

## Day 151 Monday November 2, 2015

### ATM Lesson #320 – Diana Razumny

#### Bell hand #1, roll back/side/back

CD#31/T01 [52 min] DVD#S12-01 Scene 1 [52 min] Source: Based on Amherst

Stand, bend R (dominant hand) elbow 90 degrees, forearm parallel w/floor, palm/inside of lower arm up, fingertips together. Rotate lower arm, let hand hang limp, fingers open. Reverse, fingertips come together. Alternate palm up/down, fingers together/apart. Continue hand, go down to sit then lie on back. Pause on back, feel/compare sides. R arm out to side, back of hand on floor, palm forward towards ceiling, fingertips together/apart. Continue hand move, slide R knee up to side, direct L knee over to R knee on side, pelvis rolls onto R side, head follows, bring L shoulder along, L arm/hand to floor in front of you when lying on R side. Hand continues whole time. Pause. On R side, bring R arm under head, start hand movement, continue, roll head L off arm, take L shoulder towards floor behind, keep knees bent, note when L leg begins to lift from R, continue until R leg lifts and on back. Reverse to lie on R side again. Repeat. Continue, roll all the way to the L, allowing R arm/hand to be brought along over head, palm/fingers turn towards floor, bend R elbow so hand is in front of face someplace. Pause on L side. Resume hand movement, note wrist (lifts/bends?) to bring fingertips together, then open fingertips, bring palm to floor, repeat. Continue with this type of bell hand, extend R arm overhead, begin to take head/R shoulder to R, R bent knee lifts, eventually L knee follows to lie on R side. Do few rolls side/side. Pause on R side to rest. Folded on R side, begin hand movement with R hand, slide L bent leg down/back, roll face to floor, L hand standing ready to help come to sitting then reverse. Continue coming to sit on the way to standing in one continuous movement. Reverse to sitting and lying back to side to sit to stand again. Stand, compare sides, bend elbow, turn forearm like beginning. Walk, R hand to R side of face, compare to L hand to L side of face.

### FI Exploration #204 – Diana Razumny

#### Quality of touch

CD#31/T02 [8 min] DVD#S12-01 Scene 2 [9 min]

Circle Shake–Inner/outer circle face each other, inside circle close eyes, outer circle look at sides of face, L circle move 1 person to L, look at face sides. Repeat with inner circle looking at faces of outer circle. Pause, shake hands, inner circle move L to shake hand, rotate L again, again, pause. Reach L hands to shake. Say hello to your partner for the next exploration.

### FI Exploration #204 continued – Diana Razumny

#### Quality of touch continued

CD#31/T03 [37 min] DVD#S12-01 Scene 3 [80 min]

Part 1 – Partners #1&2 sit/face, #2 close eyes, hands out/open, #1 place an object in hands, #2 explore object #1 observe exploration. Part 2, eyes open, #1 place R hand on floor without leaning, #2 pick up #1's R hand and place it on their knee or leg someplace. Discussion about FI exploration and ATM lesson.

### Discussion #267 – Diana Razumny

#### Unique characteristics of humans and hands

CD#31/T04 [23 min] DVD#S12-01 Scene 4 [23 min]

Intro–What human traits separate us from rest of animal kingdom? Tools, empathy, written language, opposable thumbs, self awareness, right/left distinction, degree of capacity for learning, clothing (except some small dogs), reasoning, emotions, style, self-expression (individuality, vocal, speech, body language, performance, artistic – performing, music, dance, art) dexterity/manipulation, brain size – time and special awareness, hands aren't needed to walk with. Hand: make things, manipulate, gesture/talk, write, comfort/touch/heal, greet, harm, pleasure, communicate, arts, music, move, weight–bear, eat, work, explore/evaluate, learn, play, groom, survival, create, nurture. Read Trivia: work fingers by remote control, there are no muscles inside the fingers – muscles are located in palm and forearm. 29 major/minor bones in hand, 29 major joints, 123 named ligaments, 32 muscles, 17 in palm, 18 in forearm, 48 named nerves, 30 named arteries, thumb: 9 individual muscles, use 3 of major hand nerves, opposition: not only primate with opposing thumbs (chimps can oppose thumb to index. Hand in the brain: 1/4 of motor cortex is devoted to muscles of the hands. Definitions of hand. Bronowski quote – “The hand is the cutting edge of the mind.” (Famous hands/Helen Keller's quote/Portrait Keller, Sullivan and Alexander Graham Bell; Excerpts from Elusive Obvious; Chim and Cat shaking hands)

## Discussion #268 – Diana Razumny

### Videos about hands

CD#31/T05 [31 min] DVD#S12-01 Scene 5 [31 min]

Famous Hands/Helen Keller's quote/Portrait Keller, Sullivan and Alexander Graham Bell; Hand facts and trivia; Excerpts from *Elusive Obvious*; Chimp and cat shaking hands.

Ted Talk: how to manipulate people's opinions with hands Discussion. Short video of teaching sign language.

