

## Day 121 Monday March 30, 2015

### **Discussion #218 - Diana Calumny**

#### **About segment**

CD#25/T01 [39 min] DVD#S10-01 Scene 1 [39 min]

Overview of segment. Practicums on Thursday and Friday. Long discussion about not knowing.

### **ATM Lesson #268 - Diana Razumny**

#### **Board on the foot revisited**

CD#25/T02 [54 min] DVD#S10-01 Scene 2 [54 min] Source: Diana

5-minute introduction to voice work.

### **FI Exploration #164 - Diana Razumny**

#### **Board on the foot observation**

CD#25/T03 [12 min] DVD#S10-01 Scene 3 [30 min]

Lesson was summary of last segment. Continuation of 4-day workshop for 3 of the students with this lesson. 3 groups, one of WS participants in each group.

### **FI Exploration #164 cont. - Diana Razumny**

#### **Board on the foot observation cont.**

CD#25/T04 [36 min] DVD#S10-01 Scene 4 [126 min]

Discussion about what you discovered about where movement could improve. Observation continued in groups. Full lesson in pairs with one person to be continued on Wednesday. Discussion at end of practice.

**Day 122 Tuesday March 31, 2015**

**ATM Lesson #269 - Katrin Smithback**

On side, crossed legs, lifting pelvis

CD#25/T05 [60 min] DVD#S10-02 Scene 1 [60 min] Source:

**Discussion #219 - Katrin Smithback**

What do you need for the upcoming practicum?

CD#25/T06 [19 min] DVD#S10-02 Scene 2 [36 min]

Small groups. What do you need and want to be more ready for the practicum?

**FI Exploration #165 - Katrin Smithback**

Lifting the shoulder for arm reaching

CD#25/T07 [89 min] DVD#S10-02 Scene 3 [89 min]

Demo with Katherine. Function of reaching. Started with reference movement of lifting shoulder.

**FI Exploration #165 continued - Katrin Smithback**

Lifting the shoulder for arm reaching continued

CD#25/T08 [24 min] DVD#S10-02 Scene 4 [107 min]

Demo with skeleton. Demo with Nicki. Lifting shoulder and what head does. Full FI in dyads. Switch roles.

## Day 123 Wednesday April 1, 2015

### **ATM Lesson #270 – Diana Razumny**

Lifting pelvis over knees, new variation

CD#25/T09 [53 min] DVD#S10-03 Scene 1 [54 min] Source: Diana

### **Discussion #220 – Diana Razumny**

About ATM lesson

CD#25/T10 [8 min] DVD#S10-03 Scene 2 [8 min]

### **FI Exploration #166 – Diana Razumny**

Exploring FI moves related to the 4 spinal movements

CD#25/T11 [13 min] DVD#S10-03 Scene 3 [76 min]

Groups of 4 with 4 sheets, each with pictures of one of the 4 spinal moves. Try out one page at a time to see if the pictures make sense. Instructions for after lunch pairs from Monday giving a lesson as follows: student picks one of the pages of spinal moves to receive. Practitioner goes from picture to picture while Diana guides practitioners with certain qualities such as self-use, are you breathing, are you listening, etc.

### **Discussion #221 – Diana Razumny**

Structure of lesson time related

CD#25/T12 [59 min] DVD#S10-03 Scene 4 [59 min]

How much time for different parts of the lesson. Worked through lesson structure: Beginning, interview – 10 minutes; beginning movements, reference movements with verbalizations – 10 minutes; main part of lesson – 20 minutes; transition to sitting and standing, end of lesson – 10 minutes.

### **FI Exploration #166 continued – Diana Razumny**

Exploring FI moves related to the 4 spinal movements, guided in pairs

CD#25/T13 [55 min] DVD#S10-03 Scene 5 [55 min]

Follow instructions from before lunch for working with partner as Diana guides qualities. Switch roles.

### **Discussion #222 – Diana Razumny**

About FI guided lesson

CD#25/T14 [18 min] DVD#S10-03 Scene 6 [18 min]

### **FI Exploration #166 continued 2 – Diana Razumny**

Exploring FI moves related to the 4 spinal movements, guided in pairs cont.

