

Day 111 Monday November 3, 2014

ATM Lesson #247 – Katrin Smithback

Vocal Scan

CD#23/T01 [47 min] DVD#S09-01 Scene 1 [47 min] Source:

5 minute introduction to voice work.

Discussion #197 – Katrin Smithback

About ATM lesson and how voice is supported or not by rest of self

CD#23/T02 [41 min] DVD#S09-01 Scene 2 [51 min]

About ATM Lesson. Small groups discuss how voice is affected by different aspects of our body: diaphragm, pelvis, ribs, contracting muscles in abdomen, throat, tongue, jaw, pelvic floor, etc.

ATM Lesson #248 – Katrin Smithback

Equalizing nostrils

CD#23/T03 [29 min] DVD#S09-01 Scene 3 [29 min] Source: Amherst & AY#5

ATM Lesson #248 cont – Katrin Smithback

Equalizing nostrils continued

CD#23/T04 [40 min] DVD#S09-01 Scene 4 [41 min] Source: Amherst & AY#5

Discussion #198 – Katrin Smithback

About FI practice between segments

CD#23/T05 [27 min] DVD#S09-01 Scene 5 [43 min]

Small group discussion. Then full group discussion.

FI Exploration #148 – Katrin Smithback

Movement observation of breathing

CD#23/T06 [48 min] DVD#S09-01 Scene 6 [69 min]

6 students sitting on 2 tables and rest of students watch them breathing. Then working in pairs watching breathing and then hands on to learn more. Switch in duos. Then guided breathing by Katrin in chairs. Then back to partners to notice changes. Then partner discussion. Then full group discussion.

Day 112 Tuesday November 4, 2014

ATM Lesson #249 – Katrin Smithback

Crossed leg weight shifts with sidebending and sound, standing

CD#23/T07 [43 min] DVD#S09-02 Scene 1 [43 min] Source:

Discussion #199 – Katrin Smithback

About ATM Lesson

CD#23/T08 [8 min] DVD#S09-02 Scene 2 [8 min]

Discussion #200 – Katrin Smithback

Video about breathing

CD#23/T09 [33 min] DVD#S09-02 Scene 3 [33 min]

Video about breathing showing movement of ribs and diaphragm. From Stowe Institute.

FI Exploration #149 – Katrin Smithback

Sidelying, movements of the shoulder and ribs in relation to breathing

CD#23/T10 [41 min] DVD#S09-02 Scene 4 [80 min]

Demo with Brandon. Practice in dyads. Group discussion.

FI Exploration #149 continued – Katrin Smithback

Sidelying, movements of the shoulder and ribs in relation to breathing, cont.

CD#23/T11 [5 min] DVD#S09-02 Scene 5 [39 min]

Switch roles.

Discussion #201 – Diana Razumny

Pre practicum preparation

CD#23/T12 [10 min] DVD#S09-02 Scene 6 [10 min]

Discussion #202 – Katrin Smithback

Interviewing for lesson

CD#23/T13 [9 min] DVD#S09-02 Scene 7 [9 min]

How the interview informs you on planning your lesson.

ATM Lesson #250 – Katrin Smithback

Jaw

CD#23/T14 [47 min] DVD#S09-02 Scene 8 [47 min] Source:

Day 113 Wednesday November 5, 2014

FI Exploration #150 – Diana Razumny & Katrin Smithback

Pre Practicum #1

CD#23/T15 [1 min] DVD#S09-03 Scene 1 [51 min]

In trios. 4 students give lessons to 4 students with 4 assistants available to help. Assistants report interview information to Diana and Katrin.

Discussion #203 – Diana Razumny & Katrin Smithback

About pre practicum

CD#23/T16 [28 min] DVD#S09-03 Scene 2 [28 min]

First 2 smaller groups meet with Diana and Katrin separately to process lessons. (Not recorded) Then full group discussion. Katrin gives demo with Tim.

ATM Lesson #251 – Katrin Smithback

Fullness of lower abdomen

CD#23/T17 [47 min] DVD#S09-03 Scene 3 [47 min] Source: Potent Self pp. 189-214

Discussion #204 – Katrin Smithback

About ATM Lesson

CD#23/T18 [5 min] DVD#S09-03 Scene 4 [6 min]

FI Exploration #151 –Katrin Smithback

Sidelying, movement of table side ribs

CD#23/T19 [31 min] DVD#S09-03 Scene 5 [73 min]

Demo with Tadd. Practice in dyads. Demo with Leighann.

ATM Lesson #252 – Katrin Smithback

Playing with your larynx

CD#23/T20 [43 min] DVD#S09-03 Scene 6 [43 min] Source:

Day 114 Thursday November 6, 2014

FI Exploration #152 – Diana Razumny & Katrin Smithback

Pre Practicum #2

CD#23/T21 [3 min] DVD#S09-04 Scene 1 [56 min]

In trios. 4 students give lessons to 4 students with 4 assistants available to help. Assistants report interview information to Diana and Katrin. Rotating roles through the 3 days.