## ATM Lesson #321 – Diana Razumny

### Bell hand #2, rolling side/front/side Part 1

CD#31/T06 [58 min] DVD#S12-01 Scene 6 [58 min] Source: Based on Amherst

On R side, rest head on straight R arm, hand overhead, L knee/elbow on floor in front, straighten R leg, bell R hand. Start sliding L arm/leg long on floor to straighten, return, gradually increase until on belly, return elbow/knee drawn together. Continue, when on belly, turn head R, draw R knee/elbow together, pause there, resume bell, continue reverse to having L elbow/knee drawn up on L. Repeat, L knee/elbow drawn up, bell R hand, when on belly with arms overhead, switch to belling L hand, draw R knee/elbow together. Pause with R elbow/knee together, facing R. Alternate side/side few times. Legs long, face to L, L arm up by face, R arm down along side, imagine switching sides. Switch a few times then begin belling both hands, switch head/arms to other side, reverse. On front, face R, R knee bent up. R elbow/knee together, L arm long overhead, L leg straight. Lift R wrist, dragging fingertips on floor, as they lift, bring fingers together, lower. Lift elbow, wrist, fingers, lower elbow, forearm, open hand, return palm to floor. Start placing elbow a little higher each time, elbow begins straightening, swimming motion w/arm. Slide R knee down as R arm lengthens, L knee up, L elbow lifts, swimming arm on L side. Alternate side/side. Pause with R knee drawn up, elbow bent, repeat last movements of swimming arms, switch head/legs/arms side/side. Add thinking of toes on same side of belling fingers then toes on opposite side of belling. Sit, interlace fingers of R hand through R toes from top of foot. Thumb around big toes. Lift/lower foot with hand, turn R sole and face towards each other to see sole. Switch so thumb between big/2<sup>nd</sup> toes. Switch to L fingers interlace with R toes from bottom of foot. Switch back to R hand, roll to side/back/reverse. Include taking R foot back behind by pelvis when sitting (to come to), roll down to side rounded, looking at foot. Come up sliding R leg/foot back behind to R. ROB. Stand, shift weight, lift each arm, feel sides, face with hand. Bring hand to R eye, walk. R hand to L eye. Note difference in sensation sides of face being touched by same hand. Note vision out of each eye. Switch to L hand.

## Day 152 Tuesday November 3, 2015

### Discussion #269 – Diana Razumny

#### Introduction to handouts

CD#31/T07 [37 min] DVD#S12-02 Scene 1 [38 min]

Drawing hands by M. C. Escher; Sign language alphabet; Keyboard layout: comparison of the QWERTY and DVORAK layouts; Books about design – Emotional Design; Designers who use design are going to create better design; Bottle tools; Louis Braille inventions who was blind himself; Charles Bell's book about the hand.

### ATM Lesson #322 – Diana Razumny

#### Turning arm/hand, hand on table, sitting on table, Part 1

CD#31/T08 [24 min] DVD#S12-02 Scene 2 [25 min] Source: Gaby Yaron

1. Sit on table, note sit bones, feet, hands on thighs, quality of touch of R/L hand. Flex/extend torso, sense, lumbar, thoracic, cervical spine. Inhale/exhale? Sit bones when moving? 2. Sit comfortably, looking forward, lift R wrist/hand, fingers hang, return palm to thigh. R hand on table beside, full contact, lean a little on R hand. Turn hand/arm so finger direction goes from front to back, turning around on palm. Note elbow, shoulder, back involvement? Head/eyes, which direction when fingers are turned in towards pelvis or back behind? Spine/torso flex/extend? Pelvis, hips, knee? Which knee goes forward/back? Palm contact changing? Rest, hands on knees, note sitting. Lift wrist, fingers hang, return palm to thigh. Initiate by elbow moving, lifting sideways. Rest. 3. R palm on table beside, rotate hand, fingers forward/back, in/out. Turn more? Note when spine flex/extends. When flexing, look down/L, extend, look up/R, note direction of fingers w/flex/extend. Do opposite, look up/R when fingers turn to point forward then inward, look down/L when fingers go out/back. Switch back to original, note change. Rest hands on thighs. R hand have more weight on R leg. Quality of touch different R/L? Weight? Flex/extend back. Feel R/L sides of back, neck, face? 4. Place R hand on L leg, remove. L hand on R leg. Difference? L hand on table to L, R hand under chin, lift/lower R elbow/head, look to ceiling/floor. Breath? Rest. 5. L hand on L knee, R hand on table to R, note hand contact? Rotate hand, fingers inward/outward. Bigger circle? Back involvement? Rest, R hand on R leg. Compare L hand on L leg.

Normally repeat all above on other side and end with both hands under chin, both elbows up, look at ceiling. Keep elbows forward/together if possible. Note back. Take head/elbows up and R, return down in center then up to L, alternate. Note hip on side you're going. Pause, go up the center, different? Rest, hands on legs, note weight/quality difference. Stand/walk. Shoulders, arms, hands, fingers?

### FI Exploration #205 – Diana Razumny

#### Guided FI in pairs

CD#31/T09 [21 min] DVD#S12-02 Scene 3 [30 min]

Guided FI in partners in preparation for next Monday public guided FI.

### ATM Lesson #322 cont. – Diana Razumny

#### Turning arm/hand, hand on table, sitting on table, Part 2

CD#31/T10 [21 min] DVD#S12-02 Scene 4 [21 min] Source: Gaby Yaron

See above for notes.

### Discussion #270 – Diana Razumny

#### About working with the hand

CD#31/T11 [8 min] DVD#S12-02 Scene 5 [8 min]

Working with Laurie at beginning of training.

### ATM Lesson #323 – Diana Razumny

#### Bell Hand #2 continued

CD#31/T12 [52 min] DVD#S12-02 Scene 6 [53 min] Source: Gaby Yaron

Refer to lesson from yesterday.

## **Discussion #271 - Diana Razumny**

### **Videos about hands**

CD#31/T13 [30 min] DVD#S12-02 Scene 7 [31 min]

Sign language: dance, pretty, etc.; Hand models; mother with feet only; Australian woman with feet only: daily tasks from mailing, typewriting, sewing, etc.

## **FI Exploration #206 - Diana Razumny**

### **ATM into FI using turning arm/hand ATM**

CD#31/T14 [24 min] DVD#S12-02 Scene 8 [42 min]

Take ATM and work with same partner from discussion, in both ATM and FI, weaving the two.

First pairs practice now. Will switch tomorrow.

