

Day 11 Monday July 17, 2017

Discussion #18 – Diana Razumny

Introduction to the development segment

CD#03/T01 [8 min] DVD#S02-1 Scene 1 [8 min]

This segment is a study of developmental movement. Starting with something more primitive, inner biological movement of pulsation and undulation. Video of jellyfish undulating: <http://www.danielregner.com/cinematography/2015/12/24/exotic-jellyfish>

ATM Lesson #28 – Diana Razumny

Jelly fish hand, sitting to lying and standing

CD#03/T02 [17 min] DVD#S02-1 Scene 2 [18 min] Source: Diana – based on Amherst & developmental studies

Reference: walking w/fingers in ears to hear how walk sounds internally, rhythm, striking of foot, compare sides, loud/soft. Sitting, dominant hand on thigh, palm away, fingertips dragging, coming together, open fingers/palm to lower palm back to thigh. Widen elbow away from side to initiate lifting palm from thigh, fingers trailing, return elbow then hand. Note shoulder comes into picture, weight shifting on pelvis? Back of other hand on side of opposite ribs, direct ribs to side of dominant moving hand. Pause, return, allow rib movement to side initiate the dominant arm, elbow, hand to move as before. Continue hand movement, find a way from sitting to lying without interrupting. Pause on back, compare hands/arms/shoulders/ribs. Note whole side. Start movement of dominant hand and slowly move from back to sitting. In sitting, return to full movement of arm/hand/ribs. Quiet movement down while keeping sense of the larger movement that involves your ribs/spine rippling through whole. Keep movement going with hand, slowly find a way up to standing. Few times up/down. Stay standing, quiet movement of hand, slowly until only the thought. Feel the quality move through whole of you with breathe, noting effect on pressure of feet to floor. Return to fingers in ears, listening to walk – Short break

Discussion #19 – Diana Razumny

About ATM Lesson

CD#03/T03 [12 min] DVD#S02-1 Scene 3 [12 min]

About bell hand and how it relates to the ATM lesson. Has undulatory movement. Homunculus is map of brain. Representation of body map. Your hand takes up a lot of space in your brain. By paying attention to quality of movement in bell hand it generalizes to all movement. One of themes this segment will be walking. So we will use walking to develop our observation skills. Dominant hand has bigger map in homunculus. The Body Has a Mind of Its Own” by Sandra Blakeslee.

ATM Lesson #29 – Diana Razumny

Undulation of spine, on back

CD#03/T04 [53 min] DVD#S02-1 Scene 4 [53 min] Source: Diana – based on Amherst & developmental studies

Video of caterpillar movement: <http://www.learobotics.com/personal/juan/doctorado/cube-revolutions/> and then pick video: cube-semionda.avi. Video: Continuum Intrinsic Movement: <https://www.youtube.com/watch?v=1qd7FWYp-iQ>

Scan with image of ink print. Stand feet, press/roll sacrum towards tail. Reverse towards top of sacrum. Go between the two, tail to top of sacrum. Note low back. Any effect on pressure behind head? Pause. Actively do the movement of the low back, same movement, different initiation/attention, thinking of the low back doing the movement and the sacrum rolls as a result. Note head. Pause. Feel pressure behind head, roll the pressure point down so the chin comes just a little towards the throat just enough so head doesn't slide on floor, note shaping of neck throughout movement, low back? Pause. Interlace hands behind head, slide hands on floor upward, carrying head so chin goes towards throat, lengthening back of neck then lift head, following down spine, note part of spine that ends up still on floor when head is lifted highest. Pause. One hand behind head, lift, when highest, place fingers of other hand on sternum in front of where the spine is pressing the floor. Leave fingers on sternum, lower head, bring other hand/fingers to sternum as well. With fingers for feedback, lift that part of sternum/spine, bring forward. Note pressure/slide of back of head. Pause. Lift/press same area of spine. Add lifting head when spine presses then press head to lift spine, alternate. Note response in pelvis/lower back. Pause. Roll pelvis/sacrum up/down, note response in head/neck. Roll tail away from floor, continue so pelvis lifts in air. Leave pelvis up away from floor and do same movement of pelvis while in the air. Tail goes towards/away from floor while not touching, low back arching/rounding. Rest pelvis on floor. Lift pelvis, tilt tail towards floor, lower pelvis to floor, roll sacrum against floor to flatten lower back, allow for sliding movement headward. Repeat several times, noting the inching headward movement. Pause, repeat with pelvis closer to floor. Reverse direction of sliding by initiating with head. Slide back of head down so chin points towards ceiling, press head, lift area of spine previously explored, allow rippling downward movement towards pelvis, inching way back down foot ward, lift and place feet as needed. Start ripple from pelvis then reverse from head down. Explore each direction few times. Arms overhead, palms forward towards ceiling, start

jellyfish move with both hands at the same time. Allow the arms to get involved. Pause, stand feet, send ripple up from pelvis, note when arms/hands naturally would fit into the ripple throughout. Ink print scan