Discussion #205 – Diana Razumny & Katrin Smithback

About pre practicum

CD#23/T22 [29 min] DVD#S09-04 Scene 2 [29 min]

First 2 smaller groups meet with Diana and Katrin separately to process lessons. (Not recorded) Then full group discussion. Katrin had Tim work with Max on table to look at self use. Then worked with Tim some more with self use.

Discussion #206 – Katrin Smithback

Importance of patterns in FI

CD#23/T23 [16 min] DVD#S09-04 Scene 3 [16 min]

ATM Lesson #253 – Katrin Smithback

Optimal leg lifts with vocalizing

CD#23/T24 [48 min] DVD#S09-04 Scene 4 [49 min] Source: AY#97

Discussion #207 – Katrin Smithback

About ATM Lesson

CD#23/T25 [18 min] DVD#S09-04 Scene 5 [18 min]

FI Exploration #153 – Katrin Smithback

Sit to stand

CD#23/T26 [58 min] DVD#S09-04 Scene 6 [71 min]

Demo with Galen. Connecting the head to the pelvis through contacting top of spine near ears to be able to bring him from sitting to standing. For many reference movements have person do a movement without hands on. Does someone have a connection to the pelvis? Pairs practice contacting person at ears and bringing forward but not to standing. Later all students sitting to standing to find when to engage legs. Back to pairs and bring to standing seeing where legs engage. Try having person move knees in and out as you bring them to standing and back to sitting. Have person shift from side to side on table and bring to stand as they transition through center when the weight is in their feet.

Day 115 Friday November 7, 2014

FI Exploration #154 – Diana Razumny & Katrin Smithback

Pre Practicum #3

CD#23/T27 [1 min] DVD#S09-05 Scene 1 [53 min]

In trios. 4 students give lessons to 4 students with 4 assistants available to help. Assistants report interview information to Diana and Katrin. Rotating roles through the 3 days.

Discussion #208 – Katrin Smithback

About pre practicum

CD#23/T28 [21 min] DVD#S09-05 Scene 2 [21 min]

First 2 smaller groups meet with Diana and Katrin separately to process lessons. (Not recorded) Then full group discussion. Katrin gives demo of Eleanor working with Tadd focused on self use. Katrin demo with Tadd different ways of lifting the head.

ATM Lesson #254 – Katrin Smithback

Twisting spine and breathing rhythmically

CD#23/T29 [41 min] DVD#S09-05 Scene 3 [41 min] Source: AY#188

FI Exploration #155 – Katrin Smithback

Cross leg standing ATM into FI

CD#23/30 [57 min] DVD#S09-05 Scene 4 [137 min]

Using cross leg standing ATM to develop FI. Demo with Ashley.

Day 116 Monday November 10, 2014

ATM Lesson #255 – Diana Razumny

Pelvic floor #1, breathing to relax NS

CD#24/T01 [34 min] DVD#S09-06 Scene 1 [35 min] Source: Debra Bowes Pelvic Floor ATMs

On back, one hand on lower belly below button. Note mvt of belly with breath. Other hand on chest to feel mvt. Which moves more. Hands to sides of ribs below breasts, feel sideways mvt of ribs. Rest hands, sense backwards mvt of ribs towards floor. Define dimensions for/back, sides, up/down. Feel for mvt into pelvic floor. Genitals? Feel swelling there, widening at hip joints. Lung/pelvic floor diaphragm, mv up/down tog. Focus on exhalation, both hands on lower belly. On exhale make 'sh' sound until sound changes. Pull lower belly in w/sh sound a little, activating pelvic floor, then allowing relaxation. Do 7 times, feeling the springiness of the inhale in the lower belly. Hypertonic state of muscles weakens the muscles. Hands on sides of ribs, 's' sound on exhale – 7 times. Hands on upper chest, elbows on floor, upper lung lobes, exhale on 'ha' (shorter) chest goes down – 7 times jaw/mouth relaxed. Hands down, feel mvt of ribs in all directions w/inhale/exhale, armpits. Feel expanding in pelvic floor on inhale, swelling genitals then reverse. Feel globally all directions of inhale/exhale. 7 times. Feel space between inhale/exhale.

Discussion #209 – Diana Razumny

About ATM Lesson & Videos about anatomy of breathing

CD#24/T02 [37 min] DVD#S09-06 Scene 2 [5 min] & Scene 3 [31 min]

5 minute discussion about ATM lesson (scene 2). Then videos about breathing and the muscles involved (Scene 3).