## Day 153 Wednesday November 4, 2015

### ATM Lesson #324 – Diana Razumny

#### Planted Hand #1

CD#31/T15 [35 min] DVD#S12-03 Scene 1 [34 min] Source: Gaby Yaron, created by Diana Razumny

Reach for floor w/L hand. Whole palm flat w/o stretching? Head, hang or up? Go down w/hanging then w/looking up. Leave palm on floor, look up/down, not pelvis. Pause standing, note arms, shift weight. Lift one arm then other, note weight and ease. On back, note sides, way arms/hands lie. Left palm to floor, leave there, imagine coming to stand. Safe in imagination. Note dealing with novelty. Begin moving, note use of head. Reverse few times. Rest on back. Compare sides. Come to standing. Bring hand to floor, note change. Palm on floor, look up/down. Imagine ease/comfort. On to back, rest. Stand, reach for floor w/left palm, leave it, walk around. Pause w/palm on floor, come to hands/knees, crawl around left planted hand. Pause on all 4's, come to lie on right side, propped on right elbow. Reverse, lie on left side, prop on left elbow. From there, come onto back. Rest. Plant left hand, bend your knees, tilt legs left, roll pelvis, reverse. Stop in middle, tilt legs/pelvis to right. Tilt legs side/side. ROB. Plant left hand, tilt bent knees to left, bring right hand/arm across chest, right hand on floor near left shoulder, head rolls, imagine bending left elbow, keeping forearm/palm on floor. Stay propped on left elbow, tilt knees up to middle, bring right elbow to floor so propped on both elbows, feet standing. In propped position, feet standing, note orientation of fingers, forearms parallel. Imagine rotating body to be belly down, arms still in same configuration, legs long behind. Find way there a few times reversing. Find position of comfort. What guides you? Where does mind go, sleep, nice images. What indicates to you that you are comfortable? Lying in comfort, where left hand? Listen first. Slide left palm to floor, come to stand. On feet, bring pelvis into air, head down switch, lower pelvis, head up. Next time in a squat, bring right hand to floor, lower knees to floor, come to all fours, shift weight to left arm/hand then right arm/hand. How do wrists respond to weight? Force into shoulders? Connection into back more on left/right hand? Leave hands where they are, walk knees between hands, lift right hand from floor, lean on left hand, straight arm, move body to circle shoulder in space above hand. Pause. Parachute/squid lifting of hand. Hand to thigh, quality? Left hand to floor to left. Move palm like screwing lid on/off. Stop, repeat w/right hand. Feel use of self on each side. Stop. Stand, note arms, shift weight, skeletal support. On both feet, lift one arm/the other, note weight and ease. Walk. At wall, push w/left hand then right, compare.

### FI Exploration #207 – Diana Razumny

#### Raising an arm

CD#31/T16 [15 min] DVD#S12-03 Scene 2 [18 min]

Demo on skeleton. In partners, lift wrist and then lift wrist and elbow. Notice movement and connection to shoulder girdle.

### Discussion #272 – Diana Razumny

#### About ATM Lesson & FI Exploration; Videos

CD#31/T17 [56 min] DVD#S13-03 Scene 3 [56 min]

Psychology Today: Eyes on the Brain; Do musicians have different brains?

Right-handers, but not left-handers, are biased to select their dominant hand. Forcing lefties to be righties results in more brain activity; Evolution of human hand dexterity; Grasping skills and cognitive ability activities for babies

The Gentle Genius of the Bonobos with Susan Savage:

[http://www.ted.com/talks/susan\\_savage\\_rumbaugh\\_on\\_apes\\_that\\_write](http://www.ted.com/talks/susan_savage_rumbaugh_on_apes_that_write)

Why are people left handed (TedEd): <https://www.youtube.com/watch?v=TGLYcYcM2FM>

### FI Exploration #208 – Diana Razumny

#### Planted hand exploration

CD#31/T18 [16 min] DVD#S12-03 Scene 4 [19 min]

Exploration of planted hand. What are all the different positions you can find without moving that right hand? Talk about use of right and left hands and the common confusion. Share with partners what you experienced.

### FI Exploration #209 – Diana Razumny

#### Push through spine from sit bone & trochanter & C7

CD#31/T19 [114 min] DVD#S12-03 Scene 5 [114 min]

Demo with skeleton. Circle of tables. Will rotate so practice with several students Sit next to them, feel along the spine. Observe sit/lift sitbones alternately. Determine side to lie, start by feeling along the spine noting tonus. Sit or stand

behind, hands on pelvis, rolling pelvis think of rotation through spine. Push straight through spine from trochanter to head. Pushing from C7 with two hands on spinous process and transverse process. Demos with skeleton and Rubia.

## **ATM Lesson #325 – Diana Razumny**

### **Flex/extend wrists/ankles, on back**

CD#31/T20 [21 min] DVD#S12-03 Scene 6 [22 min] Source: Amherst June 10, 1981

On back, arms down by sides, palms turned forward towards ceiling, flex/ext wrists. Do quickly, add ankles/feet. Bend elbows, forearms perpendicular to floor, palms towards feet, flex/extend wrists, speed up a little, add feet/ankles. Note spontaneous direction of toes/fingers, coming together or apart? Same as when arms are long, palms forward? Elbows bent, palms towards feet, flex/extend wrists alternately, flex/extend both feet going together. Do hands/feet all same again then change just one foot. Return to all doing the same. Have hands do opposite to each other then add feet doing opposite from each other. Notice which hand goes with which foot. Pause, flex/extend both hands, add both feet. Hands/feet alternating, switch hand/foot relations. Stand, flex/ext wrists same time then alternately while walking.

