

Day 81 Monday March 31, 2014

ATM Lesson #188 – Diana Razumny

Twisting #1, taking arm from front to back, on side

CD#17/T01 [61 min] DVD#S07-1 Scene 1 [61 min] Source: [Diana's generic]

On R side, knees/hips bent at 90, L palm on R, lift L arm towards ceiling, out to side, hand in direction of ceiling, take arm back towards floor behind, eyes follow hand, stop when knee starts to lift, return Rpt OS. On R side, same position, L to ceiling, look at hand, head rolls. Stay w/arm to ceiling, roll head a little L/R, eyes stay on hand. Pause, return, when head rolls little forward, take L arm little back, rvrse, arm forward/head back, eyes stay on hand; allow eyes to go w/head while arm/head move in oppos small amt. Rpt OS. On right, L arm to ceiling again, straight out to side, face/head stays forward looking at R hand, lengthen/shorten L arm, hand gets closer to ceiling, reverse, shoulder blade slides towards/away from spine. Rpt, allow head/eyes to roll, w/L arm movement. Pause, rpt, add turning L arm around it's axis w/reaching/lowering, allowing head to roll. Rpt OS. On R side, roll head, face to ceiling, L arm/hand hold behind head, lift head to see L hip. L arm resting on floor behind, R hand under head, lift head. Interlace both hands behind head, elbows forward, lift head. Palms together, take L arm back, head/eyes follow hand. Take arm half way and make that the beginning point. Rpt OS.

Discussion #155 – Diana Razumny

Check in and overview

CD#17/T02 [30 min] DVD#S07-1 Scene 2 [31 min]

How is everybody doing? Discussed ATM lesson. What we are going to be doing this segment. Turn attention to the connection between ATM and FI. What are we really doing when we offer people lessons? Cursory visit to ATM teaching.

ATM Lesson #189 – Diana Razumny

Twisting #2, circling arms, on side (part 1)

CD#17/T03 [44 min] DVD#S07-1 Scene 3 [44 min] Source: [San Francisco Year 2]

On R side, arms straight out in front, palms together, slide L hand on floor overhead, around to behind. Look at hand as it circles around, note when it flips over. Hand may need to lift from floor at some point. Rpt, attn to details throughout, hand turning, shoulder, back, breath, ribs, pelvis. Rpt, stay twisted back with L arm on floor behind, circle R arm around overhead, hand stays in contact with floor/self, arm across chest, complete circle. Details of sensation? Rpt OS. Circle both arms at same time, full circle. Quicker. Rpt OS. Stay twisted with "top" arm back behind at shoulder height, top knee can be lifted a little if necessary, start taking top knee/hip forward, feeling through to point that effects head. Note spiraling movement through spine to the head. Switch legs to other side, rpt. On R side, L knee on floor in front of R, L arm behind, not touching floor, lift knee a little so arm comes to floor behind, lower knee to lift arm from floor, back of head on floor, face to ceiling, do amount of seesaw move of arm/leg so head doesn't move. Change level of knee/arm, knee a little more up, arm a little down so change the point around which you are pivoting/teeter-tottering. Explore different levels of arm/leg to feel different areas of the spine being asked to twist. Rpt OS. ROB, imagine spine, arm and leg lines very long to the walls. Then shrink it down so small enough to fit in matchbox. Stand, walk, head in middle, rotate around. {Complete lesson after lunch}

ATM Teaching #40 – Diana Razumny

Observe arm circling

CD#17/T04 [37 min] DVD#S07-1 Scene 4 [74 min]

Trios – 1 person on side, circling top arm like in ATM. Note: large picture of whole mvt; track timing of hand turning & head rolling; X-ray vision of shdr blade, ribs, spine. Person moving, give detailed desc of sensation of shoulder blade, ribs, spine.

FI Exploration #98 – Diana Razumny

Observe pelvis & shoulder girdle with arm circling #1

CD#17/T05 [10 min] DVD#S07-1 Scene 5 [33 min]

Same trios – How would you transfer the arm circling movement into an FI movement? Explore together. Discussion: ATM into FI process, large dynamic movements difficult with adults so go more proximal, figure out what's happening with hip/shoulders/ribs/spine & how might you use the limbs as handles on those major proximal parts or go direct. ATM moves can't always be a direct translation into FI. You have to look beneath the surface or closer to the center. Learn how to think about the transference. Then the handholds will get defined and refined by working with each person.

ATM Lesson #189 continued - Diana Razumny

Twisting #2, circling arms, on side (part 2)

CD#17/T06 [36 min] DVD#S07-1 Scene 6 [36 min] Source: [San Francisco Year 2]

See morning notes.