CD#25/T15 [43 min] DVD#S10-03 Scene 7 [43 min]

## Day 124 Thursday April 2, 2015

### **FI Exploration #167 – Diana Razumny & Katrin Smithback**

#### **FI Practicum #1**

CD#25/T16 [1 min] DVD#S10-04 Scene 1 [60 min]

5 students each gave a lesson to a public person. 4 lessons supervised by Katrin and Diana.

### **Discussion #223 – Katrin Smithback & Diana Razumny**

#### **About FI Practicum #1**

CD#25/T17 [77 min] DVD#S10-04 Scene 2 [77 min]

Debriefing in 2 groups. Katrin's group was recorded audio and video. First practitioner's shared their experience of giving a lesson to a public person. Diana's group joins. Demo with Brandon. Working with head while on back.

### **FI Exploration #168 – Diana Razumny & Katrin Smithback**

#### **FI Practicum #2**

CD#25/T18 [1 min] DVD#S10-04 Scene 3 [54 min]

5 students each gave a lesson to a public person. 4 lessons supervised by Katrin and Diana.

### **Discussion #224 – Katrin Smithback & Diana Razumny**

#### **About FI Practicum #2**

CD#25/T19 [57 min] DVD#S10-04 Scene 4 [57 min]

Debriefing in 2 groups. Katrin's group was recorded audio and video. First practitioner's shared their experience of giving a lesson to a public person. Diana's group joins. Demo with Tadd and Tim as practitioner. Demo with Rubia with Nicki as practitioner.

### **FI Exploration #169 – Katrin Smithback**

#### **Feeling the pelvis from turning the head, in sitting**

CD#25/T20 [2 min] DVD#S10-04 Scene 5 [19 min]

In pairs, student sitting, practitioner holds neck and head and look for pattern through spine to pelvis in turning head to side.

### **Discussion #225 – Katrin Smithback & Diana Razumny**

#### **About FI Practicum setup for tomorrow**

CD#25/T21 [13 min] DVD#S10-04 Scene 6 [15 min]

Logistics and poetry at end.

## Day 125 Friday April 3, 2015

### **FI Exploration #170 – Diana Razumny & Katrin Smithback**

#### **FI Practicum #3**

DVD#S10-05 Scene 1 [53 min]

No audio. 5 students each gave a lesson to a public person. 4 lessons supervised by Katrin and Diana.

### **Discussion #226 – Katrin Smithback**

#### **About FI Practicum #3**

CD#25/T22 [71 min] DVD#S10-05 Scene 2 [71 min]

Debriefing in 2 groups. Katrin's group was recorded audio and video. First practitioner's shared their experience of giving a lesson to a public person. Demo with skeleton. Demo with Eleanor. Diana's group joins.

### **ATM Lesson #271 – Katrin Smithback**

#### **Supine, reach to ceiling to roll to side**

CD#25/T23 [73 min] DVD#S10-05 Scene 3 [73 min] Source: Diana

### **FI Exploration #171 – Katrin Smithback**

#### **Reaching forward and taking top leg back from ATM**

CD#25/T24 [30 min] DVD#S10-05 Scene 4 [60 min]

Groups of 3. Each person go through ATM movement on mats. Then group discussion. Then on table with student lying on side, moving top leg back and forth in relation to ATM.

## Day 126 Monday April 6, 2015

### **ATM Lesson #272 – Katrin Smithback**

#### **Circles with straight legs, sitting**

CD#26/T01 [72 min] DVD#S10-06 Scene 1 [72 min] Source: Katrin

### **Discussion #227 – Katrin Smithback**

#### **Medical view versus Feldenkrais thinking**

CD#26/T02 [50 min] DVD#S10-06 Scene 2 [67 min]

Katrin talks about her feedback about thinking in evaluation of FI practicum. Small groups discuss categories of medical terminology and find a word to describe how we look at these terms in Feldenkrais.

