

Day 1 Monday April 3, 2017

ATM Lesson #01 – Diana Razumny

Skeletal & 5-line scan, rolling side/back/side to sitting

CD#01/T01 [41 min] DVD#S01-1 Scene 1 [42 min] Source: Amherst inspired; Dennis in NC

Discussion #01 – Diana Razumny

Introduction to the training

CD#01/T02 [19 min] DVD#S01-1 Scene 2 [19 min]

Diana: What can you imagine you will learn or be from the 4 years of this training. Students share what they feel will change. How exciting it is to be together forming a group that by being together there is a synergistic effect. How you will change and how that will affect your family and friends.

ATM Lesson #02 – Diana Razumny

Flexion #1, dots & lines, folding forward, on back

CD#01/T03 [40 min] DVD#S01-1 Scene 3 [40 min] Source: Amherst inspired

Discussion #02 – Diana Razumny

About ATM Lesson

CD#01/T04 [23 min] DVD#S01-1 Scene 4 [23 min]

Students share about lines in ATM lesson. Did head get lighter? How Diana will sprinkle in information about teaching ATM since after 2 years you will be certified to teach ATM lessons. Demo with Lauri and Dawne about lengthening spine while lifting head. In ATM teaching you can give instructions very specific details and/or let them explore a little on their own from your instruction. We will start the hands on work very soon with baby steps.

FI Exploration #01 – Diana Razumny

Observe head lifting & about ATM teaching

CD#01/T05 [22 min] DVD#S01-1 Scene 5 [22 min]

Groups of 5. 3 people watch other 2 lying on back, knees bent, lifting heads. Get overall view, look for contrasts between the 2. The 3 watchers chat about what you noticed. Be aware of your language and how you talk about the 2 students on the floor. Switch roles. Group discussion. Points to look for the dot on the top of the head, the chin, the shoulders, the sternum, the pubic bone.

Discussion #03 – Diana Razumny

Big ideas of the Feldenkrais Method

CD#01/T06 [42 min] DVD#S01-1 Scene 6 [73 min]

Started with Skyping in Tadd from Dallas who graduated from the last Santa Fe training with Diana. Then played **Elegance of Hedgehog** by Muriel Baybery (audio min 40-49). What does this have to do with FM? Big idea?

Groups of 5 create list of BIG ideas of FM. Group discussion: Differentiation; Integrated; Insight; Learning; Choice & Options; Questions; Authenticity; Grounded, centered; Spontaneity; Freedom; Receptiveness; Reversibility; Non-Judgmental; Fun; Curiosity; No right/wrong; Fluidity; Neuro changes; elegance; Comfort; Ease; Pleasure; Playful; Experiential; Subtle sensations; Attention; Lengthening; Nuance; Awareness; Elusive Obvious. Also, Diana handed out a complication of student professions and interests from their applications sans names.

ATM Lesson #03 – Diana Razumny

Rolling side/back/side to sitting continued quick/slow

CD#01/T07 [34 min] DVD#S01-1 Scene 7 [35 min] Source: Amherst inspired; Dennis in NC

FI Exploration #02 – Diana Razumny

Movements from ATM lesson

CD#01/T08 [33 min] DVD#S01-1 Scene 8 [34 min]

Demos with Beth and Timothy. How an ATM turns into an FI.

Day 2 Tuesday April 4, 2017

Discussion #04 – Diana Razumny

What was important on Day 1

CD#01/T09 [24 min] DVD#S01-2 Scene 1 [24 min]

Remembering/sharing what was important on Day 1. Diana: How much the work is skeletal is why I introduced that concept yesterday. And also the skeletal view is a step towards the lines that we experienced yesterday. History of method: Moshe's trainings in Israel, then San Francisco, then Amherst.

ATM Teaching #01 – Diana Razumny

Create stick figures from yesterday's ATM

CD#01/T10 [35 min] DVD#S01-2 Scene 2 [101 min] Source:

On floor, try to recreate ATM lesson from yesterday morning. Beginning and then end, rolling from side to back to side. Groups of 4, 1 large piece of paper per group. Revisit lesson, someone as model, look for 5 lines in the person in position. Group discussion at end looking at drawings of stick figures. Ideas for continuing this process for teaching ATM and learning in the training.

