

## Day 91 Monday July 14, 2014

### **ATM Lesson #208 – Katrin Smithback**

#### **Bell hand #1, to roll and stand**

CD#19/T01 [35 min] DVD#S08-01 Scene 1 [35 min] Source: Amherst, June 8-9, 1981

A video of Moshe teaching a “bell hand” lesson:

<https://www.youtube.com/watch?v=NB40yTd4Eto>

### **Discussion #173 – Katrin Smithback**

#### **About bell hand ATM**

CD#19/T02 [31 min] DVD#S08-01 Scene 2 [31 min]

Discussion of effects of bell hand movement; discussion of homunculus images

### **ATM Lesson #209 – Katrin Smithback**

#### **Bell hand #2**

CD#19/T03 [39 min] DVD#S08-01 Scene 3 [38 min] Source: Amherst, June 8-9, 1981

### **Discussion #174 – Katrin Smithback**

#### **FI practice check-in and Q&A**

CD#19/T04 [23 min] DVD#S08-01 Scene 4 [52 min]

Small groups; Report and questions about FI practice with Katrin

### **Discussion #175 – Katrin Smithback**

#### **FI interview discussion, small groups, and Q&A, instructions for partner interview exercise**

CD#19/T05 [55 min] DVD#S08-01 Scene 5 [66 min]

Discussion with Katrin; small groups; more discussion and questions with Katrin. See Rubia’s Facebook post in SF5 facebook group for July 15, 2014 for photos of interview ideas on the posterboard.

### **ATM Lesson #210 – Katrin Smithback**

#### **Bell hand #3, prone to roll and stand**

CD#19/T06 [28 min] DVD#S08-01 Scene 6 [27 min] Source: Amherst, June 9, 1981

**Day 92 Tuesday July 15, 2014**

**ATM Lesson #211 – Katrin Smithback**

**General Coordination**

CD#19/T07 [53 min] DVD#S08-02 Scene 1 [53 min] Source: AY 246

**Discussion #176 – Katrin Smithback**

**About ATM lesson**

CD#19/T08 [38 min] DVD#S08-02 Scene 2 [38 min]

Experiences during ATM; Moshe's ATM strategies

**FI Exploration #111 – Katrin Smithback**

**FI lesson with Angela #1**

CD#19/T09 [51 min] DVD#S08-02 Scene 3 [52 min]

**Discussion #177 – Katrin Smithback**

**About Angela's lesson**

CD#19/T10 [56 min] DVD#S08-02 Scene 4 [56 min]

Group questions and reflections on Angela's FI; some FI demo from Katrin

**ATM Lesson #212 – Katrin Smithback**

**Bell Hand #4, prone bell crawl**

CD#19/T11 [31 min] DVD#S08-02 Scene 5 [31 min] Source: Amherst, June 10, 1981

**Discussion #178 – Katrin Smithback**

**About bell hand ATM**

CD#19/T12 [15 min] DVD#S08-02 Scene 6 [15 min]

Group questions and reflections on bell hand ATMs

## Day 93 Wednesday July 16, 2014

### **ATM Lesson #213 – Katrin Smithback**

Head circles, auxiliary shoulders, engaging spine

CD#19/T13 [37 min] DVD#S08-03 Scene 1 [37 min] Source: Amherst, June 10-11, 1981

### **Discussion #179 – Katrin Smithback**

About head circles ATM

CD#19/T14 [15 min] DVD#S08-03 Scene 2 [15 min]

Small groups discuss head circles ATM

### **FI Exploration #112 – Katrin Smithback**

FI demos based on head circles ATM

CD#19/T15 [31 min] DVD#S08-03 Scene 3 [43 min]

Demo with Max and others.

### **FI Exploration #112 continued – Katrin Smithback**

Partner exploration based on head circles ATM

CD#19/T16 [5 min] DVD#S08-03 Scene 4 [33 min]

### **ATM Lesson #213 continued – Katrin Smithback**

Head circles, auxiliary shoulders, engaging spine continued

CD#19/T17 [15 min] DVD#S08-03 Scene 5 [15 min] Source: Amherst, June 10-11, 1981

### **ATM Lesson #214 – Katrin Smithback**

Interlacing the toes

CD#19/T18 [51 min] DVD#S08-03 Scene 6 [51 min] Source: AY 418

### **Discussion #180 – Katrin Smithback**

Varieties of tilting legs

CD#19/T19 [48 min] DVD#S08-03 Scene 7 [64 min]

Small groups explore different ways of tilting legs based on different ATMs; large group discussion and demonstration of legs tilting in different positions; movement observation useful for either ATM teaching or FI.

## Day 94 Thursday July 17, 2014

### **Discussion #181 – Katrin Smithback**

#### What constitutes “normal”?

CD#19/T20 [10 min] DVD#S08-03 Scene 1 [2 min] & Scene 2 [9 min]

Discussion from Katrin about what constitutes “normal” – conjoined twins, disabled children, etc. (see next track for remainder of discussion – accidentally split)

### **ATM Lesson #215 & FI Exploration #113 – Katrin Smithback**

#### Roll over hands on head in ATM & FI

CD#19/T21 [40 min] DVD#S08-04 Scene 3 [46 min] Source: Amherst, June 16, 1981

First 15+ minutes are ATM, thereafter demo from Katrin and working with partners in FI – rolling someone from the arms or legs.

### **Discussion #181 cont’d – Katrin Smithback**

#### What constitutes “normal”? continued

CD#19/T22 [33 min] DVD#S08-04 Scene 4 [33 min]

More thoughts from Katrin on the question of what constitutes “normal” – discussion of the work of medical ethicist Alice Dreger, and reading from her work. Intersex people. How to appreciate rather than pathologize variation. Looking for optimal function instead of what seems “normal.” Artist Laura Ferguson – sensual depictions of scoliosis: <http://www.lauraferguson.net/>

### **FI Exploration #114 – Katrin Smithback**

#### FI lesson with Angela #2

CD#19/T23 [56 min] DVD#S08-04 Scene 5 [56 min]

### **FI Exploration #115 – Katrin Smithback**

#### About Angela’s FI, with demos from Katrin

CD#19/T24 [38 min] DVD#S08-04 Scene 6 [38 min]

### **FI Exploration #116 – Katrin Smithback**

#### Bringing someone from lying to standing by grasping skull only

CD#19/T25 [8 min] DVD#S08-04 Scene 7 [14 min] Source: Moshe – “What action is good?” Lesson 2 in ATM Book

### **ATM Lesson #216 – Katrin Smithback**

#### Hen pecking

CD#19/T26 [42 min] DVD#S08-04 Scene 8 [42 min] Source: AY 129

### **FI Exploration #117 – Katrin Smithback**

#### Handhold to grasp skull, movement in the occiput, following head during pelvic rolling

CD#19/T27 [17 min] DVD#S08-04 Scene 9 [37 min]

Demos and partners, handhold to grasp skull, movement in occiput, following head during pelvic rolling

## Day 95 Friday July 18, 2014

### **ATM Lesson #217 & FI Exploration #118 - Katrin Smithback**

#### **Coordination of flexors and extensors #1**

CD#19/T28 [30 min] DVD#S08-05 Scene 1 [33 min] Source: ATM Book Lesson 5

ATM is first 17 minutes, then using the ATM to inform FI moves; trying to understand the progression of the ATM in FI modality; adapting intent of the ATM to an individual in FI.

### **FI Exploration #119 - Katrin Smithback**

#### **Based on crossed legs and triangle arms ATM**

CD#19/T29 [79 min] DVD#S08-05 Scene 2 [79 min]

Same intent as FI exploration #118, with Katrin demonstrating on Branden and questions from the group.

### **ATM Lesson #218 - Katrin Smithback**

#### **Headstand prep #1, rolling head on floor**

CD#19/T30 [55 min] DVD#S08-05 Scene 3 [55 min] Source: Amherst, June 16, 1981; AY 71 first half

## Day 96 Monday July 21, 2014

### **ATM Lesson #219 – Katrin Smithback**

#### **Headstand prep #2, carp jump**

CD#20/T01 [50 min] DVD#S08-06 Scene 1 [53 min] Source: Amherst, June 22, 1981; AY 71 second half

First 8 minutes are discussion of head standing series with quote from Moshe.