Discussion #20 – Diana Razumny

About ATM Lesson

CD#03/T05 [12 min] DVD#S02-1 Scene 5 [12 min]

FI Exploration #12 – Diana Razumny

Walking observation

CD#03/T06 [45 min] DVD#S02-1 Scene 6 [45 min]

Trios-2 watch 1. Rotate. Walk several times up & down room. Group talks about overall impression. Diana talks about walkers being self-conscious, not possible to avoid. Person walks and then others in group try to walk the same way. Then reverse direction so person can see how others interpret their walk. Next person is followed for 2 walks then person watches others walk their interpretation of them. Full group discussion: Open focus with diffused gaze instead of hard focus, analyzing too much. Don't come to conclusion, just keep it at what you see with no interpretation.

ATM Lesson #30 – Diana Razumny

Undulating caterpillar, on front

CD#03/T07 [71 min] DVD#S02-1 Scene 7 [71 min] Source: Diana – based on Amherst & developmental studies

Started with videos: Video-Kinetic movement Reuben Margolin: <https://vimeo.com/2405732> . Video-Of man in street, locomoting on belly: <http://www.dailymotion.com/video/xhcmf6> Video-Dub step: <https://www.youtube.com/watch?v=LXO-jKksQkM>

Lie on front, explore comfort for head/arms. Pause with arms on floor up near head, head to one side, check ink print scan. Forehead on floor, hands on floor near head, arms comfortably bent. Press tops of feet to floor, note knees. Press knees, note feet. Stand toes, push toes, knees lift, push knees, lift tail/pelvis. Hands overlapped, forehead on back of hands. Stand toes, press knees, tail lifts, stop pressing knees, press pubic bone. Alternate pressing pubic bone and belly button, note tail tipping towards/away from floor/ceiling. Pull belly button towards spine, away from floor, when pressing pubic bone, tail is 'tucking'. Return to pressing toes to lift knees. Press knees to lift tail, press pubic bone to lift belly button. Reverse. Pause. Hands on floor to sides of head, forehead on floor, look along floor overhead to lift head a little, note part of chest that presses when head lifts, reverse, bring forehead to floor, lift area of chest/spine as eyes look under. Go back and forth. Press/release chest. Press solar plexus, note above/below. Go back and forth between chest/solar plexus, note head. Pause. Press/lift solar plexus, note belly button. Accentuate belly button pressing/lifting alternating with solar plexus doing same. Press/lift belly button, note pubic bone press/lift, accentuate. Note tail. Stand toes, press toes, lift knees, press knees lift tail, press pubic bone, lift belly, press belly lift solar plexus, press solar plexus, lift upper chest, lift head. Repeat, smoothing out, more continuous. Add arms longer over head, push from toes, incorporate when arms can come in. Each part that lifts lowers back to the floor a little nearer the head to start the locomotion movement headward. Reverse? On back, feet standing, small whisper of wave up through spine. Legs long, heels? Breath as initiator? Pause, start hand undulation, slowly come to sitting and standing. Standing, quiet down hand, soles of feet like jelly fish, sucking up through sole waving up to top of head. Quieter, let quiet movement of the breath move through as a wave.

FI Exploration #12 continued – Diana Razumny

Walking observation continued

CD#03/T08 [17 min] DVD#S02-1 Scene 8 [31 min]

Discussion #21 – Diana Razumny

Video of Rueben Margolin

CD#03/T09 [12 min] DVD#S02-1 Scene 9 [12 min]

Video-Reuben Margolin on TED talk: https://www.ted.com/talks/reuben_margolin_sculpting_waves_in_wood_and_time

Day 12 Tuesday July 18, 2017

ATM Lesson #31 – Diana Razumny

Starfish scan, folding & unfolding

CD#03/T10 [58 min] DVD#S02-2 Scene 1 [58 min] Source: Diana – based on Amherst & developmental studies