ATM Lesson #04 – Diana Razumny

Flexion #2, dots & lines, folding diagonally, on back

CD#01/T11 [63 min] DVD#S01-2 Scene 3 [64 min] Source: Amherst inspired

FI Exploration #03 – Diana Razumny

FI Demo with skeleton of ATM hip dots

CD#01/T12 [37 min] DVD#S01-2 Scene 4 [37 min]

Discussion about lines in lesson. Lots of ways of experiencing them but Moshe had a specific idea for primary image. Showing lines on skeleton; identifying hip joints. (See Facebook page for primitives doc by Dennis Leri)

ATM Lesson #05 – Diana Razumny

Seesaw breathing #1

CD#01/T13 [54 min] DVD#S01-2 Scene 5 [54 min] Source: ATM Book #4

Day 3 Wednesday April 5, 2017

ATM Lesson #06 – Diana Razumny

Seesaw breathing #2, twisting, on side

CD#01/T14 [66 min] DVD#S01-3 Scene 1 [66 min] Source: AY#430

Discussion #05 – Diana Razumny

About ATM lesson & big ideas

CD#01/T15 [47 min] DVD#S01-3 Scene 2 [47 min]

Imagination wasn't mentioned yesterday. Perception; In lesson some still "overworking." Another big idea: habit. How we use habits. When to hone in on your listening skills; Noticing; Exploring; Being in the experience of the lesson without analyzing. Plenty of time at home with materials and later in the training to analyze.

ATM Lesson #07 – Diana Razumny

Rolling head between hands (perturbed head rolling)

CD#01/T16 [45 min] DVD#S01-3 Scene 3 [45 min] Source: Amherst 6/18/80

Discussion #06 – Diana Razumny

About ATM Lesson & Moshe

CD#01/T17 [40 min] DVD#S01-3 Scene 4 [43 min]

Showed short video with no sound of Promotional Yoga Functional Anatomy of the muscles involved in breathing. Short audio of Moshe talking in San Francisco training, June 17, 1975.

FI Exploration #04 – Diana Razumny

Observation profile

CD#01/T18 [9 min] DVD#S01-3 Scene 5 [17 min]

Demo with Timothy. Against wall drawing profile of person standing sideways against paper. Students pair up and make drawings of profiles.

ATM Lesson #08 – Diana Razumny

Flexion #3, diagonal hip/shoulder, elbow/knee

CD#01/T19 [55 min] DVD#S01-3 Scene 6 [55 min] Source: Amherst Year 1, 1980 (AY#446 Ideal bending)

Day 4 Thursday April 6, 2017

ATM Teaching #02 – Diana Razumny

Seesaw breathing #3, with coughing, barking, laughing, mooing

CD#01/T20 [13 min] DVD#S01-4 Scene 1 [86 min] Source: Esalen #14

Trios use Bare Bones notes. Demo of reading one instruction to yourself, then put in your own language to say to two partners. (See Facebook page for notes for full lesson)

Discussion #07 – Diana Razumny

Skype in Rubia

CD#01/T21 [19 min] DVD#S01-4 Scene 2 [21 min]

Skyped Rubia into room from Costa Rica. She graduated the last Santa Fe training. She is a professional pianist and shared how she came to the method, what she is doing now and words of advice.

Discussion #08 – Diana Razumny

About ATM teaching exploration

CD#01/T22 [35 min] DVD#S01-4 Scene 3 [35 min]

Group discussion about experience. Diana: very difficult because you haven't done the lesson and these are not your own crafted notes. About teaching, direct to person not to group; don't use please very much; pacing. ATM materials from your training and other sources. Moving breath in many ways in these lessons so you can have more capacity and freedom of breath. For barking, laughing, mooing it is good to do it yourself to make it easier for students to make the sounds.