## Day 154 Thursday November 5, 2015

### ATM Lesson #326 – Diana Razumny

#### Prayer Hands #1 (Public attending)

CD#31/T21 [47 min] DVD#S12-04 Scene 1 [48 min] Source: Amherst July 24, 1980

(Taught by Moshe by listening to video) On back, hands tog like praying, move up/down. Sit, repeat. Talk of quality when Pope moves. Again, then w/R hand only, then only L hand, both again. How far up/down? Add tilting forward/back. As hands come down, when they are in front of face, bow forward, when going up, extend as hands pass in front of face. Cont, turn R/L as go up/down. Cont up/down, side/side, head/hands in opp directions. Turn when up or down? Cont, while keeping distance between hands/head constant. (Movement like licking, atlas/axis) Note how high up (zenith). Kneel on one knee/foot, cont. up/down, each time move little to L. Kneel on both knees, up/down, eventually hands to floor, forehead on floor. ROB

### Discussion #273 – Diana Razumny

#### About prayer lesson; Mudra handouts & Video

CD#31/T22 [34 min] DVD#S12-04 Scene 2 [34 min]

Discussion about prayer lesson; mudra handouts.

Video of sign language lesson <https://www.youtube.com/watch?v=5Maz5muwqQ8>

### Discussion #274 – Diana Razumny

#### Video: Michael Merzenich

CD#31/T23 [42 min] DVD#S12-04 Scene 3 [43 min]

Michael Merzenich, "The plasticity revolution & how it affect you" at Mind & Its Potential 2012

[https://www.youtube.com/watch?v=uRXZxS7\\_DAg](https://www.youtube.com/watch?v=uRXZxS7_DAg)

### FI Exploration #210 – Diana Razumny

#### Sidebending, on side

CD#31/T24 [87 min] DVD#S12-04 Scene 4 [133 min]

Reading from 'A natural history of the senses' by Diane Ackerman.

Demos with skeleton and students. Rotating partners in circle of tables. Pushing through sit bone towards head with other hand on both sides of vertebrae. More demos. Then pushing through trochanter towards head with other hand on top side of vertebra.

## Day 155 Friday November 6, 2015

### ATM Lesson #327 – Diana Razumny

#### Hand in honey jar, on back

CD#31/T25 [48 min] DVD#S12-05 Scene 1 [49 min] Source: Mark Reese, inspired by Moshe

1. Lie on back. Bend R elbow so R forearm is vertical with respect to the floor, fingers are towards the ceiling and palm is facing towards the feet. Let the wrist bend forward as though the fingers and hand are sinking into honey. Straighten and bend the wrist several times. Fingers are relaxed. Notice how close the fingers are to each other and how they separate from each other as you bend wrist. Pay attention to the thumb as you do the movement. Shift attention to the index finger. Continue to pay attention to each finger individually. Lower arm, rest and observe differences in sensation.
2. Bend the R elbow again and bend the wrist as before. Stay with the wrist bent and the hand hanging down. Move the thumb a tiny amount and feel if any of the other fingers move. Move the index, then third, forth, and fifth separately while noticing what happens with the others. Turn hand towards face a bit and back again. Is it easier to have hand toward or away from face? What happens in the fingers and wrist as you move the hand? Lower arm and rest.
3. Bend R elbow, hand hanging, rotate the hand outward and begin to straighten and bend the wrist. Feel the softness in the fingers, the separation. Let the hand hang down and rotate it inward and bend and straighten the wrist. Make it light. Listen to how long you are. Listen to the air in nostrils. Lower arm and rest.
4. Bend elbow again. Hang hand and rotate hand/lower arm inward and outward. Imagine a wind coming from the floor that slowly lifts the elbow so arm begins to extend towards the ceiling. Feel as though arm is floating towards the ceiling. Once the elbow is straight, stop rotating the arm and move the whole arm toward the feet and away like a pendulum. Lower arm and rest.
5. Bend the R elbow, hang the hand forward and slowly extend arm toward the ceiling. Once extended, keep the elbow straight, rotate the arm so fingers point outward and keep it there while you move the arm as a pendulum again. Bring the hand back to the middle and move the arm up and down. Stay with arm in the middle and lift and lower shoulder blade. Make the movement faster until you are tapping the floor. Lower arm and rest.
6. Bend R elbow and extend arm towards the ceiling. Once the elbow is straight and you feel the shoulder blade resting on the floor, begin to turn the hand/arm inward and outward with the wrist bent. Feel length of spine. Stay in contact with breathing. With fingers pointing down begin to oscillate arm L and R like a pendulum. Come to the middle and begin to lightly tap the floor with the shoulder blade. The hand is limp and the wrist still bent. Lower arm and rest. Observe differences.
7. Bend R elbow and slowly hang R hand forward as before. Feel the sensation in each finger. Straighten wrist and take the thumb toward the little finger and away. Now take the little finger toward the thumb. Touch the little finger to the thumbnail. Take the thumb to the nail of the little finger and explore the nail. Explore the nail of the thumb with the little finger. Keep the thumb and little finger together while you hang the other three fingers down and straighten them. Bend and straighten the wrist while keeping the thumb and little finger joined. Rest arm along side.
8. Bend R elbow, hang the hand forward and rotate arm/hand L and R. Keep rotating L/R, begin lifting R elbow. When the elbow is straight, stop rotating the wrist.
9. Bend R elbow and gradually lift the arm towards the ceiling and lower it. Once the elbow is straight and wrist is limp, arm/hand as if drawing a circle on the ceiling. Describe a cone shape in space – point of cone at shoulder joint, hand making circle at base. Reverse direction of circle. Lower arm and rest.
10. Put the back of hand on sternum with fingers pointing towards the feet, L hand on R elbow. Move the elbow towards and away from the feet, then R/L, allowing R shoulder blade to lift when helpful. Make a circle w/R elbow. Reverse the direction of the circle. Lower arm and rest. Feel the difference in two hands and between two sides. Touch hair with one hand and then the other and feel the difference. Slowly get up and notice how you use hands in getting up. Lift one arm towards the ceiling and then the other and feel the difference. Touch face on one side with one hand then the other hand. Try it on the same side of the face then the opposite. Look at hands. Walk and feel the differences.

2<sup>nd</sup> side, only think through what remember from first side.