Day 82 Tuesday April 1, 2014

ATM Lesson #190 – Diana Razumny

Taking tail back #1, sitting back on heels

CD#17/T07 [58 min] DVD#S07-2 Scene 1 [58 min] Source: AY#450

Stand on knees, place hands on floor in front, ankles extended, sit back, pelvis towards heels keeping hands on floor. Slow/small many times, feeling into it. Head? Lower head while sitting back, lift when coming forward. Pause, repeat, do opposite with head. ROB. On knees, legs joined, toes/ankles extended back, repeat sitting back w/head down, coming up w/head up. Repeat, opposite w/head. ROB. On knees, legs joined, ankles extended, hands on floor, take tail back, belly forward, head up (extended), gradually increase speed. Small/fast many times. ROB. Repeat except let head hang while moving pelvis. Small/fast/many. ROB. On back, stand feet, lift lower back, roll pelvis, tail towards floor. Attend to chest that it's not making the movement. Lower ribs stay on the floor. Fingers just above pubic bone, feel coming forward/down. Quickly. Stand feet, outside of R ankle on L thigh near knee, open R knee to R, repeat moving pelvis. Contract/let go. Quick. Rpt OS. Stand on knees, legs joined, ankles extended, hands on floor, take tail back many times (same movement.) allow head to move. Explore both combinations of head looking up/down w/pelvis movement. Look up w/tail back, small & quick. Pause, leave head hanging, repeat, small & quick. Sit back towards heels, compare comfort to before. Join legs repeat. Pause sitting back, lower back arch/belly quickly. Add head looking up w/arch. Think belly in/out. Pause, hang head, repeat. ROB. On R side, legs bent, repeat movement of pelvis, tail up/back, belly forward/down, slowly then quickly. Pause, slide L leg along R so L knee resting on middle of lower R leg. Faster. ROB. Rpt. OS. Stand on knees, legs joined, hands on floor, take pelvis back towards heels, ease? Stay w/pelvis near heels, lift R arm up/front, as arm lifts take tail back/up. Stay w/arm up, make small quick moves of tail back. Rpt OS. Sit back towards heels, lift hands, bring them to hips. Use tipping of pelvis (tail back) to come onto knees, hands to floor. Few times then come to stand.

Discussion #156 – Diana Razumny

About ATM lesson and more

CD#17/T08 [32 min] DVD#S07-2 Scene 2 [33 min]

FI Exploration #99 – Diana Razumny

Observe pelvis & shoulder girdle with arm circling #2

CD#17/T09 [18 min] DVD#S07-2 Scene 3 [36 min]

Demos: skeleton & Max. Same trios as yesterday. Everyone feel own shdr blades via hugging w/one arm. 1 person lie on side, other 2 feel/define border of shdr blade. 1 person sit behind pelvis, 1 hand on pelvis, other on lumbar area, ride along/listen while person lengthen/shortens arm to side. Other person at head, 1 hand on shdr blade, other in front of shdr joint, ride along as person lengthen/shortens arm.

FI Exploration #100 – Diana Razumny

Riding along, person slides top leg forward while head/shoulder twisted back

CD#17/T10 [18 min] DVD#S07-2 Scene 4 [36 min]

New trios. 1 person on side, twisted back with forearm on forehead; 1 sitting under pelvis w/1 hand on front of knee, other behind pelvis; 1 sitting at head holding behind shdr twisted towards floor, other hand hold forearm on forehead. Person being touched, slide top leg forward while 2 touchers ride along listening to movement. Practice after lunch. Demo with groups.

ATM Lesson #191 – Diana Razumny

Twisting #3, taking arm from front to back, on side w/hips straight

CD#17/T11 [52 min] DVD#S07-2 Scene 5 [53 min] Source: AY#413

On back, scan feeling for contact behind heels, lower legs, knees, pelvis, blades, elbows, spine from tail. On L side, knees bent but hips straight, knees below hips, palms tog, arms straight out in front at shoulder height, lift R arm, follow w/head/eyes. Take arm only as far as head can follow (not eyes) and knee doesn't lift, return. Same position, take R arm to ceiling, following with head/eyes, cont. taking R arm back to R turning head/face to L, bring both back to middle, repeat. Note relation of inhale to direction head rolls. (read Moshe about breath) ROB, not sides. Rpt OS. Return to original move of follow hand w/head/eyes, note if head can follow farther. Imagine line or string from eyes to thumb so arm doesn't go beyond head movement. Also track if knee starts to lift, stop & return. Repeat, feel for when knee wants to lift & lift it intentionally & return, few times then return to going only as far as possible without lifting. Rpt 4 & 5 on other side. Return to taking head/arm in opposition. Pause, take arm/face to ceiling, bring arm down & wrap around over top of head to temple, open elbow to side, slide/bend arm/head to side keeping face to ceiling. Locate area of spine feel

movement stopping. Attention to exhaling. Pause, return to face/arm to ceiling, turning taking head/arm behind, compare to beginning, note when knee lifts. Rpt OS.

FI Exploration #101- Diana Razumny

Demos related to ATM lesson

CD#17/T12 [52 min] DVD#S07-2 Scene 6 [52 min]

Demos with skeleton, Rubia and Tony side lying and twisting, taking arm from front to back, on side with hips straight.

Day 83 Wednesday April 2, 2014

ATM Lesson #192 – Diana Razumny

Twisting #4, lifting head and bottom leg, on side

CD#17/T13 [51 min] DVD#S07-3 Scene 1 [53 min] [AY#415]

On R side, L bent knee on floor in front of R leg, palms together, lift L arm, take back little, head rolls to face ceiling, stay, lift head, combine (think it first) with lengthening R leg. Repeat, arm behind resting, lengthen, lift straight R leg with head lifting. Add L hand holding head to help the head lifting. Lift top arm towards ceiling again, take back behind only to comfort, stay twisted & do seesaw move of chest/belly. Repeat with arm a little farther back if comfortable. Return to lifting head/leg, arm helping head. Stay twisted, create hoop with arms in front, lift head/leg. Lift just head/shoulders, without leg, then add leg again. Circle top arm back, face to ceiling, bottom arm holding head, lift head/leg. Roll head between to hands while leg is lifted. Top arm wrapped over top of head (still in twisted position), other arm lengthened on floor overhead, slide head/arm to side, face to ceiling, do seesaw move of chest/belly, push belly out as head/arm slides. Return to taking top arm to ceiling then to floor behind and stay, use bottom arm to hold head, lift head/shoulders and straight bottom leg. Get up, walk around, return to floor, do short hand version on other side. (taught other side), students ATM exploration used these original notes.