ATM Lesson #09 – Diana Razumny

Flex/extend ankles/wrists

CD#01/T23 [46 min] DVD#S01-4 Scene 4 [46 min] Source: Amherst June 10, 1981

ATM Lesson #10 – Diana Razumny

Foot to head, rolling to side to sit

CD#01/T24 [58 min] DVD#S01-4 Scene 5 [59 min] Source: San Francisco Evenings Vol 2 #6

Day 5 Friday April 7, 2017

ATM Lesson #11 – Diana Razumny

Bend up/down, sitting & leaning on hands behind

CD#01/T25 [47 min] DVD#S01-5 Scene 1 [48 min] Source: Alexander Yanai #86

FI Exploration #05 – Diana Razumny

Hand on back while person folds forward in sitting

CD#01/T26 [7 min] DVD#S01-5 Scene 2 [12 min]

Movement from lesson of lowering head while leaning on their hands. Then hands away from floor and lower head forward and see what part of back goes backward. Observer, then bring hand to spine to area where you see they are moving backwards most. Stay there softly while movers lower head again. Does the hand being there change the experience? Switch roles.

Discussion #09 – Diana Razumny

Dennis Leri lecture: Orientation, capacity & awareness; common language

CD#01/T27 [75 min] DVD#S01-5 Scene 3 [75 min]

Audio of Dennis from Denver training (DVD#1, Segment 1, Day 5)

ATM Teaching #03 – Diana Razumny

4 ways to hold the foot

CD#01/T28 [27 min] DVD#S01-5 Scene 4 [39 min]

Pairs. Practitioner: sit at head of student lying on their back. Instruct 1 hand-to-foot holds from handout of photographs. Teachers can't show movement. Have to use language only. Switch roles with new photos. Group discussion.

Diana: Good to hear lots of teachers because they will use somewhat different words. How to keep refining language based on what you see people doing. Diana: We think we're doing what's being asked, but not necessarily so. How many imagined the movement in themselves before describing the movement?

ATM Lesson #12 – Diana Razumny

Flexion #4, hand holding foot, lengthening leg

CD#01/T29 [46 min] DVD#S01-5 Scene 5 [50 min] Source: Esalen #11 Lengthening hamstrings

Discussion #10 – Diana Razumny

Closure for week

CD#01/T30 [23 min] DVD#S01-5 Scene 6 [23 min]

ATM Lesson #13 – Diana Razumny

Diagonal lengthening of arms & legs, on back & stomach

CD#01/T31 [33 min] DVD#S01-5 Scene 7 [33 min] Source: San Francisco #14, 8/24/77 Mia Segal

Day 6 Monday April 10, 2017

ATM Lesson #14 – Diana Razumny

Foot to head, rolling to sit, ATM Book version

CD#02/T01 [52 min] DVD#S01-6 Scene 1 [52 min] Source: ATM Book #8: Perfecting self-image, edited

Discussion #11 – Diana Razumny

About ATM Lesson

CD#02/T02 [10 min] DVD#S01-6 Scene 2 [11 min]

ATM Teaching #04 – Diana Razumny

Comparing teaching of foot to head lessons

CD#02/T03 [30 min] DVD#S01-6 Scene 3 [85 min]

Groups of 3. Compare notes from teaching of Foot to head versions from Thursday public teaching to this morning. Explore teaching from 2 sets of barebones notes. First just read the first few steps and see how the reading is received. Group discussion. Diana: Timing is important and these notes don't have anything about timing. Put in reference movement but it could be for beginning and end of lesson or beginning and end of one step. These are 2 variations from Moshe: the first was from San Francisco evening class and the second from the ATM book, #8 Perfecting the Self Image. The point he wants to get across is woven into the class. Such as "Action without awareness" paragraph. Important to read "Awareness Through Movement" book. We are going to work with it extensively. These lessons represent families of lessons so these will serve as a foundation.

Discussion #12 – Diana Razumny

Videos about the Feldenkrais Method

CD#02/T04 [min] DVD#S01-6 Scene 4 [8 min]

Links to two videos:

https://www.youtube.com/watch?v=iPs3ximLb_w

<https://www.youtube.com/watch?v=1oGCG9aXkvo>

ATM Lesson #15 – Diana Razumny

Ankle/knee/hip-flex/extend/circle, on back

CD#02/T05 [43 min] DVD#S01-6 Scene 5 [43 min] Source: AY#?