### Discussion #275 – Diana Razumny

#### Mark Reese talk about language & gesture

CD#31/T26 [48 min] DVD#S12-05 Scene 2 [48 min]

Mark Reese talk about language and gesture. From his special training with Ester Thelen's research.

Handouts: Gestures Fulfill a Big Role in Language & The flesh of Language from *The Spell of the Sensuous*.



## **Discussion #276 – Diana Razumny**

Video: Jacob Bronowski

CD#31/T27 [31 min] DVD#S12-05 Scene 3 [31 min]

Jacob Bronowski video –Ascent of Man

<http://www.bing.com/videos/search?q=YouTube+Jacob+Bronowski&FORM=HDRSC3#view=detail&mid=5FFBE1D82F3C9E4C57575FFBE1D82F3C9E4C5757>

Reading from Elusive Obvious. Questions about teaching ATM workshops. Video of another piece of sign language practice: snow, rain, cold, hot, summer.

## **FI Exploration #211 – Diana Razumny**

Feeling along spine, shape, points of interest

CD#31/T28 [67 min] DVD#S12-05 Scene 4 [67 min]

Getting ready for Monday FI guided practice with the public. Sensing the person – tissue, where things are, asking questions with no conclusions. Visit things in different orientations. Guided practice in dyads: First student in sitting on table with practitioner sensing spine. Then sidelying on table practice, feeling along the spine....

## **FI Exploration #211 continued – Diana Razumny**

Feeling along spine, shape, points of interest continued

CD#31/T29 [44 min] DVD#S12-05 Scene 5 [44 min]

Switch roles.

## Day 156 Monday November 9, 2015

### ATM Lesson #328 – Diana Razumny

#### Sitting, hands reaching for table

CD#32/T01 [52 min] DVD#S12-06 Scene 1 [53 min] Source: Diana created

Sit, feet under knees hip width apart, hands on thighs, check sitbones, roll little for/back, lift/lower ea. sitbone; look around to R/L, knee for/back. Hands on knees, lift/lower ea. hand. Lift hand/arm, reach forward to something on imaginary table, note pelvis/sitbones. Reach to high shelf. Lift/lower heel, take L/R pivot around front of foot. Ea then both. Knees? Knees in/out then in place. Stand/walk. Repeat heel/knee movements, add look up/down with heel/knee. Leave head/chest looking up, then leave looking down while moving knees in/out. Rtrn to knees in/out congruent with pelvis/head/spine. Walking rest. Return to reaching for/up w/larm. Note pelvis. Leave arm up, roll pelvis for/back. Rtrn to simple reaching listening to pelvis. Place hand on table to side of pelvis, palm remaining in location, turn palm so fingers turn/chg orientation. 1, other, both. Turn both hands/heels, knees in/out all at same time. Pause w/knees/fingers turned in, look up/down. Rtrn to everything tog. Stop w/knees/fingers out, look up/down. Rtrn to everything tog. Face table, hands on table, slide away/towards, note pelvis/head/spine, add look up/down. Stay out, look up/down. Hands on table, lower elbows/forearms to table, look up/down. One elbow to table Other elbow. Return to sliding hands forward on table. Pause, sit, reach forward/up, use limp wrist. Stand/walk.

### FI Exploration #212 – Diana Razumny

#### Guided FI with public

CD#32/T02 [97 min] DVD#S12-06 Scene 2 [97 min]

Intro: I'll be guiding both prac/guest. If at any point you feel any discomfort, let your practitioner know. Otherwise, enjoy journey. Think that I'm leading you through an ATM but it includes sensing another person. Minimize talking. Non-habitual in terms of talking to make contact. You won't have your normal social behavior to rely on.

Practitioners, draw a name, go to table, call out name, guest joins. Stand, face each other:

Shake hands, R then L. Back to R (L-handed guest?)

Guest passive, pracs note orientation of person's hand?

Can you see the back of their hand?

Turn it a little each way rotating the lower arm bones.

Which way do they go most easily?

Can you feel the lower arm bones turning at elbow?

X-ray vision to imagine connect to shldr jt & clavicle

Stand to side, lift limp wrist w/your middle finger simply gradling, students be passive as possible. Add cradling elbow w/open hand to glide the forearm forward. Feel for connection in/through upper arm, shldr, clavicle, ribs/spine

Guests, sit, practitioners sit or stand to side.

Intro to lesson: We'll be doing some movement explorations that could lead to feeling easier in your sitting and use of your arm. Guests, feel sitbones, roll little for/back. Lift light sitbone. Slide one knee for/back, turn to look around yourself. Practitioners sit to side, bring full hand to base of neck, slowly slide down towards pelvis noting shape. Rtrn to C7 with fingers to explore in a little more detail along the side of the spine, noting tonus, directions of spinus processes. Points of interest. Students, reach forward and up w/1 arm then other so practitioners can observe from the side. Practitioners observe in particular the areas of interest you found along the spine is participating or not in the reaching of their arm. Practitioners, explore lifting each hand from limp wrist, add elbow like in standing. Choose side for lying, head props. Practitioners sit at pelvis and run open hand along back then explore with fingers like in standing. Pracs: Roll pelvis from behind, noting how mvt goes through, in particular points of interest, referring back to what you found in sitting/lying. Vary direction little looking for what's easy. Sit below pelvis, guests, bring hand/fingers to sitbone to help practitioner find it. Pracs: follow lead. Pause, sink through tissue, locating bone, direct force through spine to head, noting where/how goes. Other hand can be at back of sacrum to help guide headward. Travel with x-ray vision how moves through spine. Go to head, keyhold at C7, other hand fisted at transverse processes, direct towards pelvis, thinking of areas of interest and how goes through there. Return to pelvis/sitbone, direct headward w/fingers along 2 sides of spine. Pause, leave fingers, press through sitbone, note if chg. Sit behind back so can easily reach spine, explore areas of interest, using what feels to be calling you as possibility. Shorten tissue, from broad approach, or more specific, lifting from table side of spine. Add ribs? Rtrn to rolling pelvis, feeling for connection through to head. Go to head, start exploring arm/shoulder to feel for connection of shoulder into spine/ribs. Rtn to C7 compression, pelvis rolling/compression. Guests come to sitting slowly. Feel sitbones, roll for/back, lift one/other, turn to see behind knee sliding forward. Practitioners take each hand/arm/limp wrist, bring forward/up. Guests reach forward up like in beginning, note for changes.