### **Discussion #182 – Katrin Smithback**

#### **About headstand series**

CD#20/T02 [17 min] DVD#S08-06 Scene 2 [17 min]

Ways to take care of yourself; how to tell the difference between a habit that can be altered as opposed to an inner voice telling you not to go further with a movement.

### **FI Exploration #120 – Katrin Smithback**

#### **What ATM would apply for an FI with someone?**

CD#20/T03 [42 min] DVD#S08-06 Scene 3 [61 min]

Small groups with different client requests: poor posture, working at a computer; problems with gait, walking, hiking, running; balance; lifting heavy objects, hard physical labor. Intro from Katrin goes to 5:00, group discussion till 23:00, then large group discussion with Katrin. Last shot is of posterboard with the groups' ideas.

### **ATM Lesson #220 & FI Exploration #121 – Katrin Smithback**

#### **Coordination of flexors and extensors #2**

CD#20/T04 [72 min] DVD#S08-06 Scene 4 [87 min] Source: ATM Book Lesson 5

See ATM #217 for first part. ATM is first 13 minutes, then small groups (no audio), then full group discussion and demos with Katrin starting at 32:30.

### **ATM Lesson #221 – Katrin Smithback**

#### **Caterpillar wave**

CD#20/T05 [62 min] DVD#S08-06 Scene 5 [62 min] Source: Amherst, June 25, 1981

## Day 97 Tuesday July 22, 2014

### **ATM Lesson #222 – Katrin Smithback**

#### **Headstand prep #3, lengthening the neck**

CD#20/T06 [45 min] DVD#S08-07 Scene 1 [46 min] Source: Amherst, June 23-24, 1981; AY 72

### **FI Exploration #122 – Katrin Smithback**

#### **Working with the ribs & breathing**

CD#20/T07 [71 min] DVD#S08-07 Scene 2 [72 min]

First approximately 10:00 minutes are logistics and discussion; remainder is Katrin demo'ing FI on model skeleton and on Galen. Student shows thoracic extension when taking a deep breath. Going with the tendency; exploring rib mobility; trying to get the student to experience expansion of the floating ribs in breathing rather than contraction from extending the spine. Spine stays still (and therefore available for movement if necessary) while ribs move in different directions.

### **Discussion #183 – Katrin Smithback**

#### **About FI exploration**

CD#20/T08 [24 min] DVD#S08-07 Scene 3 [24 min]

Discussion and Q&A about Galen's FI, ribs and breathing; the process of discovery in FI, as opposed to simply "telling" the client what to do.

### **Discussion #184 – Katrin Smithback**

#### **About breathing and ribs continued**

CD#20/T09 [5 min] DVD#S08-07 Scene 4 [5 min]

### **ATM Lesson #222c – Katrin Smithback**

#### **Headstand prep #3 continued**

CD#20/T10 [12 min] DVD#S08-07 Scene 5 [13 min] Source: Amherst, June 22, 1981; AY 71 second half

### **ATM Lesson #223 & FI#123 – Katrin Smithback**

#### **Coordination of flexors and extensors #3**

CD#20/T11 [35 min] DVD#S08-07 Scene 6 [76 min] Source: ATM Book Lesson 5

See ATMs #217 and #220 for first two parts. ATM is first 10:00 minutes, then small groups (no audio), then full group discussion and demos with Katrin starting at 35:00 minutes, then back to small group practice at 53:30 (no audio)

### **ATM Lesson #224 – Katrin Smithback**

#### **Prone worm movements**

CD#20/T12 [27 min] DVD#S08-07 Scene 7 [27 min] Source: Amherst, July 1, 1981

## Day 98 Wednesday July 23, 2014

### **Discussion #185 – Katrin Smithback**

#### Group check-in

CD#20/T13 [14 min] DVD#S08-08 Scene 1 [14 min]

Katherine and Katrin discuss Katherine's movement explorations during a morning walk – noticing what is comfortable and noticing differences.

### **ATM Lesson #225 – Katrin Smithback**

#### Headstand prep #4

CD#20/T14 [42 min] DVD#S08-08 Scene 2 [42 min] Source: AY 163

### **FI Exploration #123a – Katrin Smithback**

#### Lifting the head

CD#20/T15 [90 min] DVD#S08-08 Scene 3 [89 min]

First 4 minutes are a brief ATM, lifting the head. Then Katrin responds to questions from the group. When do you lift someone's head? What are the somatic relationships involved in head lifting? FI demos from Katrin start at 33:00 minutes: Tim, Nicki, Mary Alice.

### **FI Exploration #123a continued – Katrin Smithback**

#### Lifting the head continued

CD#20/T16 [20 min] DVD#S08-08 Scene 4 [71 min]

Lifting the head to look between the knees and/or henpecking movement; doing movements below (i.e. spine, ribs, pelvis, legs); returning to head to look for differences. Demo from Katrin on Amy at 45:00 minutes – holding the head as the person is sitting, feeling through to the pelvis. Demo on skeleton at 58:00 minutes.

### **ATM Lesson #226 – Katrin Smithback**

#### Rolling from lying to sitting, holding feet

CD#20/T17 [34 min] DVD#S08-08 Scene 5 [33 min] Source: Amherst, June 17-18, 1981



## Day 99 Thursday July 24, 2014

### **ATM Lesson #227 – Katrin Smithback**

#### **Headstand prep #5**

CD#20/T18 [47 min] DVD#S08-09 Scene 1 [47 min] Source: AY 164

Katrin starts with a reading from Moshe – “knowing when to quit.”

### **Discussion #186 – Katrin Smithback**

#### **About the headstand series**

CD#20/T19 [16 min] DVD#S08-09 Scene 2 [17 min]

Group responses and reflection from Katrin on the method.

### **Discussion #187 – Katrin Smithback**

#### **Instructions for full FI practice**

CD#20/T20 [25 min] DVD#S08-09 Scene 3 [25 min]

First 13 minutes is Katrin discussing: Heinz von Foerster – answerable and unanswerable questions – Feldenkrais as a worldview to which students are invited – the world of diagnosis and cause & effect as opposed to the Feldenkrais world of information and unpredictable systems. Beginning at 13 minutes, Katrin explains an FI exercise: interview and doing an FI – Rubia gives a brief demo of the ATM (coordination of flexors and extensors) on which FI is to be based. See ATMs #217, #220, and #223 for build-up to this FI.

### **FI Exploration #124 – Katrin Smithback**

#### **Full FI in duos, part 1**

CD#20/T21 [4 min] DVD#S08-09 Scene 4 [66 min]

### **FI Exploration #125– Katrin Smithback**

#### **About full FI practice**

CD#20/T22 [22 min] DVD#S08-09 Scene 5 [22 min]

Discussion and Q&A about interviewing and doing a full FI. Reflections from Katrin about FI practice.

### **Discussion #188– Katrin Smithback**

#### **Different ways to get up and down from the floor, and to fall**

CD#20/T23 [49 min] DVD#S08-09 Scene 6 [57 min]

Brazilian study showing correlation between ability to get up and down from the floor and mortality in the next 6 years. Starting at 12:30 minutes, small groups explore how many different ways you can get up and down from the floor. Back to large group demos and discussion at 25:30.

### **ATM Lesson #228 – Katrin Smithback**

#### **Rolling to sit with straight legs**

CD#20/T24 [33 min] DVD#S08-09 Scene 7 [33 min] Source: Amherst, June 22, 1981

## Day 100 Friday July 25, 2014

### Discussion #189– Katrin Smithback

#### Research on “core” muscles, flexibility, motor control

CD#20/T25 [33 min] DVD#S08-10 Scene 1 [33 min]

Katrin reads from research (Stuart McGill) supporting the approach of training athletes or performers toward the functions they want to achieve, rather than isolating muscle systems or increasing static flexibility. Working with back pain – distributing work to hip joints and elsewhere. Dissociating breathing from specific muscle groups. Sitting as an activity, not a posture. Spine is most vulnerable in the hour after getting up, especially to loaded flexion. Very few back injuries result from a single event – usually they occur from cumulative, faulty motor habits. Disc herniation usually from repeated flexion, especially loaded flexion in gravity, such as long-term sitting or picking something up with arm strength while flexed. Use of the felt sense.

