

Day 71 Monday October 28, 2013

Discussion #137 – Yvan Joly

Introduction and speed dating

CD#15/T01 [17 min] DVD#S06-1 Scene 1 [33 min]

Diana introduces Yvan. Then speed dating for 2 minutes by pairs with each person from either Santa Fe training or Boulder training.

ATM Lesson #170 – Yvan Joly

Balance #1, oscillations, standing

CD#15/T02 [79 min] DVD#S06-1 Scene 2 [80 min] Source: ATM Book #1 & AY#299 Distribution of movement under belly button

At end of lesson Yvan talked about FI lessons with students this segment will be conducted after lunch in class.

Discussion #138 – Yvan Joly

What makes balance easier or more difficult?

CD#15/T03 [63 min] DVD#S06-1 Scene 3 [82 min]

Teams of 4 or 5. Create a list of what makes balance for a person easier and more difficult. Yvan have group stand. What is balance? Balance is certain arrangement of skeleton over polygon of support. It is however a place of action, a dynamic activity. Put your two feet very close, touching. Why is this more difficult? Jump and your feet come down to your normal spacing. Moshe coined acture, ready to act. Can you jump without preparation? Then feet together again and arms extended at shoulder height. More balance. Then two hands together overhead. More difficult raising your center of gravity. Stand on one leg and put arms out at height of shoulders. Put arms down, bring one leg up. Stand on one leg and put leg against side of other knee, put hands together and extend overhead, then close eyes. Then one leg up with other leg and arms extended, then close eyes. Age affects balance due to aging of inner ear, vestibular apparatus. Explained working of this apparatus. Then large group discussion. What facilitates balance?: spread your weight, breathing, available to move, softness, not lock any joints, wider base of support, center of gravity closer to the midline, eyes open, firm surface. Then what makes balance more difficult: getting old, fatigue, closed focus, rigidity, how you relate to your environment, higher center of gravity, alcohol, head injury, shoes. Then exercise of spinning. Then spinning while looking up and down. Stress tightens and lessens ability to adapt.

ATM Lesson #171 – Yvan Joly

Balance #2, sagittal plane #1

CD#15/T04 [46 min] DVD#S06-1 Scene 4 [46 min] Source: AY#112 The plane dividing the body, Part 1

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ATM Lesson #172 – Yvan Joly

Balance #3, sagittal plane #2

CD#15/T05 [48 min] DVD#S06-2 Scene 1 [48 min] Source: AY#115: A plane dividing the body part 2

FI Exploration #82 – Yvan Joly

Class FI lesson with Betty based on AY#112

CD#15/T06 [51 min] DVD#S06-2 Scene 2 [51 min]

Interview: pain in lower back on one side. Getting history including horse riding. First sitting pushing through knee, then having her walk and watching movement of sweater and sound of feet. Then lying on back with Yvan at head. Then at feet lifting right leg and whether hip can allow easy movement. Sitting on table with foot against abdomen, raising leg on inside instead of frog leg outside usual way of bringing leg up to standing. Balancing the leg in standing to be comfortable. At head lifting head and neck. Back to lifting right leg to outside. Lifting left leg to standing. With both legs standing finding comfortable position for legs to stand. Back to lifting head. Hand on board in midline moving from head to chest. Then both hands on board following midline from head to pelvis. Betty extends legs. Betty in sitting. Have Betty sit on large roller as in sitting on horse. Yvan lifting rear of roller so Betty rolls forward on pelvis. Then standing and walking.

Discussion #139 – Yvan Joly

About Betty's lesson

CD#15/T07 [15 min] DVD#S06-2 Scene 3 [15 min]

Have Betty put on glasses with closed eyes. Feel cheekbones and then open eyes. Answered questions from students. Max asks about theme of lesson. When experienced have so many options and have to be careful to not overload yourself or the student. About how Betty rides her horse in relation to her pelvis. Focus on the middle, organized through their center.

FI Exploration #83 – Yvan Joly

Guided exploration based on AY#112

CD#15/T08 [121 min] DVD#S06-2 Scene 4 [122 min]

Demo with Galen. First lifting head and moving in cardinal directions. Then standing right leg. Pairs are guided by Yvan. Demos with Michelle and Amy. Demo Matt with Yolanda. Then switch roles. Demo with Karin.