Discussion #157 – Diana Razumny

Videos of dancers

CD#17/T14 [17 min] DVD#S07-3 Scene 2 [17 min]

African dance Videos –

Souskous – https://www.youtube.com/watch?v=bI_TdEmHeaA & Ghana guys in London street performance
<https://www.youtube.com/watch?v=d3IQS8eNcAQ>

FI Exploration #102 – Diana Razumny

Turning head and shoulder with legs and pelvis bent on side

CD#17/T15 [62 min] DVD#S07-3 Scene 3 [97 min] & Scene 4 [27 min]

Same trios as yesterday. 1. Observe each person lying on side, hips/knees bent 90/90, arms straight in front, taking top arm to floor behind, share changes from first day of shoulder coming to floor, back of head on floor, face to ceiling. If really easy, have top leg on floor in front of bottom leg. Identify where you think the twist in the spine is happening. 2. Person moving, move slowly, giving description of they are what sensing. 3. Brainstorm how to use FI approach to bring the person into that position with careful listening. After 2 students practice, class discussion about the process; chunking down into parts to move: shoulders, head, ribs, spine and combinations of these parts. Being creative. 3rd student on table after lunch.

ATM Teaching #41 – Diana Razumny

Reading through AY#415 lesson

CD#17/T16 [24 min] DVD#S07-3 Scene 5 [64 min]

5 groups read lesson to each other. Then there was full group discussion. Same lesson as this morning. Difficulty of translated from Hebrew original lessons in the AY series.

ATM Lesson #193 – Diana Razumny

Taking tail back #2, bending ankles, knees, hip, on back & standing

CD#17/T17 [26 min] DVD#S07-3 Scene 6 [26 min] [AY#449]

On back, legs joined, bend ankles/feet up/down. Allow knees to bend forward when feet bend up. Inhale as feet come up towards face, exhale as bend down/away. Add lift head when feet bend down. Switch, lift head w/feet bent up. Quickly. Stand, take tail back, bend R knee forward, lift heel, lift, step forward w/R foot, as weight comes onto foot, let tail drop in direction of floor. Rpt OS, alternate. Add, when knee lift, bring opp shoulder towards knee. On back, feet stand, lift hip, lift diagonal shoulder, do each quickly, combine lifting, then quick. Stand, take tail back, lift knee, opp shoulder forward, alt side/side. On back, stand feet lift hip, quick, slow. Lift opp shldr, quick, slow. Stand feet, take tail back/down to floor, quick. Arms/legs long, lift shldr, quick. Stand feet, alt lifting hips w/opp shldr, quick. Stand, take tail back, R knee forward, lift R leg, L shldr towards R knee, shift weight. Walk.

Day 84 Thursday April 3, 2014

Discussion #158 – Diana Razumny

Checking in

CD#17/T18 [16 min] DVD#S07-4 Scene 1 [16 min]

ATM Lesson #193 revisited – Diana Razumny

Taking tail back #2, bending ankles, hip, on back & standing, revisited

CD#17/T19 [48 min] DVD#S07-4 Scene 2 [49 min] [AY#449]

Revisit yesterday's #450, stand feet, roll tail to floor, add lifting fronts of feet, flexing ankles. On back, legs joined, bend ankles/feet up/down. Allow knees to bend forward when feet bend up. Inhale as feet come up towards face, exhale as bend down/away. Add lift head when feet bend down. Switch, lift head w/feet bent up. Quickly. Stand, take tail back, bend R knee forward, lift heel, lift, step forward w/R foot, as weight comes onto foot, let tail drop in direction of floor. Rpt OS, alternate. Add, when knee lift, bring opp shoulder towards knee. On back, feet stand, lift hip, lift diagonal shoulder, do each quickly, combine lifting, then quick. Stand, take tail back, lift knee, opp shdr forward, alt side/side. On back, stand feet lift hip, quick, slow. Lift opp shldr, quick, slow. Stand feet, take tail back/down to floor, quick. Arms/legs long, lift shldr, quick. Stand feet, alt lifting hips w/opp shldr, quick. Stand, take tail back, R knee forward, lift R leg, L shldr towards R knee, shift weight. Walk.

Discussion #159 – Diana Razumny

About having a mentor

CD#17/T20 [9 min] DVD#S07-4 Scene 3 [9 min]

Read evaluation from Boulder training. Talked about seeing a seasoned practitioner to get feedback.

ATM Lesson #194 – Diana Razumny

Twisting #5, seesaw moves while twisted, on side

CD#17/T21 [82 min] DVD#S07-4 Scene 4 [85 min] [AY#430]

On R side, extend arms in front, palms together, L knee on floor forward of R leg, R leg straightened a bit, lift straight L arm, follow hand with eyes/head. What stops hand from going to floor behind? Allow L knee to lift. Continue, allow L hand to come towards floor in back, knee lifted then start returning knee to floor, hand will come a little away from floor. Take arm to floor behind again, allow knee to lift, stay there, expand chest, pull in belly, visa versa. Do "seesaw" movement small/quick. Lower knee to floor, note if hands stays closer to floor. Repeat-other side. On R side, L knee on floor, turn face to ceiling, L hand on forehead, turn head L, eyes follow elbow. Stay with head rolled L, lift L knee until elbow touches floor, lower knee so elbow lifts, moving from pelvis. Remain with elbow on floor, knee lifted, do "seesaw" movement of chest/belly. Pause, take knee to floor, elbow lifts and repeat "seesaw". Repeat-other side. On back, arms out at shoulder height, palms to ceiling, R leg in air to ceiling, R leg to floor on L. Follow foot with eyes. As foot comes near floor, extend through heel, allow R shoulder to lift. Remain with R leg to L, do "seesaw" moves. Same position, stay with R foot on floor to L, hold over top of head with R hand, slide head/arm down to R, face stays towards ceiling, allow shoulders/chest to turn R. Stay with head to side, do "seesaw", quickly. Repeat-other side. On front, arms out at shoulder height, bend knees, L ear on floor, join knees, take heels to butt, bend toes up, then extend legs/feet/toes. Repeat with just R leg then L. On front, legs touching, knees bent, separate feet. Stay with feet apart, knees touching, move pelvis R/L. Repeat with face to L.