### ATM Lesson #229– Katrin Smithback

#### The glutes lesson

CD#20/T26 [52 min] DVD#S08-10 Scene 2 [52 min] Source: AY 13

### FI Exploration #126– Katrin Smithback

#### Full FI in duos, part II

CD#20/T27 [12 min] DVD#S08-10 Scene 3 [74 min]

See DISC #187 for background. First 6:30 minutes are Katrin’s intro.

### Discussion #190– Katrin Smithback

#### About FI practice

CD#20/T28 [10 min] DVD#S08-10 Scene 4 [10 min]

Discussion of FI practice. Group reflection on the two weeks with Katrin.

### ATM Lesson #230– Katrin Smithback

#### Sensory variations on rolling side to side

CD#20/T29 [32 min] DVD#S08-10 Scene 5 [32 min] Source: Amherst, July 2, 1981

## Day 101 Monday July 28, 2014

### ATM Lesson #231- Diana Razumny

#### Crossed legs tilted, slide heel to side, on back

CD#21/T01 [59 min] DVD#S08-11 Scene 1 [59 min] Source: AY#265

On back, bend knees, stand feet, interlace fingers, hands on floor about 4 in above head. Lift head/hands  
Arms/hands interlaced overhead:

Cross R leg over L, tilt knees R, leave arms quiet. Rpt OS

Stay w/knees tilted R, lift head/hands, exhale. Rpt OS

R ankle on L knee, tilt knees R, stay, slide inside edge of L foot L, knees near floor. Rpt, light/quick. Chg interlacing and Rpt OS

R ankle on L, knees to R, slide L heel towards L hip, push belly out exhaling, use pelvis. Chg interlacing, Rpt OS  
Non-habit interlacing, hands/arms overhead, tilt knees R, stay, slide L foot towards pelvis, arching low back, belly forward, stay:

lift just head;

lift head/arms tog;

lift just head, easier?;

slide heel little L/R, easier? Rpt OS

R ankle on L, sink knees to R, stay, L hand to L ankle, R arm long overhead on floor, L hand helps heel mvt. Allow head/chest/back/pelvis to help direct heel up/L. Rpt OS.

Same position, knees to floor on R, L hand holding L ankle, lift R arm/head, exhale. Pause, R hand behind head, lift head/arm. Rpt OS

### Discussion #191- Diana Razumny

#### About ATM lesson; Review important learning with Katrin

CD#21/T02 [46 min] DVD#S08-11 Scene 2 [46 min]

Group discussion of ATM #231 goes till 14:30. Rest of discussion is about: What stands out from the first two weeks that feels like something you will really remember and carry forward? What do you remember about the demo with Angela? What about interviewing stayed with you?

### FI Exploration #127- Diana Razumny

#### Interview using 'intake' form; discuss FI possibilities via primal spinal moves

CD#21/T03 [15 min] DVD#S08-11 Scene 3 [124 min]

Trios: Practitioner, student, observer. Practitioner use handout of intake form, Observer stand at distance so can't hear, only watch the interview from afar, noting expression/movements of the student while they're talking. After 10 mins, pause, observers sit in a row & exaggerate what they observed the person doing. Rotate roles, repeat. After 37:00 min, trios discuss and work on FI moves, referencing what they saw and heard in the interviews, and also primal spinal moves.

### Discussion #192- Diana Razumny

#### About FI exploration

CD#21/T04 [11 min] DVD#S08-11 Scene 4 [11 min]

### ATM Lesson #232- Diana Razumny

#### Sitting on heels #1, part 1

CD#21/T05 [41 min] DVD#S08-11 Scene 5 [42 min] Source: AY#190

Kneel, lean L hand on L heel, toes extended. Stand R foot, lean on L heel, hold/move heel side/side.

Sit, legs forward, bend L leg back without using hands. L hand on L heel, roll heel in/out. Same position, pull each toe individually and then as group. Return to heel in/out. Kneel, L knee, R foot, lean on L heel, take L/R. Sit, legs long in front, rest outside of L ankle on R thigh near knee, lean on L hand, wrap R fingers around top of foot/toes, thumb at base of big toe, twist foot. Rpt w/hand position with fingers between big/2<sup>nd</sup> toe, twisting foot, fingers wrapped over top. Keep hand/foot connected, bend R knee, stand foot, lean back on L hand, go onto back, cont twisting foot, sole towards face. On back, stand R foot, rest outside of L ankle on R thigh, slide fingers between big/2<sup>nd</sup> toe, wrap fingers around top of 4 toes, thumb on bottom of foot, twist toes/foot so L knee goes away, sole of foot towards face. Continue with R leg straightened down on floor. Kneel, R foot standing, L hand on L heel, roll heel R/L. Think peg between space of big/2<sup>nd</sup> toes, turning around peg with heel moving L/R. Kneeling, R foot standing, hands on floor, lower pelvis to heel, alternate R/L. Move heel w/buttock moving R/L. ROB, note diff in feeling of feet/legs. Stand, walk, pause, go up/down on toes of R foot then L.

## Day 102 Tuesday July 29, 2014

### Discussion #193– Diana Razumny

#### About sitting on heels lesson from end of yesterday

CD#21/T06 [37 min] DVD#S08-12 Scene 1 [38 min]

Discussion of starting training on time each morning; competency in FI; becoming a Feldenkrais practitioner, or using Feldenkrais principles in another arena; difference between being a Feldenkrais student and training oneself to become a practitioner – working with difficult lessons, learning to do less, applying Feldenkrais to life experience

### ATM Teaching #42 – Diana Razumny

#### Work with sitting on heels notes

CD#21/T07 [18 min] DVD#S08-12 Scene 2 [63 min]

ATM teaching practice – Deciphering notes – Giving instruction. Intro is first 8:00 minutes. Return to full group discussion with Diana at 53:00. Groups of four: 2 teachers give instruction to 2 students to the service of figuring out what's being asked of the instruction and to see how they do it. Not in ATM teaching mode: so for instance, when getting to twiddling toes, they don't need to do all the toes and no rests on back. It's more of a brainstorming session on 'what does this mean?'; 'how do you do this movement?'; and 'what words will help get the student there?'

#### Sitting on heels #1, part 1

Kneel, lean L hand on L heel, toes extended. Stand R foot, lean on L heel, hold/move heel side/side. Sit, legs forward, bend L leg back without using hands. L hand on L heel, roll heel in/out. Same position, pull each toe individually and then as group. Return to heel in/out. Kneel, L knee, R foot, lean on L heel, take L/R. Sit, legs long in front, rest outside of L ankle on R thigh near knee, lean on L hand, wrap R fingers around top of foot/toes, thumb at base of big toe, twist foot. Rpt w/hand position with fingers between big/2<sup>nd</sup> toe, twisting foot, fingers wrapped over top. Keep hand/foot connected, bend R knee, stand foot, lean back on L hand, go onto back, cont twisting foot, sole towards face. On back, stand R foot, rest outside of L ankle on R thigh, slide fingers between big/2<sup>nd</sup> toe, wrap fingers around top of 4 toes, thumb on bottom of foot, twist toes/foot so L knee goes away, sole of foot towards face. Continue with R leg straightened down on floor. Kneel, R foot standing, L hand on L heel, roll heel R/L. Think peg between space of big/2<sup>nd</sup> toes, turning around peg with heel moving L/R. Kneeling, R foot standing, hands on floor, lower pelvis to heel, alternate R/L. Move heel with buttock moving R/L. ROB, note difference in feeling of feet/legs. Stand, walk, pause, go up/down on toes of R foot then L.