Yoga anatomy software of breathing– overview of interconnectedness: <https://www.youtube.com/watch?v=dMxE9tGRsaw>

Super graphic example: <https://www.youtube.com/watch?v=5L3dM3hinuo&index=3&list=PL58FA0D24C2E5D132>

French – respiration showing diaphragms: <https://www.youtube.com/watch?v=9JqFWUjxIIQ>

12 min of detailed thoracic anatomy: <https://www.youtube.com/watch?v=mVLXqICrsdo>

Boney structure of pelvis to watch before palpation: <https://www.youtube.com/watch?v=jpScugJrA8g>

Yoga Functional Anatomy – Forced Inspiration. Dr. Gill Solberg

FI Exploration #156 – Diana Razumny

Leaning over the table #1

CD#24/T03 [65 min] DVD#S09-06 Scene 4 [97 min]

Demo with skeleton. Then demo with Eleanor. First setting up so they are comfortable on table. Then outlining sacrum and pelvis. Then have person show you where their sitbone is located. Practice in pairs. Rotate through pairs. Then switch roles and rotate again to experience working with several students.

ATM Lesson #256 – Diana Razumny

Book on foot #1

CD#24/T04 [57 min] DVD#S09-06 Scene 5 [58 min] Source: Elizabeth Beringer

Scan: On back, bend knees, stand feet, sense/listen to floor contact of soles/toes, imagine tracing feet. Size/shape, fluffy/dense, hard/soft, light/dark. Lift/lower slowly, note part that returns to floor. Note ankle angle changing. Lift L foot in air, bend/straighten leg, foot to ceiling, note orientation of sole, imagine book on bottom. Rpt w/book on bottom of foot. Note contact of sole/toes/tracing, bend/straighten knee. Rpt, add R hand behind head, L behind L knee, lift head/straighten knee. Pause, switch hands, rpt. Rpt w/head turned to side. Then interlace hands behind head to lift w/straightening. Note direction of face/chin, back pressing, timing, when/if lengthening is easier. Leave head on floor, do few bend/straighten, note diff. Pause w/feet standing, note contact of L foot with floor, note toes, heel, arch, outer edge. Book on L foot, feel for contact of toes to board. Bring toes towards board, pressing/curling so that ball of foot lifts, then reverse so ball presses, toes lift. Feet standing, repeat movement of ball/toes lifting/pressing on floor. Pause compare feet. Press/lift ea toe of L foot individually. Compare feet. Book on L foot, take toes away from book then touch book w/toes. Leave toes quiet, bend/straighten ankle while bend/straighten leg. Note if toes stay in contact or lift from book. Intentionally keep toes lifted while bend/straighten ankle/leg. Then repeat keeping toes on book. Leave toes quiet, bend/straighten ankle/leg. Rest w/legs long, compare. Book on L foot, bend/straighten leg, note how. Add lifting/curling toes w/leg bending. Which combo is easy? Do opposite. Which way is easier to straighten leg? Bend/straighten leg at different angles. Think of pushing through heel, like Karate Kick, as leg straightens, different angles. Rest, legs long, compare. Stand feet, compare. Stand, walk, note diff through sides. Imagine OS. Roll

FI Exploration #157 – Diana Razumny

Moshe gives lesson with Raissa

CD#24/T05 [54 min] DVD#S09-06 Scene 6 [54 min] Source: Amherst 1981

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ATM Lesson #257 – Diana Razumny

Pelvic floor #2, right/left of pelvic floor

CD#24/T06 [54 min] DVD#S09-07 Scene 1 [54 min] Source: Debra Bowes Pelvic Floor ATMs

On back, feel the weight of head, shoulders, back, pelvis, legs, arrangement of arms. Roll head L/R, down/up hill? Sense back of head on floor. Imagine point between eyes, draw line down middle of face, throat, breastbone, belly, belly button, L/R sides of genitals, continue around to back between buttocks, sacrum, low back, on up to neck, head over top to between eyes. Since the division of R/L sides of body. Feel R side from top to bottom to heel. Rpt on L side. Compare sides. Muscular habits are different on the sides, including pelvic floor. Rib cage diff? L/R. Note area above breasts, noting rise/fall on R/L sides of chest. Pelvic floor R/L? Breathe mvt into pelvic floor, or flush of sensation into the tissue around genitals. Contract pelvic floor, the deep muscles. Silk scarf up into vagina and floating out. Feel coordination of breath. Feet on floor, hip width, heels near sitbones for easy support of lower legs. Feel change of back against the floor. Tilt legs R/rtrn, feel weight shift of feet (1 outside/1 inside). Weight of pelvis – R side heavier, L lighter. R/L sides of ribcage/shoulders. Allow head to roll R as knees tilt R, rtrn to center. Note breath, in or out with tilt? Rest w/legs long. Full skeletal movement makes easier to feel deep muscles of pelvic floor. Stand feet, tilt knees R, rtrn. Feel through whole torso. Layer in contractions of pelvic floor. Legs to R, pull legs back by contracting pelvic floor, pause in middle, rest, rpt. Pull up from inside. Image for women is pulling marble up into tube of the vagina. Men imagine pulling testicles up and a little inside yourself. Pausing with breath in middle before doing it again. Small amount, 6–8 reps enough. Rest w/legs long. Sense breath in lower belly between belly button and pubic bone, feel softness, fingertips on lower belly, resting elbows on floor, feel soft rise/fall of belly w/breath. Stand feet, tilt legs L, rpt on this side, notice differences. Lesson designed to balance differences in the sides. Rest w/legs long. Rtrn to mvt, adding contraction of PF. Stand R foot, let R leg open to R a little, note weight shift on foot, note weight moves to R side of pelvis. Bring knee back to middle by using deep inside pelvic floor, rpt few times. Rest, note R hip, imagine breathing into R hip, diaphragm moving down can create little pressure down into lower pelvis, creating sense of widening. Rpt above w/L leg. Can use the image of scarf or marble. Allow both legs to open to the sides a little, bring knees back together drawing the marble, scarf, testicles up. Pause in middle, breathe letting go. Rpt. Note jaw. Rest w/legs long. Feel breath going down into hip joints, groin, lower belly. Scan contact with floor. Contract pelvic floor as in beginning and note if easier, more awareness of movement. Feel the phases of contracting and relaxing. Sit, stand, feel standing on legs and balance, walk.