## Discussion #277 – Diana Razumny

### Guild information

CD#32/T03 [39 min] DVD#S12-06 Scene 3 [39 min]

Visit by guild rep Sue Robuck to give students guild package and explain function of guild and forms for certification and membership. Letter, Certification Form, Membership Form and Resource Guide.

## Discussion #278 – Diana Razumny

### About this morning's FI exploration with guests

CD#32/T04 [27 min] DVD#S12-06 Scene 4 [27 min]

Discussion of experience with the guests.

Sign language video: TV, ball, candy, play, yes, no, jacket.

Handouts: The *Feldenkrais Method* and *Dynamic System Principles* by Mark Reese.

## Discussion #279 – Leighann Shelton

### About Pilates Method

CD#32/T05 [52 min] DVD#S12-06 Scene 5 [52 min]

Myths about Pilates. Two schools very different: Classical and Western. Joseph Pilates (Classic) was very congruent with the Feldenkrais Method. That school looks at whole body movement. The other school focuses on parts. Important aspects are: Centering, concentration with awareness, controlled movements, precision, breath, flow. Is a method of exercising and conditioning. Also alignment.

## ATM Lesson #329 – Yvan Joly

### Rolling interlaced hands #2

CD#32/T06 [59 min] DVD#S12-06 Scene 6 [59 min] Source: San Francisco inspired (kata series)

On back, hands interlaced, roll in/out, arms extended in front towards ceiling. Cont., start bringing arms overhead, turn palms away when arms are overhead. Feet standing, arms by sides, roll pelvis up/down, notice chest. Keep feet standing, pelvis rolling, add rolling interlaced hands, moving arms overhead, note when palms are turned away overhead, which way is pelvis rolled. Soles touching, knees wide, roll pelvis up/down, note knees open/close. Rpt, add arms extended overhead, hands interlaced, palms away, note when arms extend more easily relative to rolling pelvis. Leave knees open w/o rolling pelvis and feel effect on knees opening/closing of the arms extending, palms away from head. Stand feet, non-habit interlacing of hands, lengthen arm overhead, palms away, move arms little to R while extending, note which arm extends more easily, switch to L, compare; alt L/R w/arms, add tilting legs, opp direction of legs, then same side, compare. Stand feet, cross one leg over the other, tilt knees towards top leg, with interlaced hands overhead, take extended arms to opp side of legs tilting.

## Day 157 Tuesday November 10, 2015

### Discussion #280 – Diana Razumny

#### About yesterday's FI exploration with guests

CD#32/T07 [27 min] DVD#S12-07 Scene 1 [28 min]

Discussion about spinal exploration. Also about practicing after end of training to further your Feldenkrais skills and career.

### ATM Lesson #330 – Diana Razumny

#### Flying #1, on front & back

CD#32/T08 [49 min] DVD#S12-07 Scene 2 [49 min] Source: Gaby Yaron

On back, feet standing, arms out at shoulder height, palms forward, press/release R fingernails to floor. Press each nail individually, starting with little finger. Feet standing, arms out to sides, press all 5 nails of R hand. R hand fisted, press: thumb/nail, little, index, 3<sup>rd</sup>, 4<sup>th</sup>. Open palm, press all nails. Note: arm shorten/lengthen, shoulder active, breath? Repeat with L hand/nails. Repeating fisted moves. On front, L knee bent up to side, arms out at shoulder height, face L, palms forward against floor, lift each finger, think lengthening arm. Lift thumb/little finger; thumb/3<sup>rd</sup>; thumb/5<sup>th</sup>, thumb/4<sup>th</sup>, thumb/2<sup>nd</sup>. ROB, compare sides. On front, L knee bent up, arms out to sides, lift 5 fingers, then palm, wrist remains. Pause, continue, add lifting whole arm. ROB. On front, R knee bent up, face R, arms out, compare hands, lift 5 fingers of R hand, repeat lifting each in sequence then combinations with thumb. Still on front, lift fingers, palm, wrist, arm. ROB.

### Discussion #281 – Diana Razumny

#### Videos and Handouts

CD#32/T09 [56 min] DVD#S12-07 Scene 3 [56 min]

Helen Keller videos

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

[https://www.youtube.com/watch?v=8ch\\_H8pt9M8](https://www.youtube.com/watch?v=8ch_H8pt9M8)

Hand-out Alexander Graham Bell's story

Acland Anatomy video of the arm. Discussion: Anatomy of the arm video.

Videos: Sign language Mom, Dad, Baby, Girl, Boy, House

<https://www.youtube.com/watch?v=wp8MYvbZ8aY>

### FI Exploration #213 – Diana Razumny

#### Working with hand

CD#32/T10 [63 min] DVD#S12-07 Scene 4 [127 min]

Demo with Brandon. First on back lifting hand. Then on front. Finding what movement of the hand and wrist is easy. Later on back with hand across chest. Partners practice. Switch roles.