### FI Exploration #128– Diana Razumny

#### Flexion Scenario #1, demo FI with Nicki

CD#21/T08 [45 min] DVD#S08-12 Scene 3 [45 min]

Demo as FI first then everyone do in ATM form followed by Guided FI practice

Demo FI with Nicki:

Nicki's pretend request is to improve her tennis serve. Diana has her stand on roller in order to observe her flexion and extension. Nicki tries to pick up a stool while on the roller. Next, Diana has her lie on back on table. Diana feels behind low back, checking for space. Diana sits at Nicki's head, thinking of flexion, lifting head slightly (face pointing down), with attention to self-use. Diana stands Nicki's feet on table and lifts head again, looking for change with feet standing. Diana moves down and rolls Nicki's pelvis with hands on ischia. Back at head, Diana tests shoulder movement by scooping from behind shoulder blades. Standing up, she moves Nicki's left shoulder distally, via left arm. Diana brings Nicki's right calf/knee up on her (Diana's) leg, mobilizing hip joint (partly by twisting foot/ankle). Brings Nicki's left hand to grasp her own right knee, lengthen through right leg, exploring left shoulder-right hip diagonal. Brings leg to lying long on table. Supports knees with rollers. Back sitting at Nicki's head, Diana checks if shoulder movement has improved. Pushes down on sternum via front ribs (fists beneath collar bones). Lifts head with one hand while pushing sternum slightly down with other. Pushes on lower frontal ribs/sternum with both hands. One hand on sternum, the other lifts shoulder blade, then switches hands to do opposite side. Returns to lifting head, checking flexion through spine and sternum. Brings Nicki to sitting on edge of table. Having her look down, Diana uses one hand on thoracic spine and one on sternum to guide flexion while looking down, extension while looking up. Brief walk. Nicki practices bending as if to pick something up. Stands on roller, trying again to bend down and put hands on a stool. Rocking pelvis with hands on stool. Q&A starting at 40:00.

### ATM Lesson #233 and FI Exploration #128c– Diana Razumny

#### Flexion Scenario #1 cont; ATM & Guided FI practice

CD#21/T09 [103 min] DVD#S08-12 Scene 4 [105 min]

ATM to 34:00 minutes; discussion – clarifying flexion, role of C7/T1; FI starting 44:00.

On back, feel contact behind low back. Slide hands, palm down, under low back, leave there, bend knees, stand feet, notice change in low back. Straighten legs, lift head, note ease. Stand feet, lift head, note ease. Note pelvis/hip joints. Leave feet standing, roll pelvis, flattening low back to floor, then reverse. Lift 1 shoulder, other, both – note sternum/ribs, neck/back of head. Direct arm of easy-lifting shoulder towards opposite thigh, slide hand towards knee. Lift foot/leg of that knee, make circles with knee, each direction. Reach hand to hold knee, direct knee away, feel chain reaction. Repeat on other diagonal if available then return to lifting head.

## Day 103 Wednesday July 30, 2014

### FI Exploration #128 continued 2 – Diana Razumny

#### Flexion Scenario #1, continued 2 – Guided FI practice

CD#21/T10 [63 min] DVD#S08-13 Scene 1 [83 min]

Group discussion for first 10+ minutes. Partners switched roles from yesterday. Return to group discussion at 72:00 min.

### ATM Lesson #232 continued– Diana Razumny

#### Sitting on heels #1, part 2

CD#21/T11 [45 min] DVD#S08-13 Scene 2 [45 min] Source: AY#190

Refer to part 1, day 101 – ATM #232. On back, bring R foot near R of pelvis, bend toes, twist foot, turn foot so heel comes up, slide toes. Can roll L to help bring R leg bent back. Palm presses on bottom of heel, take heel R/L. Repeat OS. Stand feet, toes turned in, heels wider, R hand to R ankle from outside, pull foot under pelvis pulling toes so only little toe is touching floor, bend foot toward buttock, L hand on toes, R on ankle. Stay and extend L leg, roll pelvis L/R. Rest, repeat with L leg. Stand feet, hold both feet w/both hands, pull feet under pelvis, big toes close to each other in middle, between buttocks. Stay, lift pelvis, feet roll on outer edge. Lift pelvis, alternate taking feet under pelvis. Stand, walk.

### FI Exploration #129– Diana Razumny

#### Exploring lower leg, ankle & foot

CD#21/T12 [5 min] DVD#S08-13 Scene 3 [32 min]

Partner exercise – exploring the lower leg, ankle and foot with instructions from book.

### FI Exploration #130– Diana Razumny

#### Anatomy of ankle

CD#21/T13 [29 min] DVD#S08-13 Scene 4 [29 min]

AcLund's Anatomy video. 'Body Stories' Andrea Olsen

### FI Exploration #131– Diana Razumny

#### Working with the ankle in FI

CD#21/T14 [26 min] DVD#S08-13 Scene 5 [26 min]

Diana demonstrates FI on Leighann and on skeleton.

### ATM Lesson #234– Diana Razumny

#### Sitting on heels #1, review

CD#21/T15 [14 min] DVD#S08-13 Scene 6 [15 min] Source: AY#190

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. Still kneeling, hands on floor to sides of R foot, lift L knee from floor, think of sending L heel back towards floor. Direction of heel? Pressure on toes? Between big/2<sup>nd</sup> toe. Stay with knee lifted a little, move it up/down so ankle bends/unbends. Rest on back, note diff in feet standing. Repeat above on OS. ROB. Stand feet, lift pelvis high, R hand to R ankle, pull foot under pelvis, foot standing on the toes, pelvis against heel, push on toes to drive knee forward then return. Ankle straightens/bends, hands holding foot to help. Note pressure between big/2<sup>nd</sup> toes. Other leg helps relieve pressure of pelvis on foot. ROB. Repeat OS. Return to R heel under pelvis, weight between big/2<sup>nd</sup> toe, hands help arrange toes then take heel R/L then circle heel. Note R knee circles. Reverse. ROB, repeat OS. L heel moves L of L buttock then to R (middle of cheeks) Kneel, stand toes, lean on heels with both hands (L on L, R on R), push pelvis/belly forward. Stay lifted, move heels away from each other/apart, note pressure between big/2<sup>nd</sup> toes. No need to lean whole weight on heels. Lighten weight by pushing belly forward. On back, stand feet, lift pelvis, pull R heel under pelvis, toes standing, lift/move pelvis to outside/inside of heel. Note knee goes towards floor as pelvis lifts. R heel between buttocks, both hands holding foot, take knee forward towards floor to touch. Elbows on floor for help, lift shoulders if need be, lean on head. Pause. Repeat OS. Kneel, stand toes, bring heels together/touch, spread knees, hands on floor in front, lift knees, take heels to floor, hands stay on floor whole time. When on toes, heels are touching. Head lowers when heels go to floor, arms/hands between legs. Continue, take knees together towards floor and separate knees when lifted. Start to circle knees, sitting on heels whole time as much as possible. Change direction of circles. ROB. Stand feet near pelvis, catch ankles, bring closer to pelvis, heels touching, lift shoulders, lean on elbows, open knees, start circling. Pressure stays between big/2<sup>nd</sup> toes. Reverse direction. Pause, slide onto head, pull on ankles to slide so knees go towards floor. Go up/down. Heels touching go down less, up more. Get up, walk.

## Day 104 Thursday July 31, 2014

### ATM Lesson #235- Diana Razumny

#### Sitting on heels #2

CD#21/T16 [53 min] DVD#S08-14 Scene 1 [53 min] Source: AY#192

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. Still kneeling, hands on floor to sides of R foot, lift L knee from floor, think of sending L heel back towards floor. Direction of heel? Pressure on toes? Between big/2nd toe. Stay with knee lifted a little, move it up/down so ankle bends/unbends. Rest on back, note diff in feet standing. Repeat above on OS. ROB. Stand feet, lift pelvis high, R hand to R ankle, pull foot under pelvis, foot standing on the toes, pelvis against heel, push on toes to drive knee forward then return. Ankle straightens/bends, hands holding foot to help. Note pressure between big/2nd toes. Other leg helps relieve pressure of pelvis on foot. ROB. Repeat OS. Return to R heel under pelvis, weight between big/2nd toe, hands help arrange toes then take heel R/L then circle heel. Note R knee circles. Reverse. ROB, repeat OS. L heel moves L of L buttock then to R (middle of cheeks) Kneel, stand toes, lean on heels with both hands (L on L, R on R), push pelvis/belly forward. Stay lifted, move heels away from each other/apart, note pressure between big/2nd toes. No need to lean whole weight on heels. Lighten weight by pushing belly forward. On back, stand feel, lift pelvis, pull R heel under pelvis, toes standing, lift/move pelvis to outside/inside of heel. Note knee goes towards floor as pelvis lifts. R heel between buttocks, both hands holding foot, take knee forward towards floor to touch. Elbows on floor for help, lift shoulders if need be, lean on head. Pause. Repeat OS. Kneel, stand toes, bring heels together/touch, spread knees, hands on floor in front, lift knees, take heels to floor, hands stay on floor whole time. When on toes, heels are touching. Head lowers when heels go to floor, arms/hands between legs. Continue, take knees together towards floor and separate knees when lifted. Start to circle knees, sitting on heels whole time as much as possible. Change direction of circles. ROB. Stand feet near pelvis, catch ankles, bring closer to pelvis, heels touching, lift shoulders, lean on elbows, open knees, start circling. Pressure stays between big/2<sup>nd</sup> toes. Reverse direction. Pause, slide onto head, pull on ankles to slide so knees go towards floor. Go up/down. Heels touching go down less, up more. Get up, walk.