Medical: therapy/treatment; Feldenkrais: education, learning

Medical: problem; Feldenkrais: person

Medical: pathology; Feldenkrais: health

Medical: advice/diagnosis; Feldenkrais: listening, dialogue, conversation

Medical: pain/problem; Feldenkrais: action, activity

Medical: disability; Feldenkrais: ability

Medical: fixity; Feldenkrais: process, potential

Medical: curing/healing; Feldenkrais: learning, sensing, supporting

Medical: expert/patient; Feldenkrais: self-awareness, agency, guides and co-learns

Medical: right/wrong; Feldenkrais: options/possibilities

Medical: subtractive; Feldenkrais: additive

Feldenkrais: pleasure, self-use, habit, curiosity, interest....

### **FI Exploration #172 – Katrin Smithback**

#### **Holding leg in sidelying**

CD#26/T03 [51 min] DVD#S10-06 Scene 3 [111 min]

Groups of 3 exploring in discussion having student in sidelying while holding their leg. Use ATM from this morning. Then full group discussion. Demo with Leighann.

### **ATM Lesson #273 – Katrin Smithback**

#### **Leg swings**

CD#26/T04 [31 min] DVD#S10-06 Scene 4 [31 min] Source: Katrin

**Day 127 Tuesday April 7, 2015**

**ATM Lesson #274 - Katrin Smithback**

On side, lengthen leg to sit

CD#26/T05 [77 min] DVD#S10-07 Scene 1 [77 min] Source: Katrin

**Discussion #228 - Katrin Smithback**

Styles of ATMs and FI lessons

CD#26/T06 [37 min] DVD#S10-07 Scene 2 [37 min]

Organizing principles of ATM lessons and FI lessons.

**FI Exploration #173 - Katrin Smithback**

Shoulder and arms in reaching

CD#26/T07 [75 min] DVD#S10-07 Scene 3 [163 min]

Reaching involves extension and rotation. One arm reaching has the potential to involve rotation. Demo with skeleton showing structure and movement of shoulder girdle. Demo with Galen. Pair practice. Discussion at end.

## Day 128 Wednesday April 8, 2015

### ATM Lesson #275 – Diana Razumny

#### Lengthen through heel, on back

CD#26/T08 [57 min] DVD#S10-08 Scene 1 [58 min] Source: Alexander Yanai #268

On back, stand R foot, lift R hip, lengthen L leg through heel then shorten. Repeat OS. Stand R foot, lift R hip, arms overhead/spread, lengthen/shorten diagonal line from L heel to R arm, do quickly. Repeat OS. Bend both knees, lift pelvis, arms behind back, lower pelvis and L leg, R knee bent, lift R hip, L leg rolled out, lengthen through L heel/leg. Repeat OS. Stand R leg, hip lifted, L leg rolled out, lift/lower L leg. Pause w/hip on floor. Lift L leg, leave it up, lift/lower R hip while L leg is in the air. Quick/easy. Repeat OS. Repeat last sequence with arms behind lower back. Stand R leg again, arms overhead on floor, lift/leave L leg up, move L leg R/L. Quickly, pause same position. Lift/lower L leg now to sense ease. Repeat OS. More variations: Same position, circle straight lifted leg. Arms overhead or behind back. Feet standing, lift pelvis, arms behind back or arms overhead. Return to circling straight leg while pelvis is lifted from floor. Arms overhead on floor, feet standing, circle pelvis around clock each direction, note circling of head.

### Discussion #229 – Diana Razumny

#### Video of performance piece

CD#26/T09 [20 min] DVD#S10-08 Scene 2 [20 min]

Performance link: <https://vimeo.com/119951428>

How this piece related to the Feldenkrais method.

### Discussion #230 – Diana Razumny

#### About learning from Katrin's FI teaching & Gaby Yaron video

CD#26/T10 [38 min] DVD#S10-08 Scene 3 [47 min]

What did you learn from Katrin's FI teaching? Functionality of movement. How to put an FI together, how to have a conversation about what the person is saying and responding. Leap in the primal spinal movements. How does the movement serve the person in their life? It is not about range of movement. Diana: layers of complexity, learning how to be with person and takes a lot of different skills. Vision about what you want to do with this body of work. What are the steps to manifest your vision, if you have one?