FI Exploration #06 part 1 – Diana Razumny

Curiosity & Contact arm on chest though layers w/feedback, guided

CD#01/T06 [73 min] DVD#S01-6 Scene 6 [73 min]

Quoting Moshe: Fr. "Self-fulfillment from Organic Learning" Human being is born tabula rasa. The only really quality that is innate in human beings is curiosity. Academic learning has nothing to do with your own growth, except by accident. Main quality is curiosity.

Everyone on mats. Can you imagine a sensation that goes along with being curious? Feel sensation of certainty in a somatic way. Flip then to being curious and feel the somatic experience of curiosity. Where do you feel the difference in yourself? Keep going back and forth between those 2 sensations. Feel how each have a place in your life. Then think about the sensation when you are listening to someone. Then go back to curiosity. Group discussion about experience. Actual FI Exploration in the morning.

Diana demo with Lauri, hands on in preparation for the morning FI Exploration. Group discussion after demo.

Day 7 Tuesday April 11, 2017

ATM Lesson #16 – Diana Razumny

Tilting bent legs, on front, London version

CD#02/T07 [58 min] DVD#S01-7 Scene 1 [58 min] Source: London: Carriage of the head

FI Exploration #06 part 2 – Diana Razumny

Curiosity & Contact arm on chest though layers w/feedback, guided

CD#01/T08 [53 min] DVD#S01-7 Scene 2 [99 min]

FI Exploration: conjure up that state of curiosity. Into place of not knowing with both the toucher and the student. Open yourself up to that state of curiosity in the process of touching and being touched. So think about what you are going to stay before talking and then come from a place of curiosity. We will continue refining the process so learning happens.

Guided exploration: Student: Bring one arm across chest. Practitioner: Bring the hand to just touch the clothing and then skin. Feel the skin contact. Then under the skin the tissue and then the bone. Back off in steps. So dropping in from surface of sweater and then skin, tissue and bone. No imposing movement. You each have your own experience. Then again feeling through to sternum. Then when in full contact, student lifts shoulder and practitioner follows. Switch roles. Switch partners and then switch roles. Demo with skeleton and group discussion. Diana talked about use of rollers. Use of pads under head to align head with skeleton. Develop skeletal vision.

ATM Lesson #17 – Diana Razumny

Lifting arms and legs from floor, front & back

CD#02/T09 [56 min] DVD#S01-7 Scene 3 [56 min] Source: ATM Book #3: Fundamental properties of movement

Jo Ann visited class on Skype for students to meet her and for her to do ATM live.

Discussion #13 – Diana Razumny

About ATM lesson

CD#02/T10 [15 min] DVD#S01-7 Scene 4 [15 min]

ATM Lesson #18 – Diana Razumny

Interlacing fingers and toes

CD#02/T11 [44 min] DVD#S01-7 Scene 5 [44 min] Source: Amherst

At end of ATM lesson watched roxanacircusartist.com video. Showed how to put on our Facebook page and how to access and download from the page. Create folder for Feldenkrais materials on your computer.

Day 8 Wednesday April 12, 2017

FI Exploration #07 – Diana Razumny

Video of spine anatomy

CD#02/T12 [20 min] DVD#S01-8 Scene 1 [20 min]

Projector for anatomy with iPad on screen. Visible Body application.

ATM Lesson #19 – Diana Razumny

Lifting the head & shoulders with 5-line scan

CD#02/T13 [48 min] DVD#S01-8 Scene 2 [48 min] Source: Esalen #1

Discussion #14 – Diana Razumny

Chicken video

CD#02/T14 [11 min] DVD#S01-8 Scene 3 [11 min]

Projector showing chicken head from [www.smartereveryday.com](https://www.youtube.com/watch?v=dPlkFPowCc): <https://www.youtube.com/watch?v=dPlkFPowCc>

Good example of principal of reversal of proximal and distal. Examples. Play with this concept and report on Facebook group. Babies are undifferentiated. Develop to eventually walking with head still while we walk contralaterally.