### FI Exploration #132- Diana Razumny

#### FI from previous segments

CD#21/T17 [64 min] DVD#S08-14 Scene 2 [65 min]

Yolanda's class FI to demo flexion possibilities. Leg position, roller or table. Group discussion of video around 48:00 minutes.

### FI Exploration #133- Diana Razumny

#### Review using foot to direct leg; sternum hand, neck/head connection

CD#21/T18 [46 min] DVD#S08-14 Scene 3 [64 min]

Using foot twisting to direct leg. Hand on sternum possibilities. Practice head/neck handling.

### ATM Lesson #236 - Diana Razumny

#### Sitting on heels #3

CD#21/T19 [43 min] DVD#S08-14 Scene 4 [43 min] Source: AY#193

Kneel, R foot standing, stand L toes, L hand on L heel, take side/side. Pause. R hand on R knee, L hand on L heel, push L heel back/down towards floor, lean R hand on R knee & take L knee from floor. More weight on R hand/knee, direct L heel w/L hand, weight on ball of foot. ROB. Repeat OS. Kneel on both knees, hands on heels, lean & lift 1 knee at a time. Pelvis is far forward, hand pushes heels back towards floor alternately. ROB. On back, stand fee, lift pelvis, hold R ankle w/hands, stand on toes, heel R/L. Whole back moves R/L of heel. ROB. Repeat OS. Kneel, toes flat, R hand lean on R heel, take heel L/R, peg between big/2nd toes. Repeat OS. ROB. On knees, toes flat, both hands to heels, lean, belly forward head up, heels together/apart. Sit back, come up. Explore head up then hang back. ROB. On back, stand fee, lift pelvis, R hand pull R foot under pelvis, stand on toes then same w/L, heels touching, toes apart, lift shoulders, push knees forward, pull ankles, head slides on floor. Return several times. ROB. Stand feet close to pelvis, lift high, reach hands from inside to hold ankle, pull under pelvis, send weight to outer edge/small toes, drive knees forward/down. Heels end up outside hips, pelvis between, move pelvis R/L, pelvis moves in relation to shoulders staying still. ROB. Kneel, stand toes, hands on heels, belly forward, lift/lower 1 knee then other. Pelvis high, head hanging back, lower pelvis to sit, lift lower knee. Kneel, lean on heels belly forward, head back, lift/lower each knee, push heel back to lower heel to floor. ROB. On back, stand feet, lift pelvis, pull feet under, hold from outside of ankles, heels touch, pull heels to floor then drive knees forward, alternately. Come onto head. Heels touch whole time. While knees are forward, shift all weight to R foot/leg, lift L foot in air, switch sides. ROB. Return, only w/R leg, when knee is forward, lift L leg straight up towards ceiling. Repeat OS. Both feet under pelvis, heels together, knees forward, on top of head, pelvis on heels. Stay on head, lower heels to floor. Kneel, toes flat, lean on heels, sit pelvis back few times, gradually sit between heels. Pause, return to sitting between heels, turn

heels in when sitting between, turn out when lift pelvis. Repeat leaning on toes, lift knee, alternate. (Sit/squat?) Hands between knees on floor, knees wide, heels together, lift knees, sit on heels. Rock forward/back.



## Day 105 Friday August 1, 2014

### ATM Lesson #237- Diana Razumny

#### Sitting on heels #4

CD#21/T20 [58 min] DVD#S08-15 Scene 1 [60 min] Source: AY#194

On back, feet standing, pull ankles w/hands to bring heels under pelvis, toes standing, heels together/toes apart, pull with hands to slide along floor, directing knees to floor then reverse, gradually come onto head. When return, think of heels going towards floor. Return to being arched, knees towards floor, leaning on head, knees are wide apart, make circles with knees, 2-3 in one direction, reverse. On back, R foot standing, both hands on R ankle, pull foot under pelvis, R heel under R buttock, pull so R knee goes towards floor. Stay, lift L leg in air, foot to ceiling, turn leg in/out (not circles). Repeat OS. Kneel, stand toes, heels touch, spread knees, hands on floor (close together) between knees, lift knees, pelvis sits on heels, lower head. Lift/lower knees, weight between big/2<sup>nd</sup> toes. On back, R leg up towards ceiling, ankle circles—note toes/heel makes circle. Opp dir. Quickly, each dir. Repeat OS. On knees, knees wide, hands tog on floor between knees, stand on toes, lift/lower knees. This time head is up when knees are up. Instead of leaning on hands, if necessary use fingertips. Drive pelvis/knees forward/back staying upright. Return to same move except alternate knees going to floor, back is turning. Sit on heels, hands on knees, take knees forward/back while staying upright with torso/head. On back, legs straight up in air, hold behind legs with both hands, feet/knees touching, circle at ankles, track toes/heels. Each direction. Quickly. Stand, feet little apart, bend knees, hands on knees, go down to sit on heels, heels lift from floor. Alternate knees to floor. Knee comes to floor in middle. Then past middle. Stand, heels together, bend down, hands on knees, sit on heels, take knees to floor alternately. Light/quick. Extend arms forward/shoulder height, repeat. Turn pelvis, not shoulders. Repeat, arms forward, lift/lower both knees same time. On back, heels under pelvis, hold ankles, drive knees to floor, return. Alternate knees going to floor, towards middle. Stand.

### FI Exploration #134- Diana Razumny

#### Lifting head, 1 hand on neck, other on head

CD#21/T21 [39 min] DVD#S08-15 Scene 2 [59 min]

Demo. Practice head/neck handling with several.

### FI Exploration #134c- Diana Razumny

#### Lifting head, 1 hand on neck, other on head, continued

CD#21/T22 [19 min] DVD#S08-15 Scene 3 [54 min]

### ATM Lesson #238 - Diana Razumny

#### Reach for heel on back, sidebend, twist & extend

CD#21/T23 [51 min] DVD#S8-15 Scene 4 [52 min] Source:

On back, stand R foot, slide R hand to R heel. Pause, press R foot into floor, note where force goes thru, very small. Change position of foot, push, note how force travels. Explore few places of foot. Note front of hip opening. Stand R foot, push foot, direct R knee over foot. Explore angling knee towards midline, compare how force moves through. Length, rotation, connection to head, roll or chin tuck? Stand R foot, press, direct knee over foot, opening front of R hip joint, track force, note effect on head. R hand on forehead, roll head L/R. Pause. Roll head L w/lift of R hip. Pause. Roll head R w/lift of R hip. Alt few times to compare. Rest. Stand R foot, R hand on forehead, lift hip, wait for impulse at head before deciding which direction to roll head then add help w/R hand to roll head. Consider other way as "right" way, if there was a right way. R arm along side, note reach to R heel. Add lifting R hip to help hand reach heel. Rest. Stand R foot, interlace hands bhd head, elbows wide open, slide arms/head along floor down to R, R elbow towards R hip. Add lifting R hip, R knee forward over foot (compare to knee cross midline). Eyes to R/L elbow? Rest. Scan sides. Same position, push foot, lift hip, slide arms/head down to R. Stay w/arms & head to R, lift/lower R hip gently. Bring arms down, Ref. reach R hand towards R heel. Stand R foot, L arm long overhead on floor, lift/lower R hip, roll head to look at L hand overhead as the force moves up through towards L shoulder. Pause, repeat, w/R hand behind head, elbow towards R heel, looking towards L hand. Pause, lengthen R arm towards R heel, slide, look up at L hand. Rest. Switch to L side, note knee, hip, head. L hand on forehead, explore R/L w/hip lift. Compare this side to R. Think of movement from other side, choose a few you liked, explore on this side. Pause, reach L heel w/L hand, note diff. R arm long overhead, L hand behind head, lift L hip, feel connection to sliding head/L arm to see R hand. Return to ref move of L hand to heel. Stand L foot, interlace hands behind head, slide arms/head to L. Combine w/lifting L hip. Look up at R elbow, belly forward. Stay w/head & arms to L, lift/lower L hip while twisted & bent to L. Scan, roll head. Stand feet, tilt legs side/side, note arm/hand reaching for heel on 1 side then other. Head? Look up/overhead. Push feet alt, sides of pelvis lifting alternately, knees stay forward, track force up through to head. Push w/both feet, where/how does force go? Tilt legs to one side, roll, bring back arm around to help come to sitting, reverse, come up on other side. Stand, ref of sliding hand down leg, look around, look up.