Stand at mat, arms hanging, note curling of fingers on ea hand, shape of the palm, center of palm, base of thumb relation to center of palm, roots of all fingers relation to center of palm. Bring dominant-hand finger/thumb tips tog/apart, slowly. Ease of standing? Morph finger movement into palm center initiating, closing/opening, as jellyfish. Inhaling/exhaling through palm as closes/opens. Which coordination? Keep mvt. going in foreground, have background mvt be lowering self to floor to lie on back. Pause on back. Spread arms/legs into X position–think along line between head/tail. Where along line is belly button? Going up/dwn spine line, note line lengthening/shortening, coordination w/breath? Pause. Think line from R hand to L foot, rvrs. Where on line is belly button? Go from bb to R hand, think lengthening out through arm/fingers, rtrning to bb, shorten arm to bb and then lengthen out through L leg/foot/toes, shortening on rtrn to bb. Several times. Rpt w/opp diagonal. Pause. Start at bb, lengthening out all lines: head, tail, feet, hands on inhale, shorten on exhale. Hands/feet little less space between, more in line w/spine, as exhale, flex elbows/knees away from floor, inhale rtrning to floor. Add ankles/wrist, fingers/toes folding w/flexion of elbows/knees on exhale. Lengthen all on inhale. Add head lifting, hands curled up touch sides of head, elbows/knees coming towards each other. Whole spine rounded, head/tail lifted, chin tucked. Think fluid, sucking in through bb on expansion, squirting fluid out through bb when folding. Nourishment coming in through bb, waste going out. Pause. Cont, add folding up on side, extending out long on back, rpt to OS. Roll side/side, exhaling folding on side, inhaling to expand open on back. Slow opening, fast closing? Pause. On front, forehead down, arms/legs spread in X, think lengthening out ea line hand/foot, head/tail, from bb. Pause. Radiate out from bb to hands, feet, head, tail all on inhale, exhale, think of shortening or shrinking into bb. Pause. Rpt, arms/legs less spread, more in line with spine, think of bending elbows/knees, sliding on floor towards ea other. Start with knees/elbows widening to sides as bend, eventually fold into egg. Cont. exploring, note pressing into ground with elbows/knees. Timing? Same time so stay in same place on floor and fold. Or press more on knees or elbows causes locomotion head or tailward. Bringing knees up first, leaning on elbows takes headward. Leaving knees planted, bringing upper body/elbows down to meet knees takes tailward. How is head involved? Pressing/lifting? On back, X position, inhale/exhale, expand on inhale, exhale and lift arms/legs – hands/feet/head come away from floor, center presses back into floor. Like jelly fish hand, bb like palm, arms/legs/head/tail like fingers.

Discussion #22 – Diana Razumny

About ATM lesson, birth video and more

CD#03/T11 [32 min] DVD#S02-2 Scene 2 [33 min]

About ATM Lesson. Start each movement fresh. About primitive 5 lines: sensing movement of lines and see if that changes how you move and sense yourself.

Video of fetus –Incredible Real Photography, How A Child is Born: <http://www.youtube.com/watch?v=POJAQX760VY>

Reading from article 'Self Fulfillment Through Organic Learning' by Moshe Feldenkrais. 'When the human being is born, the minor abilities he has coming out of his mothers womb are practically insignificant.'

ATM Lesson #32 – Diana Razumny

Sucking & eye movements, on side

CD#03/T12 [54 min] DVD#S02-2 Scene 3 [55 min] Source: Diana – based on Amherst & developmental studies

Start with describing how to suck on the base of the thumb so the mouth is full of flesh.

1. On back, attn to head/face. Explore frog legs, knees up over belly. Leave knees up, bring soft fists near mouth. Think of knees/elbows relationship (almost touching?), start opening elbows/knee to sides, eventually opening to the floor on the sides, then slide arms/legs straight, hands overhead, feet down, rvrs pathway. Open/close few times.

2. Arms/legs bent/curled up in front, hand touching mouth, think L corner of eye/mouth hanging back towards floor, roll L. Curl up on L side, L side of face on L upper arm, face rolled a bit towards floor, slip R soft fist under/in front of mouth, wrap mouth around base of thumb so mouth is full of flesh (like demo at beginning) knees pulled up close. Sense face/skull. Open mouth wide, bring thumb side of hand into mouth, top teeth on back-of-hand side, bottom teeth on fleshy base of thumb on palm side. Mouth is full of hand, start sucking, note tongue. Sense all movement connected to sucking. Base of tongue, base of skull, roof of mouth, ears, eyes, cheeks. Pause, rest w/hand in mouth if comfortable.