ATM Lesson #20 – Diana Razumny

Hen pecking with head, sitting on chair, arms resting on prop in front

CD#02/T15 [36 min] DVD#S01-8 Scene 4 [37 min] Source: AY?

Pairs observe each other lying on back hen pecking before and after as reference movement.

FI Exploration #08 – Diana Razumny

Demo with skeleton about hen pecking

CD#02/T16 [21 min] DVD#S01-8 Scene 5 [21 min]

Showing shape of spine if hen pecking or if looking down. If head comes forward with C7/T1, sternum has to move down. Then skeleton sitting at computer screen and movements involved. Keep thread of flexion this segment.

FI Exploration #09 – Diana Razumny

Feeling along spine while sitting on chair

CD#02/T17 [64 min] DVD#S01-8 Scene 6 [84 min]

Demo with several students sitting on chair. Feeling along spine while sitting on chair, observe side view, rounding back. Students sitting on tables and rotating practitioners. Switching roles. Guided by Diana. Then group discussion about experience. New demo with Juanalee sitting on chair. Take head down and allow pelvis to round backwards. Practitioner hand on back feeling place where spine is moving back the most. Student turn around in chair with forearms on chair back, head on forearms. Move back backwards. Practitioners take fingers stacked and feel the spinous processes moving backwards and then feel gutter between spinous and transverse processes. Practitioner stays there while student moves back backwards, pushing into practitioner fingers. When student returns practitioner follows movement. Students practice. Demo with Hilary. Sitting on floor behind Hilary with straight arms having her move back backwards and forwards while Diana keeps consistent pressure on spine with pointed fingers. Remove fingers slowly. Diagrams of flexion.

ATM Lesson #21 – Diana Razumny

Directing the breath, in various positions

CD#02/T18 [45 min] DVD#S01-8 Scene 7 [45 min] Source: AY#175

Day 9 Thursday April 13, 2017

FI Exploration #10 – Diana Razumny

Observe sit to stand

CD#02/T19 [6 min] DVD#S01-9 Scene 1 [19 min]

Groups of 3. In sitting 2 people watch one person go from sit to stand and then rotate through other 2 students. Observe curve in neck and lower back as you watch each other sit to stand. Look how they use their eyes. Where do they place their feet. Look from side.

ATM Lesson #22 – Diana Razumny

Sit to stand

CD#02/T20 [31 min] DVD#S01-9 Scene 2 [31 min] Source: ATM Book #1 What is good posture?

FI Exploration #10 continued – Diana Razumny

Observe sit to stand

CD#02/T21 [33 min] DVD#S01-9 Scene 3 [46 min]

At end of ATM return to observing sit to stand in groups. Then group discussion. About dropping into seat at last moment. Weight of head if not in alignment. Try different things in ATM and come back to the simplest, easiest. Put weight into feet helped. Demo with Timothy. Notice where you put your feet. Look at profile. Hips lower than knees so added pads under pelvis. Had Timothy sit to stand and sit while moving knees in and out. Again while rotating his neck. Catching yourself when you tighten something not needed helps to be more aware so can interrupt your habit. Then introduce other nonhabitual movement to decouple habit. When you have a lot of ATMs in your system you will have more options to play with yourself and with others in FI.

ATM Teaching #05 – Diana Razumny

Teach Tilting Leg ATM notes

CD#02/T22 [25 min] DVD#S01-9 Scene 4 [67 min]

Using tilting legs notes (ATM book #7:Carriage of the Head): each person read and do on own. Then 4 groups of 3 teach each other. Group discussion. Can't feel the lesson when reading. So it is a stretch at this stage but will get easier as you practice. Diana showed options of making notes for teaching ATM from her ATM Student Workbook. Difference between reading and giving instructions from somatic memory.