## Day 106 Monday August 4, 2014

### Discussion #194 - Diana Razumny

#### Spinal Chain - discussion and movement observation

CD#22/T01 [49 min] DVD#S08-16 Scene 1 [61 min]

Discussion: Who has taught Spinal Chain? Who feels comfortable teaching it right now? What variation?

Small groups observing spinal chain movement and discussing it.

Return to big group at 32:00 minutes. Morning check-in after weekend. Discussion of competitiveness - conveying Feldenkrais values without contradicting the experience, goals, and motivations of a student.

### ATM Lesson #239 - Diana Razumny

#### Spinal chain, variation on hands/knees, head on floor & more

CD#22/T02 [74 min] DVD#S08-16 Scene 2 [75 min] Source: AY#177 Making the spine flexible and integrating it

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 #135- Diana Razumny

#### Spinal chain FI demo

CD#22/T03 [45 min] DVD#S08-16 Scene 3 [46 min]

Diana demos using spinal chain ATM as framework for an FI with Amy.

### FI Exploration #136- Diana Razumny

#### Spinal chain guided FI practice, part 1

CD#22/T04 [32 min] DVD#S08-16 Scene 4 [38 min]

### ATM Lesson #240 - Diana Razumny

#### Sitting on heels #5, part 1

CD#22/T05 [28 min] DVD#S08-16 Scene 5 [29 min] Source: AY#195

On back, stand feet, use hands to pull front of R ankle to slide heel under pelvis, stand on toes, take R knee down towards floor, direct weight between big/2nd toes. Rock forward/back, taking knee towards floor then heel towards floor. Angle in front of ankle increase/decreases. Repeat OS. Repeat with both heels under pelvis, as knees go to floor slide onto top of head. Heel touching, knees spread wide. Stay on head, moving only from feet/ankles, rocking on head. Kneel, heels together, knees spread, hands on floor between knees, rock back onto heels, knees lift, lower head. Move forward/back just from the feet. Alternate. R/L knees going to floor in the middle. (Knee between hands) Other knee goes to side. Take both knees to floor in middle, arms straight out in front, lift one knee, replace, lift other knee. Lift both knees at the same time. Kneel, knees wide, extend toes, R hand on R heel, slide toes to middle so foot is right ankle to leg and lying on outside edge. Repeat with L foot standing. Place hands on floor, sit on heel, take pelvis side/side to move foot as before. Feel lower leg bones/knee. Repeat without leaning on hands. Repeat with L foot. Kneel, knees spread wide, big toes touching, heels spread to sides, lean sit on heels. Lift eyes while lowering head.

## Day 107 Tuesday August 5, 2014

### FI Exploration #137- Diana Razumny

Spinal chain guided FI practice, part 2

CD#22/T06 [80 min] DVD#S08-17 Scene 1 [96 min]

Group discussion first 5+ minutes. Diana demos a move on Amy at 83:00 minutes.

### FI Exploration #138- Diana Razumny

Sitting on roller, rolling forward/back variations

CD#22/T07 [22 min] DVD#S08-17 Scene 2 [30 min]

Sitting on roller on table, explore ways of rolling the roller forward and back. Some interspersed pointers from Diana.

### FI Exploration #139- Diana Razumny

Assessment tools & guidelines for FI

CD#22/T08 [30 min] DVD#S08-17 Scene 3 [30 min]

Diana reads handout on assessment tools & guidelines for FI. Group Q&A.

### ATM Lesson #241 - Diana Razumny

Sitting on heels #5, part 2

CD#22/T09 [46 min] DVD#S08-17 Scene 4 [47 min] Source: AY#195

Part 1 notes are in yesterday's lesson

Part 2: Kneel, bend R foot at right angle, place L foot on R, sit on heels, lean on R hand behind, fingers pointing forward, lower onto elbow, reverse. Up/down several times. Add L arm in air to help come up. Switch feet, repeat. On back, feet standing, pull under pelvis, lean on toes, heels touching, take knees to floor, lean on head. Alternate knees going to floor then take both to floor. Same position, thighs horizontal, take pelvis L/R. Pause, same position, both hands on R foot, bring top of R foot to floor, butt on sole, L toes still standing, R heel to outside, toes inward, take pelvis L/R. Pause, Rpt OS Bring feet under pelvis again, this time both tops of feet on floor, buttocks on soles, then use hands and move pelvis to change overlapping of feet. Sit on overlapped feet, go back on L elbow, R arm straight out in front. Rpt OS. Go back on both elbows? Go back on one side, hang head back, transfer to other elbow. Stand feet, use hands to pull them under pelvis, soles to buttocks, come onto elbows, lean towards 1 elbow to come up/forward, reverse, come up on other side. Sit on soles, feet not overlapped, go back onto elbows, belly can come forward, head hangs back, back arched, come up over 1 elbow, other arm can reach forward, reverse, circle around. On back, bring feet under buttocks, soles to butt, bring arms overhead on floor. Bring arms down, roll onto elbow, come up to sitting between heels. Take pelvis to 1 side, circle 1 leg to straight out in front, rpt on OS so sitting with legs straight out in front. 'For those who can get up, get up.'

## Day 108 Wednesday August 6, 2014

### ATM Lesson #242 – Diana Razumny

#### Pushing knees to come to sitting

CD#22/T10 [49 min] DVD#S08-18 Scene 1 [49 min] Source: AY#104

First 4:00 minutes are students showing ways to bring someone from lying on the back to sitting in FI.

Stand feet, R hand below R knee, push knee into hand, pulling shoulder. Switch hands, repeat, L hand to R knee, R hand behind head. Rpt w/both hands, push, lift head. Rpt OS

Stand feet, turn face/head to R, L hand holds head, R hand below R knee, push knee into hand. Switch hands/head, R hand holding head (face L), R hand on knee, push knee. Rpt w/L leg.

Both hands holding below R, push forward, lift head.

Hold R leg w/L hand reaching behind R thigh near knee, push leg forward to lift L shoulder/head. Add R hand behind head to lift. Rpt OS.

Cross arms, reach for opposite leg, behind thigh, push legs into hands, lifting shoulders/head. Chg arm crossing. Without swinging, slowly begin to sit fully.

R arm behind both knees, L hand behind head, push with legs, slowly, softly. Pause, Rpt OS.

Sit, feet standing, wrap ea arm behind ea leg, start to lift feet, balance on butt, slowly roll pelvis, (flex/ext lumbar) to start rolling back then up to balance on butt. Explore going more towards lying on back and reverse. (Previous step Diana's addition) Sit, soles tog, knees open to sides, roll back, swinging back up to sit.

### Discussion #195 – Diana Razumny

#### Introducing FI demo with Gail; handouts on interviewing and assessment in FI

CD#22/T11 [12 min] DVD#S08-18 Scene 2 [14 min]

### FI Exploration #140– Diana Razumny

#### Demo with Gail

CD#22/T12 [68 min] DVD#S08-18 Scene 3 [68 min]

Give handouts (Interview, Assessment/Guidelines & Squatting) prior to FI with introduction to follow back side of guidelines handout. Use interview handout with Gail. What have the doctors told you NOT to do? Engage students in interview.

Walking observation? Squatting.

### FI Exploration #141 – Diana Razumny

#### Discussion of Gail's FI

CD#22/T13 [23 min] DVD#S08-18 Scene 4 [23 min]

Group reflections and Q&A about Gail's FI.

### FI Exploration #142– Diana Razumny

#### Bring arm forward, roll onto opposite elbow

CD#22/T14 [44 min] DVD#S08-18 Scene 5 [44 min]

First 10+ minutes is group discussion, followed by FI exercise. Pairs: 1 lies on floor, other stands over or to side, hold/lengthen 1 arm on diagonal to bring person towards leaning on other elbow, listening for chain reaction through skeleton.