ATM Lesson #173 – Yvan Joly

Balance #4, sagittal plane #3, lying on the belly

CD#15/T09 [25 min] DVD#S06-2 Scene 5 [26 min] Source: Yvan: The plane dividing the body part 3, lying on the belly

Day 73 Wednesday October 30, 2013

FI Exploration #84 - Yvan Joly

FI practicum for Boulder students

CD#15/T10 [9 min] DVD#S06-3 Scene 1 [70 min]

Boulder students give Santa Fe students a full lesson.

Discussion #140 - Yvan Joly & Diana Razumny

About FI practicum

CD#15/T11 [73 min] DVD#S06-3 Scene 2 [75 min]

Yvan meets with Boulder students (recorded) and Diana meets with Santa Fe students (not recorded).

ATM Lesson #174 - Yvan Joly

Balance #5, hen pecking

CD#15/T12 [64 min] DVD#S06-3 Scene 3 [64 min] Source: AY#129: Pecking movements

Discussion #141 - Yvan Joly

Stability & instability

CD#15/T13 [32 min] DVD#S06-3 Scene 4 [32 min]

Short movement exercise (ATM?) following by talk.

ATM Lesson #175 - Yvan Joly

Balance #6, high point of the hip joint

CD#15/T14 [25 min] DVD#S06-3 Scene 5 [25 min] Source: AY#284

Day 74 Thursday October 31, 2013

ATM Lesson #176 - Diana Razumny

Sliding hand down legs in various ways, on back

CD#15/T15 [61 min] DVD#S06-4 Scene 1 [60 min] Source: Mia Segal/Gaby Yaron 1977 * 1978 Part 11

Discussion #142 - Diana Razumny & Yvan Joly

About teaching to the public

CD#15/T16 [42 min] DVD#S06-4 Scene 2 [42 min]

About use of language and images in teaching ATMs. Can always cause problems with someone. Keep images simple, clean and limit them. Very difficult not to use images but realize the potential impact. Nice to have time at end of lesson to get feedback to learn what works and what doesn't work for future teaching. Tailor classes for people you know. Implicit learning, embedded in lesson. Simple lesson good for teaching to the public. Joan about her student who attended. About proprioception. How Diana varied from original lesson.

ATM Lesson #177 - Yvan Joly

Balance #7, Jane Fonda, sidelying

CD#15/T17 [52 min] DVD#S06-4 Scene 3 [52 min] Source: AY#521: Knee's "Havdalah blessing: on the right side

FI Exploration #85 - Yvan Joly

Class FI lesson with Julie

CD#15/T18 [54 min] DVD#S06-4 Scene 4 [58 min]

FI Exploration #86 - Yvan Joly

Practice based on Julie's lesson and/or ATM

CD#15/T19 [13 min] DVD#S06-4 Scene 5 [73 min]

Trios trading off who works with student for ½ hour. Will repeat 1 more time today and the third person will work tomorrow. Use Julie's lesson and ATM lesson for ideas. Before switching demo with Joan.

Day 75 Friday November 1, 2013

ATM Teaching #39 – Diana Razumny & Yvan Joly

Practicum for Santa Fe students #1

CD#15/T20 [2 min] DVD#S06-5 Scene 1 [62 min]

Discussion #143 – Diana Razumny & Yvan Joly

Debriefing from ATM practicum

CD#15/T21 [80 min] DVD#S06-5 Scene 2 [85 min]

For those who received the ATM lesson, what is the one thing that if the teacher knew it would make them a better teacher? Teachers, write what you would like to hear from your students about your teaching so you can learn from their experience. Then full group discussion where groups report what they wrote.

FI Exploration #87 – Yvan Joly

Class FI lesson with Craig

CD#15/T22 [47 min] DVD#S06-5 Scene 3 [47 min]

Request about singing. Making sounds. Then on right side on table with Yvan sitting at head. Then various positions coming back to sound near end.

FI Exploration #88 – Yvan Joly

Practice based on Craig's lesson and/or Jane Fonda ATM

CD#15/T23 [29 min] DVD#S06-5 Scene 4 [1 min]

Trio rotates one final time from yesterday's practice and based on Craig's lesson and/or Jan Fonda ATM.

Discussion #144 – Diana Razumny & Yvan Joly

Community meeting

Not Recorded

Talked about how the combining of the 2 training groups has been going.