4 ATMs from ATM Book to study between segments (#3, 4, 7, 8). You pick one to focus on. Trios form study group.

ATM Lesson #23 – Diana Razumny

Edges of the feet lifting/lowering, on back

CD#02/T23 [46 min] DVD#S01-9 Scene 5 [46 min] Source: AY#433

Discussion #15 – Diana Razumny

About ATM lesson & between segment ATM teaching

CD#02/T24 [43 min] DVD#S01-9 Scene 6 [47 min]

Discussion about ATM lesson. Show video of skeleton and of barefoot professor. Watch video about Sandra Blakeslee link on Facebook page. Norman Doidge book. Follow up on 1 of 4 ATM Book ATMs that students picked to study between segments with 2 other students. Talk with buddy about the study of your lesson as well as with the trio. With ATM you choose: do from CD, then watch DVD of your classmates doing it, then put on CD for friend or family member and watch them do the ATM. If they have confusion you can help them. Shepherds involved. Using Segment DVDs to study. Showed last training, same day, ATM in fast motion. 2-page Handout about studying a lesson and making notes: Understanding While Doing and Steps to Take With Each Lesson. About constraints.

ATM Lesson #24 – Diana Razumny

Tilting bent legs, on front, ATM Book version

CD#02/T25 [20 min] DVD#S01-9 Scene 7 [20 min] Source: ATM Book #7 Carriage of the Head

Day 10 Friday April 14, 2017

ATM Lesson #25 – Diana Razumny

Flexion #5, Bringing head & elbows to knees

CD#02/T26 [30 min] DVD#S01-10 Scene 1 [30 min] Source: Moshe San Francisco Evenings

Discussion #16 – Diana Razumny

About ATM lesson

CD#02/T27 [14 min] DVD#S01-10 Scene 2 [14 min]

FI Exploration #11 – Diana Razumny

Head rolling with feedback process, guided

CD#02/T28 [50 min] DVD#S01-10 Scene 3 [77 min]

Demo with Beth. Have student lying on back on table, roll head themselves. Put flat hand on forehead and have Beth roll her head. Then Diana rolls Beth's head. Move very slowly. Making distinctions: Too much or too little pressure? Too far or not far enough? How was the speed? (Have Beth resist and then let go. Not practiced today) Practice. How close to sit above student's head? Student roll head. Which side did they choose first? Does their nose make an arc in space? Practitioner slowly land on student's forehead. Follow student rolling their head. Use flat hand so constant change between hand and forehead. Simple movement of hand and arm. Then practitioner roll their head. Check pressure, range, speed and direction. Again using other hand. Practitioner move over to another student. Switch roles. Added on: As you roll their head pretend you can hear their cervical vertebrae and down their spine. Demo with Mary and Timothy about the contact the hand makes with the forehead. Group discussion.

ATM Lesson #26 – Diana Razumny

Sit to stand and lie to sit

CD#02/T29 [34 min] DVD#S01-10 Scene 4 [34 min] Source: Moshe Master Moves #1

ATM Teaching #06 – Diana Razumny

Describing position

CD#01/T30 [29 min] DVD#S01-10 Scene 5 [45 min]

Groups of 4. Rotate through different roles. Teacher, student, mover and witness. Mover enacts movement. Mover is behind student. Teacher languaging position to student. Group discussion about experience.

Discussion #17 – Diana Razumny

Between segment activities & closure

CD#02/T31 [38 min] DVD#S01-10 Scene 6 [39 min]

Between segment activities: Study buddies to check in with about your activities to give you support. The trios that picked the same ATM to study. Shepherds: I will talk to your shepherds and they will be calling you. Make a plan for yourself about doing ATMs. Use the recordings, mix and match. Teach the lesson to a friend. I will post ATMs that you haven't done in class. Review FI explorations from Segment with friends and family. Make a study plan: Do ATMs; review segment; Share on our Facebook group, check it for info and recordings; practice head rolls. Closure discussion.

ATM study assignments from ATM Book:

#3 Fundamental Properties of Movement: Mary, Timothy and Nancy

#4 Differentiation of parts and function in breathing: Hilary, Lauri and Holly

#7 Carriage of head affects the state of the musculature: Ev, Liz and Deborah

#8 Perfecting the self-image: Beth, Juana and Dawne

ATM Lesson #27 – Diana Razumny

Segment Review

CD#02/T32 [58 min] DVD#S01-10 Scene 7 [58 min] Source: Diana