Discussion #210 – Diana Razumny

About pelvic floor ATMs

CD#24/T07 [20 min] DVD#S09-07 Scene 2 [20 min]

Discussion #211 – Diana Razumny

Video of anatomy of pelvic floor

CD#24/T08 [18 min] DVD#S09-07 Scene 3 [19 min]

Part 1: <https://www.youtube.com/watch?v=P3BBAMWm2Eo>

Part 2: <https://www.youtube.com/watch?v=q0Ax3rLfc6M>

FI Exploration #158 – Diana Razumny

Pelvic floor self-exploration

CD#24/T09 [23 min] DVD#S09-07 Scene 4 [24 min]

Sitting, reach under to feel muscle attachments just inside the sitbone, massage. Feel for perineal body right in front of the anus. 2 Balloons – 1 hand under PF, other holding/blowing balloon, feel what happens in PF, pressure down/up? nothing? Blow up balloon small amount, place it under perineum, blow on other balloon. Sit, feel breath moving into PF, Can identify 3 sphincters?

FI Exploration #159 – Diana Razumny

Leaning over table #2, lateral flexion

CD#24/T10 [36 min] DVD#S09-07 Scene 5 [63 min]

Demo with skeleton and then with Eleanor. Side to side movement. On easier side go to foot, bring hand in front of ankle, turn ankle outward to see how femur moves and see how hip joint follows, first in joint and then pelvis. How the movement travels through her. Pairs practice. Group discussion with more demo on skeleton.

FI Exploration #159 continued - Diana Razumny

Leaning over table #2, lateral flexion continued

CD#24/T11 [57 min] DVD#S09-07 Scene 6 [76 min]

Switch roles and then rotate. Group discussion. Then add on more sidebending from side with demo on skeleton and Tim. Pairs practice again. Demo with Galen about using broad back of hands or more detailed fingers or thumb to contact side of spine.

ATM Lesson #258 - Diana Razumny

Book on foot #2

CD#24/T12 [47 min] DVD#S09-07 Scene 7 [47 min] Source: Elizabeth Beringer

On back, stand feet, both legs in the air, book on one of them, straighten/bend. Pause, rpt, roll away from leg that has book. Switch book to other foot. On R side, head on R arm, L arm straight out to L. Twist arm around itself, note palm starts facing forward, turns down towards feet then behind, return. Twist other direction, counterclockwise, palm towards overhead then back a little. Clock on ceiling ref. Rpt, twist only clockwise, rtn to starting point. Cont, add head movement. Pause. Twist counter, rtn to start point, include head. Both directions, expand, note shoulder blade towards spine/floor behind. Rtrn to twisting clockwise, take head opp. Rtrn to head going with. Pause, Twist counter, head opp. Rtrn to going with. Arm out to side, twist clockwise/neutral. Pause, counter/neutral. Do full range of twist allowing head to go along, shoulder blade towards floor in back, nose to floor in front. Full range using whole self. Rpt OS. On back, book on L foot, take book to/away, gradually start to roll R. On R side, stand L hand, think of arm mvt/homologous leg mvt. L leg out to side, twist leg, feel rolling for/back. Note ribs if shoulder doesn't go forward. On R side, L arm/leg out to side, twist both clockwise, roll towards front, twist other way, roll towards back. Rpt but twist arm/leg in opp directions to each other. Just twist arm, w/o pelvis moving, note ribs. Switch to only leg twisting, shldr quiet, ribs twist. Rolling forward/back. ROB, compare sides. On R side, book on L foot, bend/straighten knee, roll towards back, sense foot on book, foot in space. Roll for/back. Rpt, roll towards front, return to side. Pause, roll to back, return to side. On side, roll small amnt for/back, comfortable range. On back, both feet up, book on L foot, take book to/away from you, start to roll R, onto side, rtn to back. Rpt on L side - R arm out to side, imagine twisting/rolling. Pause, leg up, imagine twist/roll. Book on foot, twist/roll.