Pause in lesson. Demos with Max and Tony. Group discussion about elements of lesson. Then finished last few steps.

Discussion #160 – Diana Razumny

Questions

CD#17/T22 [19 min] DVD#S07-4 Scene 5 [19 min]

FI Exploration #103 – Diana Razumny

Twisting Demo with Tadd, review plus

CD#17/T23 [56 min] DVD#S07-4 Scene 6 [57 min]

Starting with some twisting from head/shoulders and moving towards pelvis/legs.

ATM Lesson #195 - Diana Razumny

Taking tail back #3, getting to know the hip joints

CD#17/T24 [36 min] DVD#S07-4 Scene 7 [36 min] [AY#241]

Sit, legs long/spread, w/o leaning on hands, roll pelvis to extend low back. Pause, legs straight in front & tog, note ease, knees near floor. On back, stand feet, lift low back, push belly forward. Pause, lift R foot, hold R knee w/interlaced hands below kneecap, roll pelvis as before, low back lifting. Note knee: stays, moves away, mvs towards head? Bring knee towards head while pelvis rolls down. Sit legs straight/spread. Note ease, R knee near floor? Roll pelvis, belly forward. ROB. Stand feet, roll pelvis, rpt w/L knee. Attn: pelvis/leg mv same time. Mv just pelvis/low back, note if knee mvs away. Rtrn to bringing knee to head while rolling pelvis down. Pause, mv knee tiny amount w/o pelvis, few times then add pelvis rolling, lifting lumbar. Rest, legs long. Stand L leg only, non-hab interlacing, hold L knee, lift/lower lumbar. Add bringing knee to chest. Rest, legs long, note behind L knee. Sit, legs long, note ease, knees. Roll pelvis, arching lumbar. Stand feet, R ankle on L knee, hold R ankle w/L hand, below kneecap w/R hand, lift/lower lumbar. Add bringing leg near chest. Tiny mv. Rtrn to interlaced hands below R knee, rpt mv of lumbar & knee. Rest w/legs long. Sit, legs long in front, note knees near floor. ROB Rpt OS - hold L lower leg. Rest, compare legs. Sit, legs spread, compare to beginning. Arms straight out in front, bend knees as necessary, arch back, arms raise a bit. Pause, legs straight, arms down, hold pants of R leg, arch back, lift R leg, think pushing heel away to straighten leg. Rpt w/L leg.

Day 85 Friday April 4, 2014

ATM Lesson #196 – Diana Razumny

Twisting #6, bending backwards, touching heels, standing

CD#17/T25 [48 min] DVD#S07-5 Scene 1 [48 min] [AY#437]

Stand, feet slightly spread, take pelvis forward, allow knees to bend when happens, take chin from chest, eyes look up. Rpt small/quickly. Rpt w/face to L, look to L heel, lift R heel, note shoulders turning. Rpt OS. Alt. Explore ea heel lifting. ROB. Rtrn to orig., looking up, lift both heels. Stay w/head back, pelvis forward, lift R heel, quickly. Rpt OS, then lifting both heels. Attn to no pressure on toes. Both hands to L, pelvis forward, look to L heel, think hands to L heel, lift R heel, lift L heel. Lift L heel quickly many times. ROB. Rtrn to orig. move. Stay back, lift R heel many times, then L heel, then both. Both hands to R, rpt from OS. ROB. Stand, arms out to sides, shldr height, rpt pelvis forward, looking up, several times. Stay looking up, lift one heel, other, both. ROB. Stand, both hands to L heel, lift L heel. Rpt to R. Alternate. Kneel on R knee/L foot, L hand on L knee, R hand on R heel, bring pelvis forward, add L arm to ceiling, turn head, look to R/L hand alternately. Rpt OS.

Discussion #161 – Diana Razumny

Videos

CD#17/T26 [8 min] DVD#S07-5 Scene 2 [8 min]

Gravity baby <https://www.youtube.com/watch?v=pm72DAEOh_o&feature=player_embedded>

Centerofgravity cartoon <<http://biomech.ftvs.cuni.cz/pbpbk/kompendium/biomechanika/images/teziste.gif>>

Judo <<https://www.facebook.com/photo.php?v=791992654152985&set=vb.100000267745193&type=2&theater>>

FI Exploration #104 – Diana Razumny

Twisting from the pelvis and legs

CD#17/T27 [16 min] DVD#S07-5 Scene 3 [90 min]

Discussion about Tadd's lesson yesterday afternoon. Trios practice ideas of twisting from the pelvis up towards shoulders.

FI Exploration #104 continued – Diana Razumny

Discussion and more twisting from the pelvis and legs

CD#17/T28 [34 min] DVD#S07-5 Scene 4 [73 min]

Discussion about exploration from before lunch. Demo with Tim. On back, first have person lift hip on one side and then other side and observe, then practitioner tilt pelvis and work from both sides; On back, legs standing, cross one leg over and tilt towards that leg; at end on stomach, tilt pelvis.

