Rpt OS. On back, bent legs touching, hold edges of both feet from outside, R hand on R, L on L. Keep knees tog, separate feet, knees can go away from head down towards floor, feet spreading apart. Same pos, feet apart, make circles w/lower legs, chg dir. Legs long note: legs, pelvis, chest, shoulders. Walk, note legs.