Video of Gaby Yaron working with Nancy Lamb from earlier training of Dennis Leri. Dennis introduced project of watching beginning of lesson. Then small group discussion about what you saw. Watched video again of beginning of lesson.

### Discussion #230 continued – Diana Razumny

#### Gaby Yaron video continued

CD#26/T11 [27 min] DVD#S10-08 Scene 4 [36 min]

Watched more of the lesson with Nancy. Class discussion about Gaby's work. Then watched Denver training group discussion with Dennis Leri about Gaby's lesson.

### FI Exploration #174 – Diana Razumny

#### Compression through C7 in sidelying

CD#26/T12 [55 min] DVD#S10-08 Scene 5 [60 min]

Demo with skeleton. To find side of C7/T1 vertebrae with other hand pinching spinous processes and pushing through spine to pelvis. Demo with Tim.

### ATM Lesson #276 – Diana Razumny

#### Sliding one leg in/out of standing hands, sitting

CD#26/T13 [47 min] DVD#S10-08 Scene 6 [47 min] Source: Alexander Yanai #377

Sit, R leg bent back, L leg straightforward, two hands on floor to each side of L leg. Keep hands on floor, bend L knee and slide the L leg to the R of the R hand/arm. Repeat OS. R leg back, L leg straight forward, hands to each side of L leg, slide L leg in and outside of the L arm/hand. ROB. Repeat OS. Sit, R leg bent back, L leg between hands on floor, L leg to the R of R hand, leave it there a moment then go from there to take the L leg outside the L leg, alternating side/side. ROB, repeat OS. On front, hand in pushup, look to R, slide R knee up, several times, sliding head/knee towards each other. Repeat, as knee bends, L knee bends and trails behind. Repeat, bring both legs up towards chest on R side. Repeat but have L knee slide under the R so it comes closer to the chest. Repeat, and bring both legs through and up to sit with leg straight out in front, feet pointed in direction where head was, legs between the two arms. Repeat series on OS. Sliding legs up on R, bring L leg through the 2 hands. Repeat OS. Alternate side/side. Sit, return to original move.

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## Day 129 Thursday April 9, 2015

### ATM Lesson #277 – Diana Razumny

#### Twisting and bending, sitting on chair

CD#26/T14 [68 min] DVD#S10-09 Scene 1 [68 min] Source: Alexander Yanai #148

Sit on chair, R hand behind head, push back of head to L so face turns R. Increase movement, elbow going back to L. Repeat OS. Interlace hands behind head, R elbow down to R, look at L elbow. Stay twisted, take R elbow between legs. Hands behind head, face forward, side bend to R; stay, turn to bring R elbow between legs. Stay twisted, come up, take the L elbow to L. Slide L elbow L/R on back of chair. L hand on floor between legs, R hand behind head, circle elbow in space; take elbow to ceiling/floor, turning head/face. Leave elbow up towards ceiling, look at elbow, make circle with elbow. L hand on floor, R arm up to ceiling, make fist with R hand, rotate arm. Same position but R hand on top of head, elbow towards ceiling, lift/lower head in this position. L hand on floor, R arm/fist up to ceiling, make large circle in space with fist. Repeat OS.

### Discussion #231 – Diana Razumny

#### Study plans between segments

CD#26/T15 [30 min] DVD#S10-09 Scene 2 [51 min]

Small groups discuss plans.

### FI Exploration #175 – Diana Calumny

#### Expanding possibilities related to the 4 spinal movements

CD#26/T16 [44 min] DVD#S10-09 Scene 3 [92 min]

4 groups, each with one of the primal spinal movements. Look at pictures from last week and see what might be another option that is not pictured. Demos with students. Diana takes pictures of new positions discovered by the groups to add to the 4 sheets showing flexion, extension, sidebending and rotation. Did flexion. Tomorrow will do extension, sidebending and twisting.