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ATM Lesson #259 – Diana Razumny

Book on foot #3

CD#24/T13 [49 min] DVD#S09-08 Scene 1 [49 min] Source: Diana Razumny & Elizabeth Beringer

On R side, L arm out to side, twist slowly ea way, gradually head rolls, increase, feel arm lengthen/shorten, from front, side, back. Pause, rpt w/leg. Track knee arc thru space. Arm/leg twisting opp dir, slowly, stay on side, note btwn hip/shld. Arm twist, head roll on floor, feel through, add leg. ROB sides? Rpt OS – L side, R arm out, twist, add leg. Twist leg a few times allow shoulder to move then w/o shld mvt. Add arm. Add head/eyes look up/down. R arm over top of head, hold L ear, cont mvt of leg. Look at leg in front and imagine see leg behind you as roll for/back. On L side, lift R foot from L, slide R knee to floor in front of L knee, think of book on foot and rolling towards front. On L side, book on foot, roll towards back/front. Pause, rpt w/book on hand. Add leg w/imaginary book. Have 2 books, on hand/foot, roll for/back. Look up/down? Both legs in the air, alt lengthening/bending legs, rolling. On back, book on R foot, roll to side/back. On back, explore rolling to R & how might cont to front, imagine book. On back, book on L foot, bend/ straighten, roll to side. If stuck, chg angle of leg, bend knee, chg torso. Stay w/area of comfort. Cont, go to edge of next transition point & hang out with it, figuring out what you do to cont onto front. If you can do that, smooth it out. Book on L foot, roll L. End w/book on easy foot, roll both directions. Bring it to an easy range, smooth, no question of book falling.

Discussion #212 – Diana Razumny

Moshe Video on breathing & other videos on breath

CD#24/T14 [35 min] DVD#S09-08 Scene 2 [36 min]

Dr. Steven Langer interviewing Moshe on Medicine Man series in 1982. Then video showing anatomy of singers.

ATM Lesson #260 – Diana Razumny

Pelvic floor #3, engaging the abdominals

CD#24/T15 [51 min] DVD#S09-08 Scene 3 [51 min] Source: Debra Bowes Pelvic Floor ATMs

On back, sense breathing, hands on lower belly to feel mvt of the breath. Exaggerate the rise/fall a little with the inhale/exhale. Hands on floor to sides, sense back, shoulder blades L/R, rib cage, low back, pelvis. Stand feet, interlace hands behind head, elbows tog/apart, sense pressure of palms on head for support when elbows are forward so you can lift head w/help of hands, look between legs, lower head. Note changing pressure along floor as head lifts. Feel changing shape of back. Feel lower belly muscles pull inward. Feeling full skeletal movement first coordinating breath, feel the folding of front, sternum lowering, backside rounds and presses floor. Pause w/arms down feeling for differences. Interlace hands behind head, elbows tog, palms cradling head, lift to look between legs, low back presses floor, belly contracts, add PF muscles contract w/mvt then letting them go as you return to floor. Taking time to notice all parts in coordination. Rest. Stand feet hip width, tilt knees to R, return to middle. Note weight shift on feet, the pelvis against the floor, R shoulder against floor. Knees in middle, cradle head w/hands again, tilt knees to R, stay, lift head as knees return to middle, exhaling as knees return to middle. Add contracting PF with head lifting, knees returning to mid. Imagine silk scarf or pulling testicles inside. Rpt OS. Stand feet, allow knees to open to sides then closing, use PF contracting to bring knees tog, imagine marble being sucked up into the tube then rolling out as knees move out to sides. Cradle head w/hands, knees little open, exhale, lift head, bring knees together, rvrs. Coordinate breath, exhale pulling belly in w/PF pulling up when lifting head, bringing knees tog then reverse on inhale. Rest. Note contact with floor, breath w/PF contracted on exhale. Stand knees, contract PF, feel belly contract while exhaling. Rest noticing width of: pelvis, low back, shoulders, ribs. Where feel breath moving in you. Stand, feel breath, belly. Sway side/side, for/back. (Inhale on both feet, exhale when shifted to one foot/leg, engage pelvic floor pulling up when on 1 leg – my addition)

FI Exploration #160 – Diana Razumny

Leaning over table #3, lateral flexion continued & extension

CD#24/T16 [72 min] DVD#S09-08 Scene 4 [89 min]

Demo with skeleton. Reviewed yesterday's practice. Sit on the lengthening side and place piano keys on the shortening side of the spine. From there leave one hand for piano keys in the same place and the other hand reaches for the ribs and directs into the spine. Stay with the hands on the ribs and bring the other hand thumb on the lengthening side of the spine and direct the ribs into the spine and the thumb on the other side of the spine can receive the push from the ribs. Pairs practice and then switch roles. Group discussion. Demo with Katherine. Moved on to extension. Push on sitbones and push on lower spine to create extension. Demo with Leighann showing finger and wrist position for pushing into lower spine.