### ATM Lesson #243 – Diana Razumny

#### Sitting on heels #6

CD#22/T15 [51 min] DVD#S08-18 Scene 6 [51 min] Source: AY#196

On back, spread legs, lift L arm/head/shoulders, roll R come up to sitting w/legs straight out in front, leaning on R elbow, return, repeat OS. Alternate. Head low, smooth/round movement. Sit, L foot behind, ankle extended, R leg straight in front, L hand on L heel, roll heel L/R, move toes to middle, ankle at right angle. Lean on R hand behind, take L elbow to floor, return to sitting. Bring R elbow to floor, return. L hand stays on L heel, alternately going down on R/L elbows. Repeat OS.

On back, feet standing, L hand pulls L ankle/heel under pelvis, R hand helps, toes turned to R/mid, extend R leg, arms to sides, lift L arm, roll R coming onto R elbow, return, switch arms, alternate. Repeat OS. On back, legs long/spread, lift one arm, roll over other elbow to come up to sit, return, repeat OS, alternate. On back, stand feet, hands hold L ankle under pelvis, extend R leg, lift head, alternate turning face R/L with lifting, include lifting shoulder to roll L/R with head lift. Repeat OS. Kneel, knees wide, turn R toes inward, place top of L foot on R sole, start with hands on

floor in front, sit pelvis between heels, take hands to floor behind, start going down on elbows, one at a time. Gradually start to pass from one elbow to the next, head hanging back, continually moving. Kneel, L foot with toes turned in, ankle at right angle, place R foot on R sole, lower pelvis between heels, weight of pelvis widens heels, gradually hands to floor behind. Tilt head R, go down on R elbow, return, repeat OS. Eventually go from elbow to elbow. On back, legs spread, lift arm, roll across other elbow up to sitting, return, come up other side, alternate. Kneel, R foot on L, knees together, hands on knees, round back backwards, head hangs forward, sitting back and then erect, bringing head up and lower back forward. Change feet, repeat. Quicker. Lower back rounds/arches, belly back/forward.

## Day 109 Thursday August 7, 2014

### ATM Lesson #244 – Diana Razumny

#### Sitting on heels #7

CD#22/T16 [45 min] DVD#S08-19 Scene 1 [45 min] Source: AY#197

Kneel, knees wide, heels together, toes standing, hands on floor between knees, lower head, lift knees, move pelvis back to sit on heels. Go forward/back with head hanging. Note: ankle angle increase/decrease. Lumbar arch/rounds. On back, legs spread, roll up over one elbow to sit, go down on other elbow to lie down. Head/shoulder lifts and goes to side to come up. Go up/down, alternate side/side. On back, feet standing, pull R ankle with R hand, lift pelvis, L hand helps bring toes to L, top of foot on floor, lower pelvis to sole of foot, R heel is to R of R hip, extend L leg long, arms to sides, roll up over R elbow. Go up/down on R then L side. Repeat OS. On back, feet standing, pull feet under pelvis with hands, toes standing, heels joined, direct knees to floor, lean on elbows/head. Also just leaning on shoulders with head down. Alternate taking R/L knee to floor. Without knees to floor, heels together, lift pelvis high off heels and transfer pelvis L/R. Kneel, knees wide, L foot inside R, sit on feet, heels open to side, buttocks between heels, hands on floor behind, go down on R elbow, come up, repeat few times. Repeat OS. Explore opposite arm in air. Repeat, come up over R elbow, head hanging, swing head in arc in front and go down on L elbow, swing R arm around overhead, hang head back, bring R arm/elbow to floor, roll R, bring L arm around overhead and forward to roll onto R elbow, continue around, reverse. Arms windmill around overhead and across to opposite side, circling in front and then place elbow. Switch feet/direction. Kneel, knees wide, toes standing, heels together, hands on floor between knees, lift knees, sit on heels, hands on knees, lift head, straighten back, extend R arm/hand/knee forward to floor, return. L knee moves to L. Alternate side/side. Pelvis moves forward/back as knee goes to/away from floor. Note ankle angle. Take both knees to floor same time. Lift/lower knees, hands on knees. Help with belly going forward/back to balance. Return to alternating knees if both is difficult. Lift one, the other, reverse. Kneel, stand toes, sit on heels, sit erect but head hanging, arms forward at shoulder height, alternately taking knees to floor in middle, belly/lumbar move forward/back. Gradually try both at same time. Both knees on floor, start to lean back, lift both knees. If not possible, lift one first then other. Arms/chest free so pelvis can move. On back, feet standing, pull R foot under pelvis with R hand, bring L foot under, heels wide, big toes close, roll up over R elbow, then L, gradually come to sit. Kneel, knees/feet apart, hands on heels directing them open to sides, lower pelvis between heels, lift pelvis, push belly forward, hang head back, return pelvis to floor between heels. Continue, keep hands on heels, lower R elbow to floor to lean, come up, go down on L elbow, come up. Continue, from sitting, lower R elbow to floor to lean, come up, go down on L elbow, come up, head moves in arc in front. Then go from elbow to elbow with head hanging back, making arc side to side behind. Eventually lean on both elbows, head hangs back to floor. Sit on heels, heels wide, hands on knees, alternate R/L hand back to floor, eventually, go hand/hand without coming forward, head hanging back.

### FI Exploration #143– Diana Razumny

#### Review Gail's FI with FI template handout

CD#22/T17 [48 min] DVD#S08-19 Scene 2 [48 min]

### Discussion #196 – Diana Razumny

#### Discussion of note taking; FI moves

CD#22/T18 [21 min] DVD#S08-19 Scene 3 [22 min]

### FI Exploration #144– Diana Razumny

#### Extension, lying on front

CD#22/T19 [52 min] DVD#S08-19 Scene 4 [62 min]

First part is Diana practicing on Seymour the skeleton and then Tim, then students practice.

### ATM Lesson #245 – Diana Razumny

#### Lengthening heels with arms behind head & back, back & side

CD#22/T20 [47 min] DVD#S08-19 Scene 5 [50 min] Source: AY#476

On back, extend L arm overhead on floor, lengthen L heel down/away, small/easy. Add extending arm overhead. Add turning head/face to R. Pause, repeat OS. Repeat, stay head turned to side, arm/leg lengthened, fill chest w/inhale, pulling belly in. Legs spread a bit, R arm long overhead, roll pelvis/torso to R, lying on R side with legs in scissor position, L leg behind, R in front, place L hand on back of head, elbow to ceiling. In this position, extend/lengthen L heel down/away. Notice L elbow's tendency to move a bit overhead. Stay in position, lengthen R heel/leg down/away. ROB. Same position, take L hand lower towards area between shoulder blades, leave hand in comfortable place, lengthen both heels/legs away/down. Note affect on L arm/elbow. Explore reaching the L hand towards each shoulder blade. Stay and repeat, 5 moves with each heel individually then at same time. ROB. Repeat on L side, L arm extended overhead, etc. Stay on L side,

add inhaling while expanding chest, sucking in belly. ROB. On R side, R arm overhead, switch legs so L is in front, R behind, bring back of L hand behind back, while lengthening L heel, fill/expand chest w/inhale, pulling belly in. Continue, think of head moving a little backwards, think of lower jaw/chin moving forward. Continue but switch to lengthening away with/through the R heel. Then lengthen down/away with both heels. Think chin forward, allow head to move as it wants. Allow L hand to move up/down along back, fingertips touching floor where R side and floor meet, back of hand against back. Reach w/hand where it can reach, stay there, lengthen out R heel. Note change in hand/back relation with heel lengthening. Add chest expanding w/inhale, chin forward. Switch to lengthening out both heels 5 times. Then each leg 5 times. Move L hand around, note ease/range. Lengthen L leg while moving L hand around, filling chest on inhale, chin forward. Same while lengthening out R heel/leg. ROB Repeat on other side. End reaching w/R hand from back of head down between shoulder blades. ROB. On back, legs spread, roll pelvis L, L arm bent, L hand behind head, down neck towards spine between shoulder blades. Bring back of R hand behind back. Extend out each heel few times, chin moves forward, note arm behind back. Expand chest w/inhale, lengthen with each then both legs. Still rolled L, switch legs so R leg in front, L in back, lengthen out both heels, chin forward, chest expanded w/inhale. ROB. Extend R arm overhead, roll R, bend R elbow, R palm on back of head, L hand behind back, extend each leg then both, extending chin forward, chest expanding with inhale. Switch legs, repeat. ROB. On back, extend L arm overhead, lengthen out/down L heel, L arm up, turn face to R. Repeat OS. Stand both feet, both arms extended overhead, draw belly in, expand chest w/inhale. Stand, walk.