3. Repeat w/some resistance, pulling hand away, keeping tight suction. Start sucking again, note musculature at base of skull/neck. Pause, hand in mouth, leave lips latched wide as are, slowly bring teeth together, insides of lips stay in contact with hand, turned inside out a bit, suck like this. Play w/pulling hand away a little. Return to no resistance. Like baby

dozing off, gradually stop, leaving lips latched, start slowly pulling hand away and start gentle suck to stay connected, eventually pull hand back to mouth via the suck. Keeping hand near to suck at any time, pause,

4. Note R eye. Eye closed, look up/down/side few times each. Look to point between up/R then down/R. Circle around ½ circle on R side w/R eye.

5. Open R eye, L eye closed, take eye to look more R. Take R corner of mouth R, think R ear being pulled back, feel head being pulled to roll R. Bring elbows/knees to touch (or close), as head rolls R, lift R arm/leg away from L, let head continue to R, follow w/R arm/leg, eventually L so whole self rolls to R side. Pause, repeat sucking & eye movements.

6. Sense face generally, then specifically: mouth, lips, nose, cheeks, eyes, temples, jaw in front of ear, jaw line to chin, forehead, skull over top and down to base in back, wrap to ears, eyes, nose, lips, mouth, tongue.

7. Bring arms/legs folded/stacked, lift top arm/leg to roll towards back then to other side few times. Possible to roll onto front while folded? Roll up to sitting, pause look around without making eye contact, sense face.

8. Stay with self during break without talking to another, drink, toilet, eat, lie down, curl up.

Discussion #23 – Diana Razumny

About ATM lesson & Breast Crawl & other Videos

CD#03/T13 [33 min] DVD#S02-2 Scene 4 [33 min]

First discussion about ATM lesson. Then videos:

1) photos of fetus: <https://www.youtube.com/watch?v=OD1gW88Lm-Y>

2) 9 months in 4 minutes: <https://www.youtube.com/watch?v=K7kaw40pPYw#t=273.532013479>

3) baby at breast: <https://www.youtube.com/watch?v=tNCKd-og3YY>

4) breast crawl: <https://www.youtube.com/watch?v=tNCKd-og3YY>, https://www.youtube.com/watch?v=uTr_8dj-Fvk

5) study of med/non-med births & breast feeding: <https://www.youtube.com/watch?v=4eQdQ1Ww9-k>

6) secret life of the brain, baby vision: <http://www.pbs.org/wnet/brain/episode1/index.html>

ATM Lesson #33 – Diana Razumny

Fold & roll #1, one eye closed

CD#03/T14 [47 min] DVD#S02-2 Scene 5 [47 min] Source: Diana – based on Amherst & developmental studies

On back, folded, elbows/knees bent/touching, hands fisted, head turned to one side. Suck on fist on that side. Relax the flex. Close eye on side head is towards, keep close, roll head to other side, suck on fist on new side. Switch side a few times with one eye close. In middle, relax the flexion, then reflex. Eyes closed, elbows touching knees, fists touching face, roll to one side. Close eye near floor, look around with “top” eye. Close eye, look up/down, feel movement in neck. Suck on top fist, roll to other side, repeat eye moves. Roll side/side folded, R elbow/knee comes away from L to roll to R and reverse. Stay on one side, suck. Imagine being face down in this folded position. Possible? Explore, adjust. If can stay folded with knees up, ok, if not, straighten legs, have fists in front of shoulders, between floor and shoulders. Head to one side, cheek/eye against floor, turn head few times, rubbing nose. Doesn’t turn whole way, one side of face stays connected to floor. Stay with head to one side, suck on fist. Pause, open exposed eye, look around without moving head, other side of face/eye stays planted on floor. Close eye, look up/down, feel for tiny move in head/neck, nodding yes. Circle eye around to side then up middle. Rvrs directions. Suck on fist. Switch head to other side, via nose rub, repeat sucking/eye moves on this side. On back, elbows knees touching, fists near face, take one knee away, return, alternate knees like slow mo kicking move of legs.

FI Exploration #13 – Diana Razumny

Walking observation: head movement

CD#03/T15 [7 min] DVD#S02-2 (not recorded)

Same trios watch each person paying attention to their head movements as they walk. The group of 3 watch other group of 3 and reverse.