ATM Lesson #261 – Diana Razumny

Book on foot #4

CD#24/T17 [52 min] DVD#S09-08 Scene 5 [52 min] Source: Diana Razumny & Elizabeth Beringer

On back, roll legs in/out feeling hip joints, lower leg bones, knee, femur. Stand feet, R foot in air, bend/straighten, as straighten, roll L, direct foot to ceiling. Rpt, prop onto L elbow, bend R knee towards floor in front while foot stays facing ceiling, continue onto front side. Rest on front. Prop up on elbows, bend R knee, foot to ceiling, lift lower knee few times, look at foot, circle foot by moving ankle. Forehead on hands, bend R knee, foot to ceiling, bend ankle as if standing on floor, look at foot to check. Same position, foot facing ceiling, bend ankle side/side, inner/outer edge of foot lift/lower, look at foot moving. Legs straight, tuck R toes for pushing against floor, lifting R knee, roll across toes. Bend R knee, foot faces ceiling, take front of foot side/side, rotating around lower leg bones. Sit, R foot standing on floor, wrap hands around lower leg to feel bones, pivot front of foot around heel which stays in place, pause, lift/lower inner/outer edge of foot, feeling lower leg bones again. Rest on front, bend both knees, knees/feet touching, bend/straighten ankles, attn to heels up/down, pause w/feet flat like standing, take soles together/apart, small mvt of ankles. On back, stand feet, straighten R leg to ceiling, rolling to L, prop head on L hand on side, bring R knee to floor while foot orients to ceiling. Rpt w/board on foot, rolling back to side rtn. Prop on L elbow on side, R knee on floor in front of L, hold board on foot. Partners, 1 on back w/board on foot, partner stands and place little pressure on board and stay with them to feel the board. Switch then return to doing it alone. Try L side to compare. Use easy leg, roll towards side that has board on foot. Without boards, both legs in the air, bend/straighten, rolling side/side

Day 119 Thursday November 13, 2014

ATM Lesson #262 – Diana Razumny

Pelvic floor #4, activating front & back of pelvic floor

CD#24/T18 [44 min] DVD#S09-09 Scene 1 [46 min] Source: Debra Bowes Pelvic Floor ATMs

On back, note breath, hands on lower belly to feel mvt there w/the breath, breath in chest, ribs? Attn to contact with the floor. Roll head L/R. Weight of pelvis, how much/where? Legs? Lumbar/cervical space/curve. Contract PF, pull up/let go. Imagine silk scarf, testicles pulling up/in then floating out. Stand feet hip width, sense pressure on sacrum, follow down to tailbone. Small mvt of pelvis to move tailbone away from floor, simpler, slower, small, soft. Note lumbar flattens towards floor. Note back of skull contact to floor as sacrum moves, track chin. Stand feet, take tail towards floor, lumbar lifts a little softly, feel head/chin mvt. Feet standing, bring hands to pubic bone, go under to find the bottom, stay at top, mv tailbone towards floor, note low back, chin, head, pubic bone moving together. Rest. Rtrn, this time lifting tail, pubic bone moves up towards head, chin moves up, low back to floor. Cont, mv both directions, tail up/down, tracking all the other points moving, echoing mvt of pelvis. Rest. Pubic bone/tailbone have muscular attachments of the PF. Sitbones are to the sides, so a diamond shape made of front/back triangle. Front triangle has urethra and vaginal opening, back triangle has anus. More familiar voluntary control in the back, the anus, the front is less clear, especially for women. Stand feet, lift tailbone, rocking pelvis, feeling for the full skeletal movement. Think of pulling tailbone up from the inside like closing off anus, pause, letting go of contraction before repeating taking breath or two. Rest. Stand feet, take tailbone down, note rocking through skeleton, bring in PF muscles, pulling down from under the pubic bone. Rest. Feel the breath widening at hip joints, going down into the pelvis. Stand feet, hip joints/PF connected so standing feet may adjust. Roll tail towards floor, back to middle, then away from floor, back to middle, pausing each time in middle, note full skeletal response up through torso to head/chin. Bring in PF, contracting when moving, release to return to middle. Rest. Contract PF, pull marble up inside, rock pelvis up/down keeping PF contracted. Do 1 repetition then pause. Track full skeletal response. Rest. Track breath creating width on inhale, narrow on exhale. Relax back of throat, tongue, lips. Sense the front/back triangle of PF, new awareness? Response to breathing in PF?

Discussion #213 – Diana Razumny

About ATM lesson

CD#24/T19 [11 min] DVD#S09-09 Scene 2 [11 min]

Discussion #214 – Diana Razumny

Reading from Potent Self & about teaching the method

CD#24/T20 [43 min] DVD#S09-09 Scene 3 [75 min] & Scene 4 [8 min]

Small groups read from Potent Self, Chapter 17 – The Abdomen, Pelvis and the Head. Develop ATM series to teach based on reading. Group discussion about starting a practice and other aspects of teaching the method.

FI Exploration #161 – Diana Razumny

Review

CD#24/T21 [38 min] DVD#S09-09 Scene 5 [38 min]

Tim had question about pulling knee tail ward through spine. Demo with Tim on back with feet standing to review this area of FI. After looking at Tim with feet standing put rollers under knees.