## Day 158 Wednesday November 11, 2015

### Discussion #282 – Diana Razumny

#### Videos about signing

CD#32/T11 [13 min] DVD#S12-08 Scene 1 [13 min]

Song Signing Couple – you're the one that I want

<https://www.youtube.com/watch?v=N2tp97rqzFs>

Sign language words – clean dirty soap, toilet, comb, wash

<https://www.youtube.com/watch?v=fbK1AIRccjw&index=9&list=PLC974F55D1CC76C7E>

### ATM Lesson #331 – Diana Razumny

#### Flying #2, with 5 lines

CD#32/T12 [68 min] DVD#S12-08 Scene 2 [68 min] Source: Gaby Yaron

On back, wiggle toes. Hands by sides, palms to floor, press/lift R thumb. Create imaginary line from tip of thumb up through arm down to lower back. Cont w/ea finger. Press ea finger few times, when lifting, light up the line to the low back. Flatten palm to floor, lift 1 finger at a time, lighting up line. Lift all 5 first then palm, wrist stays down. On front, R knee drawn up, L arm down by side, R arm straight out at shoulder height. Press palm, lift fingers, light up lines. Add palm lifting. Add lifting straight arm, thinking lines. On front, slide R knee for/back, towards/away from hipjoint. Rolling pelvis, as knee slides towards hip find way to lift R knee. Rtrn to lifting fingers/palm/arm, lighting up lines, thinking strings of marionette. Compare imagination of strings pulling from tips of fingers or lines connecting into low back. Switch only legs & repeat, L knee up, R down, lifting R fingers/arm. Return to R leg up, L down, rpt/compare. Same position but switch head to look L, lifting arm. Rtrn face to R, rpt/compare. Stand, shift weight, lift ea arm, walk. On back, explore L side. On front, rpt exploration w/L fingers/hand/arm lifting with lines. ROB. On front, both arms out to sides, shldr height, R knee up, face R, lift all 10 fingers/palms/arms, using lines. Explore variations of sides knees are bent up and head turned. Use arms lifting to lift head/turn while arms are up. ROB sense 10 lines

### Discussion #283 – Diana Razumny

#### Videos and Handouts

CD#32/T13 [40 min] DVD#S12-08 Scene 3 [41 min]

Discussion about Flying ATM lessons. Hand Outs – Two Mirrors of Movement by Edward F. Menerth, Jr from Art Journal Vol. 28 No. 1. Tadd reading part about Caravaggio painting of Christ and connection to Delsarte's (François Alexandre Nicolas Chéri Delsarte) system of 'body language' from Ted Shawn's book Every Little Movement. Videos: Marionettes:

<https://www.youtube.com/watch?v=Bq6vpJgdVgg&feature=related>

Scott Land marionettes: <https://www.youtube.com/watch?v=aDY0iHRsU4E>

moon dance by yang liping: <https://www.youtube.com/watch?v=ZkLrFpo0IHA>

### FI Exploration #214 – Diana Razumny

#### Pushing from C7/sitbone, in trios

CD#32/T14 [27 min] DVD#S12-08 Scene 4 & 6 [19 & 56 min]

Demo with Tadd and Eleanor working with Diana in trio (then Rubia): 1 practitioner at each end of person lying on side. Conversation back and forth between sit bone and C7. Practice after lunch. Rotate roles. Demo with Tim and Leighann.

### Discussion #284 – Diana Razumny

#### Acland Anatomy Video on hand continued

CD#32/T15 [38 min] DVD#S12-08 Scene 5 [39 min]

### ATM Lesson #332 – Diana Razumny

#### Plane bisecting midline

CD#32/T16 [45 min] DVD#S12-08 Scene 7 [45 min] Source: AY#112

On back, feet standing, image a line along midline of torso, starting at bridge of nose, go back and forth several times, tracing over sections to make clear. Come to where head/pelvis meet floor, continue line on floor between feet/overhead. Imagine plane bisecting along that line through body to floor behind, sense the line along back side where plane passes through. Roll ball around on the line. Let the ball drop inside volume between front/back line of torso, bounce ball up/down to sense depth. Create image of a transparent plane passing through midline, front to back full length of torso (inside/out) and continue down between feet/legs through floor. Widen elbows, use arms to help lift head, keeping sides exactly to sides of midline, not crossing over. Soles together, meeting on mid plane, lift R foot, imagine sliding along plane.

Repeat w/L leg/foot then both. Stand feet, hands in front touching imaginary plane, move hands independently like washing plane. Let hands come to where plane bisects torso, touching face, along front of torso. Soles/palms together in air in front, wash plane with feet/hands independently. Feet standing, elbows wide for leaning or arms out to sides a bit, lift head, note if different. Lean on elbows, soles together, lift legs, pelvis lifts/roles a little too. Use arms to roll up towards sitting, keeping soles/everything on plane, same going back down. Feet standing, arms spread, lift head, bring arms in for support, continue up to sitting, allowing legs to lengthen as come up, keeping sense of mid plane whole time, reverse, go back down to lying. Play with coming up to sitting, keeping mid plane, soles together or feet standing. Explore use of arms as well.

Videos at end of ATM:

faces of soldiers of war – before, during, after

<http://www.upworthy.com/mesmerizing-photographs-of-soldiers-faces-before-and-after-a-war>

symmetrical faces – 2 rights, 2 lefts

<http://time.com/2848303/heres-what-faces-would-look-like-if-they-were-perfectly-symmetrical/>