Discussion #162 – Diana Razumny

Summary of week

CD#17/T29 [13 min] DVD#S07-5 Scene 5 [14 min]

ATM Lesson #197 – Diana Razumny

Twisting #7, reaching for heels behind, on side

CD#17/T30 [43 min] DVD#S07-5 Scene 6 [44 min] [AY#227]

Lie on R side, knees bent, feet behind, hips are open in front, take L arm behind on floor, leave there, roll head R and back to face ceiling. Rpt OS. Same position, on R side, R arm little overhead on floor, L arm wrapped over top of head, slide head down/back, feel belly moves forward. Rpt OS. Rpt position on R side, lift/lower L knee while head/arm stays down to side. Same side/position, sliding head/arm down to R, take L hip forward. On L side, take R arm/hand down back towards heels behind; add lifting R leg and bringing ankle to meet the hand, hand to ankle. Rpt OS. On R side, (twisted as usual), hands behind head, lift head, bring L hip forward. On L side, twisted, reach R hand to L heel/ankle behind, lift head to reach.

Day 86 Monday April 7, 2014

Discussion #163 – Diana Razumny

Videos, Matrix and Descartes

CD#18/T01 [7 min] DVD#S07-6 Scene 1 [8 min]

Matrixbullets https://www.youtube.com/watch?v=xZ0OUq_kDh8

<https://www.youtube.com/watch?v=bKEcElcTUMk>

matrix-descartes https://www.youtube.com/watch?v=BPYMN_tbWak

skeleton xray <http://vimeo.com/81836814>

ATM Lesson #198 – Diana Razumny

Taking tail back #4, foot through gap, twiddling toes, on back arching onto top of head

CD#18/T02 [73 min] DVD#S07-6 Scene 2 [74 min] [AY#431]

On back, stand L foot, open R knee to side, slide R foot through gap of L foot/pelvis. Stay w/foot through gap, slide L arm/hand towards L heel. Add, L arm over top of head, slide head/shoulders down/L. Pause down to side, reach R big toe with L hand, fold big toe towards sole of foot then bend it up. Stay w/R foot through gap, bring outside of L ankle to rest on R thigh, hold and fold the L big toe. Add holding R big toe w/L hand so holding both feet w/both hands, turning the feet, soles towards ceiling so the knees go towards the floor. Foot through gap, bend each toe. Rpt OS. Have both feet in hands, legs cross (like before), hold feet, take knees away/down, slide onto top of head. Switch legs, repeat. Arms/legs long, push belly forward, slide back of head to come onto top of head. L foot through gap, bend toes, bring L leg out and place outside of L ankle on R thigh, R foot still standing, bending toes, slowly straighten R leg, cont. bending toes. Hold both feet, legs crossed, take knees towards floor, slide onto top of head. Hold both feet, legs crossed, swing legs overhead and roll up to sit. Rpt several times then switch leg crossing and handhold while legs/feet are overhead.

Discussion #164 – Diana Razumny

Videos, center of gravity in FM

CD#18/T03 [35 min] DVD#S07-6 Scene 3 [61 min]

Japdancermatrix <https://www.youtube.com/watch?v=cn-NsWRtaSY>

Video: Olympic skating video of center of gravity

<http://www.huffingtonpost.com/2014/02/06/science-of-winter-olympic-videos_n_4696561.html>

Discussion in trios. Why are we interested in center of gravity in the Feldenkrais Method?

FI Exploration #105 – Diana Razumny

Shifting weight, standing; pushing from the foot, on back; twisting the bones of the foot, open knee to side

CD#18/T04 [41 min] DVD#S07-6 Scene 4 [20 min] & Scene 5 [90 min]

In trios for all 3 explorations. Demo with Rubia. Feel long spine & shifting weight while standing. One person sits on table, other stands with back to that person, 3rd observes from side/profile. Hands at the top of the pelvis, shift weight forward/back, note adjustments at: ankles, knees, hips, low back, chest, head (on board). Shift side/side, note: symmetry of ease to sides; path of pelvis, if pelvis turns; adjustments above pelvis. Stay over 1 leg and go forward/back, turn, listen for easy path.

Demo with Diana. One person lying on back, one pushing from foot, sensing force moving through from ankle/foot to knee to hip joint, note pelvis response then up through spine to head.

Demo with Tadd. Twist bones of foot/toes to open knee to side.

Video of Descartes at end: <https://www.youtube.com/watch?v=BWH00ugAeEc>

ATM Lesson #199 – Diana Razumny

Taking tail back #5, lowering heel, taking hip back, standing at chair

CD#18/T05 [24 min] DVD#S07-6 Scene 6 [24 min] [AY#443]

Stand behind chair, hands on back of chair, bend R knee, lift heel. Place heel gently, note back/head/eyes. Rpt w/R foot half step back. Note hip joint moving forward/back. Breath. Heel bone doesn't come to floor. Rpt OS. Lean on R forearm on back of chair, rpt movement. Note head/back, not intentional but moves up/down? Rpt OS. Walk backwards, heel touches lightly, feel erecting w/each step. Walk in circles backwards to R/L.

Day 87 Tuesday April 8, 2014

Discussion #165 – Diana Razumny

About ATM lesson from yesterday

CD#18/T06 [13 min] DVD#S07-7 Scene 1 [13 min]

ATM Lesson #200 – Diana Razumny

Twisting #8, arm/leg in opposition, on side

CD#18/T07 [49 min] DVD#S07-7 Scene 2 [49 min] [AY#434]

On R side, roll head/shoulders to face ceiling, stay, roll head w/L palm on forehead. Rpt OS. R side, L palm on forehead, when elbow is pointing towards ceiling, L knee lowers, as elbow moves back (to L) w/head roll, L knee lifts. Rpt OS. On R side, L palm on forehead, take elbow/knee in direction of ceiling, move elbow/knee small moves in opp directions. Rpt. OS. On L side, straighten R leg forward, arms straight out to sides at shoulder height, lift straight R leg and straight R arm so both (hand&foot) end up pointed to ceiling, rtn. Rpt position, bring hand/foot little from floor, lift/lower arm/leg at same time, staying lifted from floor whole time. Stay w/arm/leg just off floor and teeter tauter lifting/lowering hand/foot alternately. Leave arm/leg towards ceiling and move in opp directions. Rpt OS. On L side, same position, straight arm/leg moving opp, stay w/arm/leg close/parallel with floor, take arm/leg upward towards head and then both down in direction of feet. Rpt OS. On L side, roll head w/R hand, slide R knee/leg forward as head/elbow goes back to R. Rpt OS. Stand, take hip/shoulder in opposition directions.