ATM Lesson #263 – Diana Razumny

Book on foot #5

CD#24/T22 [40 min] DVD#S09-09 Scene 6 [40 min] Source: Diana Razumny

On back, arms forward, reaching with arms, one at a time, tracking through to sternum, note diff if rotate arm, note head response. Pause. Cont the reach of one arm to roll to opp side. Lengthen out heel of one leg to facilitate. Rpt OS. Legs in air, bend/straighten legs alternately, rolling, foot towards ceiling. Pause, bring easy leg into air, roll from back to side (away from side of leg in air), rpt OS Book on foot, roll away from that side, bending knee to touch in front on opp side. Rpt OS Leg in air, roll to opp side, cont onto belly, how to cont in same direction, bringing other leg across. On front, bend both knees, imagine 1 foot with book, imagine how would roll onto side. Rest, rpt w/book on 1 foot. Start on back, roll to cross over, knee to opp side. Both legs in air, alt bend/straighten, look at knee bending to floor on same side, would the book be on foot? Watch both feet as roll to belly to see when book would fall.

Discussion #215 - Diana Razumny**About ATM lesson**

CD#24/T23 [8 min] DVD#S09-09 Scene 7 [10 min]

FI Exploration #162 - Diana Razumny**Dennis showing pushing through C7**

CD#24/T24 [24 min] DVD#S09-09 Scene 8 [23 min]

Showing video of Dennis demonstrating pushing through C7 in Santa Fe 3 training in 2006.

ATM Lesson #264 - Diana Razumny**Pelvic floor #5, dynamic sitting with R/L sides of pelvic floor**

CD#24/T25 [31 min] DVD#S09-09 Scene 9 [31 min] Source: Debra Bowes Pelvic Floor ATMs

Sit on flat chair seat. Small hand towel. Sit on front of chair seat, feel sitting bones of pelvis, rock side/side feeling sitting bones to define R/L sides of PF. Hands on hips, rock pelvis side/side. Rest hands on thighs. Notice where eyes are looking. Look at the horizon. Note breath. Pull in belly on exhale between belly button and pubic bone, expand on inhale. Find easy space between feet/knees. Rest when needed. Contract PF a few times. How feel different in sitting, working against gravity to pull up inside of you. Relax between contractions. Note up/down mvt at perineum or genitals. Stand, walk for rest. Sit, balanced on sitbones, feet comfortable distance. Place folded towel under L sitting bone so you sit lopsided. Lift R side of pelvis, pressing L sit bone. Lower, feet stay flat, knees apart. Reach R hand under buttock when R sitbone lifts, take out as lower sitbone. Start mvt by pressing L sitbone. Push w/R foot, lifting R sitbone. Pause, take out towel, both sitbones on seat, observe sensation of sitting. Rest, rpt OS. Note sitting then stand to rest in walking. Sit again, feet flat/apart, lower leg bones vertical, knees over feet, place towel under L sitbone, lift/lower R side, hands on thighs, contract PF when lifting, relax when lowering side. R foot can help. Note if abdominals are helping lift then relax when lowering. Imagine contraction of PF lifts the hip the reverse. Rest w/towel out. Stand, walk few steps. Sit, supported by sitbones, looking forward at horizon, towel under R sitbone. Rpt above. Rest. Sit, towel under L sitbone, mvt same but more sustained contraction, lower/lift hip few times while maintaining contraction. Note sphincters of mouth/face tightening, let go. Cont few times. Rest, walk few steps. Sit, rpt OS, towel under R hip. Rest. Sit, towel under L side, a little faster, as if running, riding horse or dancing. Contract PF, hold, lift/lower R side like bouncing. Pause, relax, rpt 3-4 times. Rest. Rpt OS. Rest. Sit on sitbones, hands on thighs, sense contact with chair, note if perineum has dropped down, wider between sitbones? Contract/relax PF, noting if more sensation than beginning. Feel the rising and lowering with contraction/relaxation. Stand, note balance, PF sensation, walk.

Day 120 Friday November 14, 2014

ATM Lesson #265 – Diana Razumny

Book on foot #6

CD#24/T26 [33 min] DVD#S09-10 Scene 1 [33 min] Source: Diana Razumny

Have 2 boards ready. On back, like first lesson in series – explore simple bend/straighten of ea leg, attn to ankle, hand behind leg? Stand feet, favorite leg in air, lengthen out the heel, turning toes to midline, rolling pelvis, feeling spiral in leg, lifting that side of pelvis from the hip joint following foot/leg towards ceiling. Roll all the way to side, stay there, resting bent legs, lift top foot to roll pelvis, then feet together, lift knee, then alternate foot/knee, feel pelvis. Pause On side, slide top leg/knee forward/up onto the floor, circle bent knee on floor, note pelvis. Lift foot in air and circle knee on floor. Same position, knee on floor, foot in air, sole to ceiling, lift knee, take foot towards/away from ceiling. Then rpt in imagination, top leg lifted in air, lift/lower knee/foot. Leg up to ceiling, turning leg in/out. Think of paint brush in anus. On back, both legs in the air, alternately lengthening. Attn to the bending leg, taking that knee to the floor, put board on that foot and figure out what to do with other leg so you could cont to roll to that side then belly. Rvrs. On front, elbow propped, knees bent, look over ea shoulder at feet. Lengthen one arm while lifting one knee, rolling towards side, rvrs. On back, book on both feet, roll side/side, eventually the front.