## Day 159 Thursday November 12, 2015

### ATM Lesson #333 – Diana Razumny

#### Planted hand #2, various positions

CD#32/T17 [63 min] DVD#S12-09 Scene 1 [65 min] Source: Diana Razumny

1. On back, bend L elbow, hand to ceiling, make fist, flex/ext wrist, thumb inside fist then same. Push down on back of wrist w/R hand to feel opening. Plant hand on floor for duration. 2. Roll legs L then straighten. Increase so L leg slides on back of L hand. Stay on L side, knees on top of L hand, stroke L hand with L knee, slide up to elbow/down to tips. Note L shoulder open/close. 4. Slide L knee as close to head as possible, let R knee follow and take both knees over chest to lie on back. Roll L, lengthen legs, cont to roll side/side. Note L shldr open/close, straighten legs down on R side, rvrs, rtn to L side, straighten, making full circle of legs. 5. R hand/R foot, straighten R leg to roll R/L. R sole to L hand, stroke hand. Slide R sole up L arm to head to roll on back. 6. Lift pelvis, take R, set down, take feet R. Walk body around to 90 degrees to L arm. Roll legs L and bend up to sides then lengthen. 7. Bring knees over chest, roll side/side, Feet on floor, lift feet, straighten knees, feet to ceiling/overhead, rock on back. Roll to L side, explore head position, translating to elbow/shoulder. Roll to belly and walk whole lower body around to L, both arms overhead to rest. 8. Walk body up between elbows to support shoulders. Lift/lower spine between shoulder blades. Spread R elbow to R, head to floor, face L, R arm down by side, L knee up to elbow and down. L elbow in air, hand standing, head under gap as knee comes up. 9. Both hands in push-up, knee up, elbows straighten, look over L shoulder. Pause. Bring R knee to L elbow, straighten elbows, look over R shoulder. Alternate knees and gaze. 10. Looking L, hands symmetrical, bring both knees bent up to L. Slide knees down, turn head R and bring both knees bent up to R. Alternate a few times. Sit, bell arm, R hand on ribs. Plant hand, stand.

### Discussion #285 – Diana Razumny

#### Max presentation on proprioception & language

CD#32/T18 [60 min] DVD#S12-09 Scene 2 [60 min]

Collection of essays by Alfred Korzybski – “The Role of Language in the Perceptual Processes”

### Discussion #286 – Diana Razumny

#### Discussion and Videos

CD#32/T19 [57 min] DVD#S12-09 Scene 3 [57 min]

Short discussion about ATM lesson.

Alva Noe, philosopher video on Big Think: You are not your brain <https://www.youtube.com/watch?v=MoOHWHEJOLU>

Eric Kendel on Big Think – Creativity: <https://www.youtube.com/watch?v=yoXNG2n3GiY&spfreload=1>

Charles Limb Music, Language & hearing: <http://www.cnn.com/2012/05/26/health/mental-health/music-brain-science/>

Oliver Sacks Music & Speech: <https://www.youtube.com/watch?v=dFSE9E38vKk>

ASL Deaf Poetry Night: <https://www.youtube.com/watch?v=gS06FGrOhjc>

Puzzle of Perception: <https://www.youtube.com/watch?v=9TrbOoirkhM>

Joe Navarro – Non-verbal communications “What Every Body is Saying”: <https://www.youtube.com/watch?v=CUzMxpv35iY>

Discussion at end of videos.

## Day 160 Friday November 13, 2015

### ATM Lesson #334 – Moshe Feldenkrais

#### Irradiating the knee, and other areas, on back

CD#32/T20 [70 min] DVD#S12-10 Scene 1 [70 min] Source: Amherst, Aug 5, 1981

Moshe teaching lesson at Amherst on last day of 2<sup>nd</sup> year, the last ATM he taught to the training.

### Discussion #287 – Diana Razumny

#### About Irradiating the knee lesson

CD#32/T21 [10 min] DVD#S12-10 Scene 2 [10 min]

Discussion about how this lesson was different from others and dealing with the concept of “energy.”

### FI Exploration #215 – Diana Razumny

#### FI Game

CD#32/T22 [58 min] DVD#S12-10 Scene 3 [58 min]

In full group. Practitioner picks cards with: position, spinal move, bone, joint, activity and attitude. Has to use these constraints in working with student. First Max with Brandon. Others get involved in the process. Next Nicki with Rubia. Next Rubia with Amy. Next Tadd with Eleanor. Next Brandon with Max.

### Discussion #288 – Diana Razumny

#### Closure

Not Recorded

Shared experience of training during lunch.

### ATM Lesson #335 – Diana Razumny

#### Prayer Hands #2, with eyes on hands & turning (Part 1)

CD#32/T23 [50 min] DVD#S12-10 Scene [50 min] Source: AY#363

Sit, soles opp, palms tog, bend/bow, head/arms tog, up/down. Exactly together. Hands in front of face, distance set, no relative mvt btwn head/arms. Cont, eyes closed, imagine see back of l hand w/ L eye. Switch to R eye to R hand. L eye/hand. Both eyes/hands. Rpt, head fixed, move arms only, L eye on L hand, R on R. Switch so arms are fixed, move head only. Rtrn to head/arms move tog, eyes on hands. Lower arms so forearms parallel to floor. Turn arms/head/all to R, eyes on hands. Rpt to L. Alt side/side, arms/head opp dir, eyes on hands. Rtrn to head/arms same direction, note chg. Bow up/down again, move from hip joints, not back. ROB. Stand on knees, spread, ext toes back, arms/hands for prayer, take pelvis back. Sm emphasis on coming up, eyes on hands. Lift arms to ceiling as come up. Light pressure between hands, note face when going down. Rpt at half speed. Rtrn to reg speed. Sit back towards heels, hands on floor. ROB. Stand on knees, spread feet/legs, palms tog, bent a bit, take pelvis R/mid. Few times then L. Alt ROB. Rtrn, take head/hands L/R. When R, pelvis is L. Hands on floor, sit on heels. ROB. On knees, palms tog bend/straighten, compare to beginning. Cont, take pelvis towards heels, eyes on hands, L to L, R to R. Arms go higher as come up. Stay half way, turn R/L, eyes on hands. In mid, up/down, compare. Ext ankles, hands on floor, sit back on heels. ROB. Stand on knees, toes tucked, palms tog, turn R/L, note tail draws arc. Rpt w/ankles ext, butt to heels. Bow up/down, stand toes when up, extend when go down. Hands to floor, ext ankles, sit on heels. ROB. Sit, soles tog, palms tog, bend/bow. Then arms only up/down, eyes on hands. Leave arms fix in front, bow head up/down. Arms/head tog bow. Go half way, turn R/L, sense backs of hands. Head/arms opp R/L. Stand on knees, hands on floor, sit on heels.