Discussion #166 – Diana Razumny

Videos & Betty's presentation

CD#18/T08 [52 min] DVD#S07-7 Scene 3 [52 min]

Center of mass video animation of skeleton doing back flips. Animation using motion capture (20 year dream of mine)

center of mass: <https://www.youtube.com/watch?v=HSW8gXmOazs>

motion capture: <https://www.youtube.com/watch?v=79yH4fCXv88>

buffy's: <https://www.youtube.com/watch?v=OR6TdK-zdvY>

Betty's presentation from Body and Mature Behavior. Announce Betty's posting on FB. Discussion afterwards.

FI Exploration #106 – Diana Razumny

Sitting, turning, feeling along the spine, sensing knees to hips

CD#18/T09 [16 min] DVD#S07-7 Scene 4 [37 min]

Demo with Diana. 1. Person sits on table, have them turn to look around themselves. Push from front of knee, note movement through, think of tail, note if movement travels above pelvis. 2. Fingers at front of knee, have person push into your fingers, watch for movement of tail/shoulders/twisting. Have them bring both hands to one knee, push other knee forward. Do each side, note ease, how much turning over each hip, ease in looking around behind on each side.

FI Exploration #107 – Diana Razumny

Sliding leg up, circling hip joint, left/press

CD#18/T10 [41 min] DVD#S07-7 Scene 5 [75 min]

Demo with Tony. 1. Person on back, use turning foot to take knee out to side, lift leg, knee over (in front of) hip. Use foot to help circle knee in front of hip joint. Find small smooth circle. 2. Pause with knee directly forward of hip joint, apply small amount of pressure at front of knee into hip joint, slowly, asking for feedback. Have them let you know if it's something they like and if they want you to hold it there a few moments. Pause, lift, lengthening out of hip joint, bringing knee straight forward. Circle knee, return leg to table in same pathway as coming up.

Discussion #167 – Diana Razumny

Video, Moshe on physics

CD#18/T11 [14 min] DVD#S07-7 Scene 6 [15 min]

moshe/physics: https://www.youtube.com/watch?v=v9Cq_c0IIBc

Day 88 Wednesday April 9, 2014

ATM Lesson #201 – Diana Razumny

Twisting #9, on side, twisting and side bending

CD#18/T12 [32 min] DVD#S07-8 Scene 1 [32 min] [AY#440]

On back, read thorough scan directly from Moshe's lesson. Ten movements of big toes up/down. Interlace hands behind head, lift head few times. L arm straight out to side, shoulder height, roll pelvis, whole self to L, knees/hips at 90 degrees, take straight R arm to ceiling, look at hand with eyes, roll backwards so arm goes behind, feel when R knee wants to lift from L, allow it so back of R hand can come to floor behind. Repeat, remain with R knee lifted as much as needed, return R knee to L knee, pulling arm away from floor then lift R knee just so R arm/hand can return to floor. Movement happens from pelvis rolling forward/back. Similar but when knee is lifted, think of taking it forward, lengthening out beyond L knee. Repeat-OS. On L side, R arm and head move back to R, face to ceiling, wrap R arm over top of head to hold L temple, slide head/arm down to R. Repeat – other side. On L side, repeat holding over top of head with R arm, face to ceiling, as you slide head/arm down to R, take R leg/knee forward in direction beyond L knee, movement coming from back so pelvis and chest are moving in opposite directions. Feet stay together while R knee lengthens beyond L. Feel through whole spine. Repeat- other side. On L side, roll head so face is to ceiling, interlace hands behind head, lift head with arms. Note R knee moves with head lifting. Exhale as you lift. Direct the R knee beyond the L as you lift the head. Pay attention face remains in same plane as you lift, nose forward to ceiling, not rolling to side. Repeat – on other side. Stand feet, interlace hands behind head, lift knees towards elbows, lift head, elbows towards knees. Have the breathing in/out create the movement of together/apart of knees/elbows. Lie with arms/legs long, imagine/think long legs, spine, arms, wide shoulders, head moving up away from spine. Note breathing.

Discussion #168 – Diana Razumny

Video: Descartes

CD#18/T13 [38 min] DVD#S07-8 Scene 2 [37 min]

Video about philosopher Descartes: <https://www.youtube.com/watch?v=qFGdA9PbLpY> Then group discussion.