Discussion #216 – Diana Razumny

Videos

CD#24/T27 [10 min] DVD#S09-10 Scene 2 [10 min]

Video of Lea Kaufman doing book on the foot using 4 books.

Leah Kaufman: <https://www.youtube.com/watch?v=uSvi-dBCCmQ>

Chinese performers: <https://www.facebook.com/groups/233328146712410/permalink/842074085837810/>

Vocal cords quartet: <https://www.youtube.com/watch?v=-XGds2GAvGQ>

TedTalk TomThum Beatbox: <https://www.youtube.com/watch?v=GNZBSZD16cY> not shown in class.

ATM Lesson #266 – Diana Razumny

Pelvic floor #6, dynamic sitting with front/back of pelvic floor

CD#24/T28 [39 min] DVD#S09-10 Scene 3 [39 min] Source: Debra Bowes Pelvic Floor ATMs

Sit at forward edge of chair, feet flat on floor, hands on thighs, sense sitbones, knees same distance apart as feet, feet hip width apart. Notice if looking up/down/forward ahead in middle. Look forward, place hands on lower belly to feel breath moving there. Contract PF, drawing up marble or scarf deep into vagina then let it go down, flow out, inhaling. Hands on pubic bone, slide hand under pubic bone. Sense distance between pubic bone and chair seat. Move pubic bone towards chair then away. Facilitate by pushing with hand against pubic bone, rocking forward. Smooth/easy. Place hands at top of pelvis just below waist. Cont movement of pubic bone moving down towards chair, feeling hands on top of pelvis moving forward. If it was a bowl, water would flow forward out of bowl. Rtrn. Place hands on sternum, come to the bottom, feeling where muscles attach along ridge of ribs on this end, on the pubic bone on the other end. Again, mv pubic bone towards chair, note spine arching. Note space between sternum and pubic bone, allow face/eyes to look up towards ceiling then return to horizon when pelvis returns. Rest. Sitting, note if on front or back of sitbones. Explore front/back, lifting pubic bone rounding back backwards, then return. Feel distance between sternum/pubic bone, head/eyes lower. Pulling belly button back towards spine. Rest. Sitting, take pubic bone towards chair, eyes look up, distance between pubic bone and sternum move apart, back arches, reverse and repeat previous movement of rounding back backwards, sternum/pb coming together. Pause, rest. Attn to tailbone, back of PF, rpt mvt of pelvis rocking forward/back, noting tailbone. Attend to pubic bone and tailbone as you rock, noting the mid point of sitbones that supports restfully, easy breathing. Pause at that place, feel pelvis expands in all directions with breath. Rest. Sit at that mid point on sitbones, round back back, roll towards tailbone, contract PF, pulling in, rtrn to balance point in middle, let PF go. The belly pulls in and lets go with PF pulling in, letting go. Imagine pulling pelvis back, pulling tailbone under, contracting PF, then return, letting go, inhaling. Can you feel that in your mouth or throat? Rest. Now reverse, pubic bone towards chair, back arching, looking up with head/eyes. Imagine PF pulling from inside of the pubic bone, pulling pubic bone towards chair. Rtrn to middle. Rpt few times. Sit supported on mid of sitbones, so head is easy on spine, breath is easy. Combine mvt forward/back, looking up/down w/spine arching/rounding. Go ea direction then pause in middle. Contract PF, hold it gently while rocking forward/back once, pause in middle letting PF go. Feel if PF gets wider in all directions. Rest on supportive sitbones. Contract PF, note if you go forward/back. Now staying balanced in middle, contract on exhale, belly comes in, rvs on inhale. Start to make a mvt as if coming to stand to bring weight forward onto feet, do few times, slowly begin to lift pelvis, rvrs. Just as you lift, notice if the PF jumps in to help. Rtrn to sit, rpt. Since a liveliness of the PF to come in to help. Eventually come to stand up. Go back down, note when PF kicks in to help, then when it can let go to sit all the way. Discussion at end of lesson.

FI Exploration #163 - Diana Razumny

Artificial floor

CD#24/T29 [100 min] DVD#S09-10 Scene 4 [42 min] & Scene 5 [82 min]

Demo with Katherine. Pairs practice after lunch. Discussion. Demo with Eleanor. Switch roles.

Discussion #217 - Diana Razumny

Ted video on voice

CD#24/T30 [13 min] DVD#S09-10 Scene 6 [13 min]

ATM Lesson #267 - Diana Razumny

Book on foot #6 continued & closure

CD#24/T31 [33 min] DVD#S09-10 Scene 7 [33 min] Source: Diana Razumny