ATM Lesson #178 – Yvan Joly

Balance #8, nose circles, sub occipital muscles

CD#15/T24 [25 min] DVD#S06-5 Scene 5 [25 min] Source:

Day 76 Monday November 4, 2013

ATM Teaching #40 – Diana Razumny & Yvan Joly

Practicum for Santa Fe students #2

CD#16/T01 [64 min] DVD#S06-6 Scene 1 [70 min]

2 pairs of Santa Fe students teach. Each pair will teach 7 Boulder students and other Santa Fe students will observe. Rubia and Eleanor will be recorded. Nicki and Galen will not be recorded.

Discussion #145 – Yvan Joly

Debriefing from ATM practicum

CD#16/T02 [34 min] DVD#S06-6 Scene 2 [35 min]

Yvan's group discussion recorded about the teaching of Rubia and Eleanor. Diana's group with Nicki And Galen not recorded.

FI Exploration #89 – Yvan Joly

Class FI lesson with Margie

CD#16/T03 [48 min] DVD#S06-6 Scene 3 [48 min]

Interview. Margie brought up issue of wanting more internal sense of trust. Came up in discomfit. Worked with Margie on back. Working at head and then at shoulders. Later lifting leg. Going slowly.

ATM Lesson #179 – Yvan Joly

Balancing #9, C7/T1, proximal/distal

CD#16/T04 [44 min] DVD#S06-6 Scene 4 [44 min] Source: Yvan's arms extended to side + candelabra arms

FI Exploration #90 – Yvan Joly

Practice based on Margie's lesson

CD#16/T05 [44 min] DVD#S06-6 Scene 5 [56 min]

Yvan will guide Santa Fe students working with Boulder students to recreate some of Margie's FI lesson. Demos with Julie, skeleton and Betty. Then students will switch and Boulder students will work with Santa Fe students on their own.

Day 77 Tuesday November 5, 2013

ATM Lesson #180 – Yvan Joly

Balance #10, C7/T1 continued, forward and back

CD#16/T06 [64 min] DVD#S06-7 Scene 1 [64 min] Source: AY#257 & AY#18 Hanukah

Discussion #146 – Yvan Joly

Questions

CD#16/T07 [69 min] DVD#S06-7 Scene 2 [69 min]

Craig: About anxiety. Important part of Moshe's thinking. Also similar: fear, arousal, angst.... Yvan talked about growth, change, transitions and about the method intersects with these qualities. Betty: How can I help person on table what there role is if it there first lesson. Ways person would interact with me, allowing movement. They are doing something so they can understand something about the method. Yvan: Distinctions of intention of movement. 4 varied ways of introducing touch: 1) Indicative: person is lying on table and practitioner moves them and they do nothing but feel the movement, 2) Invitative: I am showing you something and then you do it with me, 3) Opposite: I go in one direction and you go in the opposite direction. 4) Reflective. Demo these 4 with Betty. Axis on board: words/no words & hands/no hands. Usually ATM: words with no hands: FI: no words with hands. But other combinations possible and suggested to not be limited by these definitions of ATM and FI. About Margie's FI lesson yesterday. When something is new it can be uncomfortable.

FI Exploration #91 – Yvan Joly

Class FI lesson with Maija

CD#16/T08 [63 min] DVD#S06-7 Scene 3 [63 min]

Interview: Discomfort in legs. About past lesson with Diana in relation to walking and not keeping changes. Theme: various movements of C7/T1 from ATM lesson. Had Maija walk first across room and notice pattern. Then lying on stomach, working with feet. Then on back with Yvan working with Maija's nostrils and then shoulders, pushing top of shoulder towards feet. Then work with shoulders. Then back to head and face, jaw, neck. Then arm and shoulder. At end pushing through feet and seeing movement through spine to head with changes in jaw. Fingers in nostrils and open and close them. Changes in nostrils and neck. Then on belly again. Finish in sitting.

Discussion #147 – Yvan Joly

About Maija's FI lesson

CD#16/T09 [9 min] DVD#S06-7 Scene 4 [9 min]

FI Exploration #92 – Yvan Joly

Practice based on Maija's lesson and C7/T1 ATM lessons

CD#16/T10 [1 min] DVD#S06-7 Scene 5 [59 min]

Day 78 Wednesday November 6, 2013

FI Exploration #93 - Diana Razumny

Santa Fe students give lessons

CD#16/T11 [4 min] DVD#S06-8 Scene 1 [60 min]

Santa Fe students give lessons to Boulder students based on their last segment FI explorations, arm and leg on side.