### Discussion #232 – Diana Razumny

#### About FI exploration

CD#26/T17 [11 min] DVD#S10-09 Scene 4 [11 min]

### ATM Lesson #278 – Diana Razumny

#### Extending arms, twisting to back

CD#26/T18 [48 min] DVD#S10-09 Scene 5 [49 min] Source:

On back, interlace fingers, arms overhead on floor, R foot stand, roll L. Repeat on other side, non-habitual interlacing. Arms straighten when rolling. L hand under lower back, stand L leg, roll R. Switch to R leg standing, R arm overhead, roll L. Stand feet, roll R/L. R hand under lower back, L arm long overhead, roll L/R. Both hands behind back, L nearer to pelvis, R nearer to head, palms to floor, cross R leg over L, tilt legs R. Adjust R arm so fingers orient more towards head (L hand can help R). Change leg crossing, tilt L. Change arms, L fingers more upward, R arm nearer pelvis, L leg cross over R, tilt legs L. Note: clavicle, scapula, neck. Switch leg crossing, tilt R. Slowly bring arms out, rest. Interlace fingers, arms long overhead, stand feet, roll R/L. Note elbows straightening. Extend/spread legs, L arm behind back, hand in middle of spine. Use R hand to help bring L fingers to point towards head. R arm along side, move L shoulder/elbow towards/away from L ear. Same, think elbow towards/away from L hip. Circle elbow each direction. Rest, repeat w/R arm. Arms behind back, R above L, catch elbows w/hands, extend legs, lift R leg to ceiling, rock R leg L/R. Neck? Spine between shoulder blades? Switch arms/legs, repeat. Legs extended, interlace fingers, arms overhead, palms turned away, roll pelvis L/R. Imagine lines on diagonals from big toes to opposite hand. Note point at navel and between eyebrows.

## Day 130 Friday April 10, 2015

### ATM Teaching #44 – Diana Razumny

#### Bending elbows over knees practice

CD#26/T19 [58 min] DVD#S10-10 Scene 1 [117 min] Source: AY#20

Working from AY#20. Groups of 4 using transcripts to read instructions to one of the group while the others watch. After working to understand and do lesson full group discussion.

### FI Exploration #176 – Diana Calumny

#### Expanding possibilities related to the 4 spinal movements cont.

CD#26/T20 [78 min] DVD#S10-10 Scene 2 [78 min]

Review and photos of 'chops' for spinal moves of extension and sidebending and twisting. Demos with Leighann.

### ATM Lesson #279 – Diana Razumny

#### Scissoring legs and lifting pelvis review

CD#26/T21 [60 min] DVD#S10-10 Scene 3 [61 min] Source: Diana

On back, arms out at shoulder height, palms forward, lift straight R leg in air, foot towards ceiling, take L, eventually to floor. Leave foot on floor, ankle flexed, extend through heel to L, as if someone pulling leg, sliding inside edge of foot on floor away from hip joint. Follow the twist through spine and ribs. From same position, bend R knee up towards chest, L leg follows behind, knees bent wide over chest, roll to R side, sequentially bring legs to floor so in same configuration on this side, lengthen out L leg away from hip joint. On back, lift R leg in air, direct to floor on L, leave pelvis rolled L, switch legs so R leg is back behind, L in front, scissor legs, knees softly bent when switching/crossing legs then straighten legs once fully crossed. Switch to other side via bringing bent knees to chest sequentially to roll to other side, repeat. On L side, R knee bent on floor in front of L bent knee, switch legs, scissoring a few times. Stay with R leg back, straighten down under like a 'standing' leg, slide inner edge on floor away from hip joint then towards, rolling pelvis up/down, ribs alternately sidebending. Rpt OS. On L side, R knee bent on floor in front of L, lift head to side/put down; lift both feet pivoting over knees/put down; lift pelvis in air. Rest on side. Bring L arm behind on floor, both arms on floor near head, lift pelvis, pour weight into R leg, slide L knee to support L hip in air. Turn head L, repeat. Rpt OS. On front, pushup hands, roll pelvis, slide bottom leg up to side, top leg straight/down/back, scissor legs few times, side to side. Rpt, use pushup hands, look under arm at knee coming up on side, nose to knee, direct straight leg back/down, rotate toes to ceiling, come to sit. Rpt OS.