ATM Lesson #202 – Diana Razumny

Taking tail back #6, lift/lower front of foot, straightening knee, touching big toes, standing

CD#18/T14 [54 min] DVD#S07-8 Scene 3 [54 min] [AY#444]

Stand, feet little spread, bend head/back, folding, arms hang; add bending knees; add lifting R heel, R knee floats forward, R side of pelvis comes forward, note turning so head is going to L as R hip comes forward. Walk, stop, rpt OS. Rpt orig bending, alternate lifting R/L heels. Note head goes opp lifting heel. Add, hands on knees. Attn: no pressure on toes. Walk. Bend, hands on knees, when bending R knee more, lifting R heel, also slide R hand down lower R leg (outside), hand sliding down coordinated w/heel lifting. Erect slowly. Rpt OS. Walk. Bend/fold, arms hanging, lift both heels. Attn: no pressure on toes. Walk. Hands on knees, alt lifting heels. Add sliding R hand down inside of lower L leg. Walk, rpt OS, L hand down R leg. Walk. Bend both knees, lift both heels, slide both hands down outsides of respective legs. Starting w/hands at knees, lifting heels/hands sliding are simultaneous. While hands are near floor/heels, alternately lift heels, quickly. Lift both heels same time, faster. Walk. ROB. Stand, bend/fold, arms hanging forward. Pause, lift front of R foot, heel stays on floor, R knee straightens, pelvis turns, L side of pelvis comes forward/R backwards. Add, R hand slides down inside of lower L leg, as R foot lifts. Pause, rpt OS. Walk. Rtrn to lifting R foot, L hand slides down inside R lower leg, reach for R big toes. Pause, walk, rpt OS. Bend/fold, lifting fronts of both feet. Add hands coming towards big toes, R to R, L to L. As fronts of feet lift, knees straighten, hands/toes come together. Pause, walk. Bend/fold, hands sliding down outside of lower legs while heels lift. Alternate, think of holding heel as hand approaches. Walk. Bend, lift toes of R foot, both hands slide down R lower leg. Straighten knee, heel to floor, pelvis to L. Rpt w/L leg. Both hands to both feet, lift feet, hold big toes, straightening knees. Walk. Stand, fold, arms hanging forward, note hands near floor.

Discussion #169 – Diana Razumny

Video: Slomo

CD#18/T15 [20 min] DVD#S07-8 Scene 4 [20 min]

Slomo Video: <http://www.nytimes.com/video/opinion/10000002796999/slomo.html>

ATM Lesson #203 – Diana Razumny

Taking tail back #7, bending ankle, knee, hip, on side

CD#18/T16 [50 min] DVD#S07-8 Scene 5 [48 min] [AY#456]

On R side, L hip back, take tail back, chin lifts from throat, head back. Add bend R foot up w/hip/tail going back. Add heel comes to butt when lower back arches to take tail back. Rpt w/L leg lifted. Ankle, knee, hip all fold as tail goes back. Quick. Include head/chin. Rpt. OS. On back, feet stand, tail to floor, add frt of foot lifted, lean on heels. Alt legs. Rtn to both legs. On R side, bend feet up/down, add tail/hip back, feel up to head/chin, quick. Rpt OS. Stand, join legs, take tail/head back, knees/ankles/hips bend, chin forward/up.

Discussion #170 – Diana Razumny

Video: Heidegger

CD#18/T17 [59 min] DVD#S07-8 Scene 6 [60 min]

Video about philosopher Heidegger: <https://www.youtube.com/watch?v=UF8f3Y2KRfc>

Day 89 Thursday April 10, 2014

ATM Lesson #204 – Diana Razumny

Twisting #10, reaching for foot behind, on side

CD#18/T18 [42 min] DVD#S07-9 Scene 1 [42 min] [AY#441]

Scan, all places making contact and not, shaping of breathing, lower belly/back. On R side, bend knees, take down under hips so feet are behind, slide bent legs back behind, head back, whole body back. On R side, knees/lower legs bent back, head/shoulders rotated back to L, reach for L heel, L hand towards L heel. L palm facing forward towards ceiling, reaching down, head/shoulders slide L, face stays to ceiling. Cont, add sliding L hand to foot. Rpt OS. On R side, rpt first move of extending whole self, stay twisted to L, L hand down in direction of L foot, slide foot towards hand, reach to hold foot, thumb w/fingers, several times. Reach for foot, hold/lift foot. Rpt OS. On R side, L knee on floor in front, L hand stand in front, slide R bent leg back, pause, twist to bring L arm/hand behind, slide L hand in direction of R foot. Pause, cont, reach hand to foot. Rpt OS. Rpt, reach to hold "top" foot w/hand, lift/lower foot. On back, hands lift head, stand feet, lift head/leg, knees/elbow tog.

FI Exploration #108 – Diana Razumny

Pushing through sit bone & connecting spine & knee

CD#18/T19 [46 min] DVD#S07-9 Scene 2 [82 min]

Demos with skeleton and Galen.

1. ways of rolling the pelvis,
2. pushing from sit bone, show muscles attaching to sit bone. Direction of push determines spinal response.
3. observing 1 out of trio on side, using top hand to roll head back, look at top leg and if would need support and behind head – look at each in trio, all lying in a row– first all the a's, then b's, c's. demo people point to where they feel the top/bottom twist meet.
4. In trios, person brings self into twist, 1 person pushes sit bone, other rides along at C7.
5. Person on side, one person has hand on knee, other hand at spine anchored to feel for push from knee.

FI Exploration #108 continued – Diana Razumny

Pushing through sit bone & connecting spine & knee continued

CD#18/T20 [21 min] DVD#S07-9 Scene 3 [52 min]

Group discussion about practice before lunch. "Why do this?" discussed. Demo with Katherine. Trios practice.