ATM Lesson #181 - Yvan Joly

Balance #11, extending arms overhead #1

CD#16/T12 [69 min] DVD#S06-8 Scene 2 [69 min] Source: San Francisco Year 2

Discussion #148 - Diana Razumny & Yvan Joly

Santa Fe student ATM ceremony

CD#16/T13 [25 min] DVD#S06-8 Scene 3 [34 min]

ATM Lesson #182 - Yvan Joly

Balance #12, extending arms overhead #2

CD#16/T14 [41 min] DVD#S06-8 Scene 4 [41 min] Source: San Francisco Year 2

Discussion #149 - Yvan Joly

Santa Fe student ATM ceremony

CD#16/T15 [19 min] DVD#S06-8 Scene 5 [19 min]

FI Exploration #94 - Yvan Joly

Extending arms overhead, on back

CD#16/T16 [6 min] DVD#S06-8 Scene 6 [25 min]

ATM Lesson #183 - Yvan Joly

Balance #13, turning the head around its circumference or in center

CD#16/T17 [30 min] DVD#S06-8 Scene 7 [30 min] Source: AY#6

Day 79 Thursday November 7, 2013

ATM Lesson #184 - Diana Razumny

Tilting legs, arms overhead

CD#16/T18 [62 min] DVD#S06-9 Scene 1 [62 min] Source: Mia Segal - San Francisco Evenings 1978 #12

Discussion #150 - Yvan Joly

About public ATM lesson

CD#16/T19 [44 min] DVD#S06-9 Scene 2 [44 min]

Discussion first about the lesson Diana taught. Then general discussion about teaching ATMs to the public. Problems and pitfalls and what is appropriate.

ATM Lesson #185 - Yvan Joly

Balance #14, extending arms overhead #3, crossed knees

CD#16/T20 [44 min] DVD#S06-9 Scene 3 [44 min] Source: San Francisco Year 2

FI Exploration #95 - Yvan Joly

Class FI lesson with Matt

CD#16/T21 [46 min] DVD#S06-9 Scene 4 [46 min]

Interview. Matt talked about past injuries. Started with sound and then on back with Yvan at head.

Discussion #151 - Yvan Joly

About Matt's FI lesson

CD#16/T22 [12 min] DVD#S06-9 Scene 5 [12 min]

FI Exploration #96 - Yvan Joly

Practice from Matt's lesson and extending arms overhead ATMs

CD#16/T23 [11 min] DVD#S06-9 Scene 6 [56 min]

Trios. Exploring themes from Matt's lesson and extending arms overhead ATM lessons. Please observe how I am doing this and help me improve (lifting arms overhead). Demos with Maija and Betty and Yvan.

Day 80 Friday November 8, 2013

ATM Lesson #186 - Yvan Joly

Balance #15, eyes and pearls

CD#16/T24 [68 min] DVD#S06-10 Scene 1 [68 min] Source: AY#26

Discussion #152 - Yvan Joly

Questions

CD#16/T25 [21 min] DVD#S06-10 Scene 2 [21 min]

Question: What do you do if someone dozes off or is not engaged? Question: On back, holding leg to bring leg up to standing. Demo: Tim. Question: How do you start lesson differently if you know you will work with them more than once? Question: What is common sense?

FI Exploration #97 - Yvan Joly

Review segment FI

CD#16/T26 [4 min] DVD#S06-10 Scene 3 [45 min]

Jane Fonda lateral, C7/T1 junction, extending arms overhead. Review, have one person do the movement in ATM, hands on. Trios with 20 minutes per person.

Discussion #153 - Yvan Joly

Balance theme this segment

CD#16/T27 [45 min] DVD#S06-10 Scene 4 [45 min]

Chart with sources and balance subthemes. Jean Ayres and sensory integration working with children. Comes from Lucy Miller who wrote, "sensational kids." Collection of articles on somatics in "Somatics" magazine (Autumn 1977). Sensation and vestibular apparatus, Chapter 9 in "Body and Mature Behavior." Benefits in spinning. And other sources. All the balance lessons this segment designed to affect the vestibular system. Why Yvan's has not been using the concept of function in his teaching.

Discussion #154 - Yvan Joly

Closure

CD#16/T28 [11 min] DVD#S06-10 Scene 5 [12 min]

ATM Lesson #187 - Yvan Joly

Balance #16, extending arms overhead #4, one leg standing

CD#16/T29 [52 min] DVD#S06-10 Scene 6 [52 min] Source: Yvan synthesis of balance