## Day 110 Friday August 8, 2014

### FI Exploration #145– Diana Razumny

#### Squatting & walking observation handouts

CD#22/T21 [24 min] DVD#S08-20 Scene 1 [30 min]

Observe squatting with partner of 2 weeks ago; group reflections and observing everyone squatting for last 10+ minutes.

### ATM Teaching #43 – Diana Razumny

#### AY#215 Walking on all 4's supine

CD#22/T22 [36 min] DVD#S08-20 Scene 2 [36 min] Source: AY#215

Text to speech for studying AY.

### FI Exploration #146– Diana Razumny

#### Interviewing with an attitude

CD#22/T23 [70 min] DVD#S08-20 Scene 3 [87 min]

Groups of 5 – two pairs and one observer. One pair has an interviewer and a student, and the other pair serves as “supporters” for them. The students know a secret that the practitioners don't know. Rotate through roles. Whole group discussion starting at 45:00 minutes.

### FI Exploration #147– Diana Razumny

#### Using someone's arm to roll their head

CD#22/T24 [23 min] DVD#S08-20 Scene 4 [37 min]

Discussion and Diana demo until 18:00 minutes, then students practice on each other.

### ATM Lesson #246 – Diana Razumny

#### Spinal chain, asymmetrical

CD#22/T25 [35 min] DVD#S08-20 Scene 5 [35 min] Source: Mia in San Francisco training

1. On your back, scan and follow the line from the bottom of the skull to the pelvis. Feel the points of the two shoulder blades and do you sense any difference in the two sides? Note the way the pelvis is lying. Feel the length of the legs through the thighs, calves and heels. Note the way the arms contact the floor, elbows and hands. Bend your knees and notice how the back goes closer to the floor. When you lengthen the legs the belt area goes away from the floor as the pelvis rolls. Bend the knees. Recall the spinal lesson you from before. From the tailbone, raising the whole pelvis, then each vertebra, pelvis higher and higher. Then you rolled your spine down again until the pelvis was lying on the floor. Then you interlaced the fingers behind the head and lifted so the neck came away from the floor. Then you took each vertebra away from the floor and then returned the same way.
2. Lift the pelvis slowly, rolling the tailbone from the floor and then raise one vertebra after the other. Notice your breathing and take your time. When you come to a place that is not so clear stay there and go a little up and down. Do it so slowly and gently that it does not interfere with your breathing. Do it so slowly that you can notice other things. This is a little similar to the first day I came where you were feeling each other's spines one vertebra at a time. Instead of someone's finger your reference point is the floor. Go as far as you can and come back. Observe your breathing. When you come back this time lengthen your legs and rest a moment. Notice if anything has changed in your contact with the floor from these few movements.
3. Bend your knees. Roll your head to the right and stay there. Notice how much of your head or ear is lying on the floor. Stay on the side and do the same thing that you just did, leaving the head where it is. Observe what is different for you as you do that. What difference does the turning of the head make you feel along the whole back? Notice what you do with your breathing. If you are holding your breath, go down, breathe and start again. Take time to sense the pressure of your feet on the floor. Does this change in any way? Does it have anything to do with the movement and how you feel the vertebrae one by one? When you've gone down once again stay there, lengthen your legs and notice what you feel. Notice how the pelvis is lying, feel the contact of the two shoulder blades with the floor and scan your length from the top of the head through the neck, between the ribs, all the way through the hip joint through the legs to the feet.
4. Roll your head to the right, stay there and bend your knees and cross the right leg over the left. Roll the pelvis again, following one vertebra after another as far as you can go. Notice your breathing and your jaw. Do it slowly and when you find a place that is unclear or something new, stay there and find out what it is. Does it have to do with the abdomen, ribcage? Notice if your head is still turned to the right. Next time you come back down, lengthen your legs and rest. Bring your head to the center and notice what you sense in relation to the floor.



5. Bend your knees again, leave your head in the middle and do the first movement, raising the pelvis. Notice if anything has changed in the clarity of the vertebrae. Has something changed in the way you do it? When you come down, lengthen your legs and rest. Take your time to feel what is going on.
6. Roll your head to the right again, bend your knees and cross the left over the right and do the same thing, keeping the face to the right. Notice what part of your head on the right is in contact with the floor. Maybe you can feel some part of the ear or temple. Slowly raise one vertebra after the other. Do it slowly and notice how you have to organize yourself differently. How does it go differently through the body? After you come down, lengthen your legs, bring your head to the middle and return, noticing your contact with the floor.
7. Roll your head to the right and leave it there. Bend your knees, both feet on the floor and raise the pelvis so the belt area touches the floor then go one vertebra at a time. Notice how far can you go and how gradually you can go, without skipping too much. Notice your abdomen and your chest. Notice what goes on with the distance between the chin and pubic bone as you do this movement. When you have rested do it once again so you'll roll all the way up and down twice. Notice the places you wish you could have more differentiation. Does it have to do with the abdomen, ribcage, neck or jaw? Lengthen your legs again, draw your head to the middle, rest and notice whether anything has changed in your contact of your body with the floor.
8. Bend your knees again, interlace your fingers and put them behind your head and turn your face to the right. So actually the hands are behind the right ear. Slowly raise the head like this. How gradually can you do it? In your mind's eye follow the vertebrae. Notice where you have a clear picture and where it's not so clear and differentiated. Notice what you do, keeping your head to the right as you do this. If you do feel like turning the head to the middle, notice where it is. Is it between the shoulders, somewhere near the ribs? Take time to notice your breathing. If your elbows are wide open it's more difficult. Notice when you let the air come out, when do you let it come in. Leave it, lengthen your arms and legs, head in the middle and notice what you sense in your contact of your body with the floor.
9. Roll your head from the middle to the right. Then roll it from the middle to the left. Notice if you sense any difference. If you do where do you sense it? Can you feel it in the neck and head or even farther through the chest? What is the difference for you? Leave it, roll on your side and stand. Notice what you feel standing. Feel your feet on the floor, turn to look around you and notice if you sense a difference between one side and another.
10. Lie down again. Notice the contact of your shoulder blades with the floor. How much of the ribcage can you sense on either side? Feel the way the pelvis lies and notice the length of the legs. Bend your knees again, interlace your fingers behind your head and turn your head to the right. Raise your head like this, leave your head there where it's comfortable and then start raising the pelvis. Notice at what moment you get to the place where the head is raised and stay there. Don't lengthen the body but rock your body as if it's stiff like this. One time you raise the pelvis and the head goes down, then raise the head and the pelvis goes down. Keep the head to the right. Which foot do you use more or is it equal? Gradually make a bigger movement so you are flexed a little more. Do it quickly without thinking. Leave it, lengthen your arms and legs, head to the middle and notice your contact with the floor.
11. Roll your head to the right and scan your body. Sense the spine from the bottom of the skull down between the shoulders, ribcage, through the pelvis. Feel the shoulder blades on either side. Feel the way the pelvis is now lying. Do you feel more on the right or left of the pelvis? How do your legs lie on the floor? How do you sense your arms and elbows and your hands? Roll your head to the middle and then to the right. Come back to the middle and roll your head to the left. Notice if you sense any difference in the quality and quantity. Let it roll once to the right, once to the left and notice how much of the body you sense in the rolling. You can sense it in the neck. Can you sense it any farther? If you do, where? Somewhere in the chest, ribcage? Notice as you do this, if you sense differences are they obviously the side you turned to or do they have to do with the other side? Which side for you feels a little easier, the one you turned to or the other? If you want to check the quantity open your eyes and notice your nose in relation to your body. Then you can be sure it's not just your feeling.
12. Leave it, roll on your side and stand. Notice what you sense in standing. Sense your feet on the floor and feel which foot you would like to stand on if you were to stand on one foot. Shift your weight side to side. Turn around you and notice which side you go to easier or farther. Walk around and notice if you sense anything different as you are walking. Walk a little quicker and notice if you sense something in your head. Take a break.