Discussion #171 – Diana Razumny

Video: Wittgenstein

CD#18/T21 [75 min] DVD#S07-9 Scene 4 [76 min]

Audio only lecture on Ludwig Wittgenstein: <https://www.youtube.com/watch?v=TNaBRR-XeAs>

ATM Lesson #205 – Diana Razumny

Taking tail back #8, bending ankle, knee, hip, on side continued

CD#18/T22 [35 min] DVD#S07-9 Scene 5 [35 min] [AY#457]

On R side, take L hip back, quick. Attn: L shldr forward, chin/jaw. ROB. R side, take L shldr forward, relation to chin/jaw, head moves backwards. Just the shldr w/o head/chin, pause, now just chin/jaw w/o shldr. Put tog again, add L hip back, feel ribs/armpit against floor, sternum forward/up. ROB. On R side, bend L ankle, foot towards face, quick. Pause, cont. add bring heel to buttock. Add L hip moves back, bend foot/knee/hip, knee to face, quick. Add in the chin, quick. ROB, note sides, stand, walk. Rpt on L side. On back, bend knees, roll tail to floor, note head/chin, quick. Stand feet, rpt tail back, lift front of feet, lean on heels, quick. On R side, bend both feet to head; bend/extend, quickly, sensing small toes, edges of feet form of feet tog. Just L foot, just R foot, both. Take heels to butt, knees to chest, hip back, shldr/chin forward, quick. ROB. Rpt OS. Stand, join feet/knees, take hips back, hip/knees/ankles bend, chin up/head back, most pressure on heels. Take one hip back, knee forward, heel lift, shldr back. Rpt OS. Alt. Read from Elusive Obvious during lesson: chapter on Subjective and Objective Reality and Functional Integration.

Day 90 Friday April 11, 2014

Before class, not recorded: bubble football: <https://www.youtube.com/watch?v=cl98-HwR15s>

Chemical Brothers: <https://www.youtube.com/watch?v=tpKCqp9CALQ&feature=kp>

Discussion #172 – Diana Razumny

Checking in

CD#18/T23 [10 min] DVD#S07-10 Scene 1 [10 min]

ATM Lesson #206 – Diana Razumny

Taking tail back #9, dragging heels, on back and side

CD#18/T24 [38 min] DVD#S07-10 Scene 2 [38 min] [AY#458]

On back, bend R knee, drag R heel on floor toward pelvis, quick. Rpt OS. R leg in air, knee bent, knee to face. Stand foot, note breath. Lift bent leg, bring knee to chest, quick w/o effort in chest. Rpt OS. Note if roll R/L. Drag heels on floor again, quickly w/o holding breath. Join legs, bend feet towards face, big toes together, quickly. Rpt, bending knees, quickly. Legs apart, bend knees, lift feet from floor, knees to belly, bend feet w/o holding breath/chest. Pause, do 5 movements, pause, do 10 moves. Extend legs, lift R leg in air, sole to ceiling, pull straight leg to face, help w/R hand behind knee, quickly. Pause, lift R leg w/o help of hands. Pause, use L hand to help R leg, quickly. Rpt OS. Lift both legs spread, legs towards head w/o lifting pelvis or bending knees. Do 3 quick move, pause, 3 more. Rpt w/legs joined tog. Legs long, lift/lower lumbar, tail back. Legs spread a little, take tail back, bend feet/knees u, heels on floor, belly forward, tail backward, quickly. Rpt one leg at a time then both legs joined tog, quickly. Bend feet/knees, drag heels on floor, belly forward, tail backwards. Legs spread, think R heel to pelvis, quickly. Rpt OS. Rpt both legs, drag heels, tail back, rpt w/legs joined together. On R side, L leg on floor behind R, bend both feet up, cont, add spreading bent legs away from each other. Rpt OS. Quickly, attn to tail going back as knees/legs spread apart. On back, lift legs, hold below knees, pull legs towards belly, quickly. Rpt w/legs joined tog, 5 times fast. Stand, walk.

FI Exploration #109 – Diana Razumny

Create a FI playlist order from this segment & give lesson based on playlist

CD#18/T25 [31 min] DVD#S07-10 Scene 3 [127 min]

Trios come up with an order to do from the list of this segments FI practices. Create a playlist order, share with whole. Giving FI from playlist created from this segment in pairs on tables. Afterwards 2 groups: practitioners discuss experience and students discuss experience.

FI Exploration #110 – Diana Razumny

Class FI lesson with Tim

CD#18/T26 [44 min] DVD#S07-10 Scene 4 [44 min]

FI Exploration #109 continued – Diana Razumny

Give lesson based on playlist, switch roles, group discussion

CD#18/T27 [25 min] DVD#S07-10 Scene 5 [71 min]

ATM Lesson #207 – Diana Razumny

Twisting #11, on side

CD#18/T28 [45 min] DVD#S07-10 Scene 6 [45 min] [AY#447]

On R side, knees bent down under, roll head/shoulders to ceiling, roll head L/center quickly. Lift/lower L shoulder, quickly. Reach L hand, palm down, to feet. L arm behind head, lift, quick. Rpt OS. On back, legs joined, bend ankles, either heels fixed or slide, w/o bending knees, coord w/breath. Rpt, one ankle at a time, w/breath, quickly, then both same time, quickly. Legs joined, bend both ankles/feet up, inhaling, exhaling as bend away. Add interlaced hands lifting head when feet bend up, inhaling, exhale when lowering head. Join legs, bend knees, stand feet, lift front of foot, balance on heels, press heels, tilting pelvis, head moves. Rpt quickly. On L side, L arm under head, knees bent down under, R hand standing on floor in front, lift lower R foot, quickly, not shoulder. Leave foot down, do movement of torso/shoulder. Rtrn to lift R foot. Leave foot, take pelvis for/back, quick. Start in same position then take R leg back behind L, turn head/shldr to R, R palm down, slide hand towards R foot, quickly. Same position, L hand behd head, lift head, R hand on chest/ribs, indicating softening when lifting head. Rpt OS. On back, join legs, bend ankles/feet up/down w/breath. Bend knees, join legs, lift foot to lean on heels, interlaced hands lift head while front of feet stay lifted, push heels into floor, rolling pelvis. Rpt w/head resting on floor. Add lifting head again, quickly. Legs long, spread, arms crossing chest, hands hug opp shoulder, roll side/side, head goes along w/arms, pause, take head opp arms. Rpt w/arms other crossing.