Discussion #24 – Diana Razumny

About ATM lesson, walking observation, & Blindfold Day prep

CD#03/T16 [32 min] DVD#S02-2 Scene 6 [32 min]

Group discussion about observation of walking and about ATM lesson. Discussion about Blindfold Day. Tomorrow one of the buddies will be blindfolded for ½ day and other will be guide. Bring something to cover your eyes that keeps out light. Bring a lunch that your buddy can help you eat. We will start after morning ATM. Partner not blindfolded bring object tomorrow for a sensual journey of touching. And you will also lead your buddy outside to experience the sensations of nature and ????

Day 13 Wednesday July 19, 2017

ATM Lesson #34 – Diana Razumny

Fold & roll #2, hands holding knees

CD#03/T17 [59 min] DVD#S02-3 Scene 1 [59 min] Source: Diana – based on Amherst & developmental studies

Explore “frog legs” one at a time, bringing knees up over chest in circular motion. Repeat with both legs at the same time. Rest with feet standing. Arms long overhead, elbows softly bent, start bending elbow/shoulder on one side, slide back of hand, when bent as much as possible, circle elbow in front so soft fist comes near face, reverse. Repeat with other arm then do both at same time. Note: analogous with frog leg movement, circling knees around in front, circling elbows around in front. Put arm/leg movements together, starting in X position, folding to bring elbows/knees together in front, reverse. Stand feet, interlace hands behind head, look down with eyes to initiate lifting head, with help of hands/arms. Stand feet, hands on upper ribs near clavicles, looking down with eyes lift head, feel ribs under hands. Move hands to belly, repeat. Leave knees up, elbows bent on floor, lower arms vertical, palms facing footward, tap knees to palms. Feet standing, slide hands on thighs towards knees, lift feet from floor (leave lifted), sliding hands/legs against each other, head lifted, folding little more, little less. Stand feet, lift feet from floor, keep legs lifted, hands behind head, elbows towards knees. Wrap hands around outsides of knees to hold legs, take knees away, feel connection to head, tuck chin to lift head. Hold knees from outsides, roll head/eyes to look to one side, allow torso to follow w/arms/legs connected. (come to front to compare ease to earlier?) On back, holding knees, roll side to side little quicker, when on side, push top knee into hand to come to side sitting, reverse, roll across back to other side.

FI Exploration #14 – Diana Razumny

Sensing through touch while blindfolded

CD#03/T18 [29 min] DVD#S02-3 Scene 2 [125 min]

Intro: Once blindfold on, leave it. Start with on mat of blind person with objects. Buddies will bring out objects 1 at a time for blindfolded student to sense/feel/touch. Don't let knowing what the object is stop you from sensing it as a new thing. Whole group with all objects. Walk around the room, explore touching things in the room, include skeleton's skull (on table) Rehearse head rolling hand on skeleton's forehead. Walk outside, have lunch, roll buddy's head on table (or have buddy roll yours). Writing your name with L/R hand. Issues of trust internally and with your buddy to stay safe.

Discussion #25 – Diana Razumny

About blindfolded experience

CD#03/T19 [51 min] DVD#S02-3 Scene 3 [52 min]

Students shared experience. First blindfolded students shared, then buddies.

FI Exploration #15 – Diana Razumny

Head rolls in pairs

CD#03/T20 [20 min] DVD#S02-3 Scene 4 [33 min]

Demo with skeleton. First, see if pads needed behind head. Experiment and adjust so head will be where it is as in standing, then more easily turned. Where to make contact on the forehead. Land lightly and follow the person rolling their own head. Note amount of pressure, range, speed and direction. Give feedback. Then picking up person's head and scoop thumbs under to can support and explore occiput. Then Diana guides as person on table moves their eyes up and down. When removing hand go very slowly: bone, tissue, skin, air.

ATM Lesson #35 – Diana Razumny

Fold & roll #3, lengthening arm & leg on one side

CD#03/T21 [37 min] DVD#S02-3 Scene 5 [37 min] Source: Diana – based on Amherst & developmental studies

Folded into ball, elbows/knees touching, fists touching face/mouth, roll side/side. Pause on one side. Open/close (like book) going from side to back, reverse. Top arm/leg only goes as far as can while 'bottom' arm/leg stay on floor. On back, let elbows/knees drift apart tiny amount slowly, quickly bring everything together, repeat. Pause on back, folded, open elbows/knees to sides, allow hands to come to the floor, elbows bent. Take bent legs/pelvis to floor on side, “back” arm follows so on side arms/legs are stacked. On side, bent arm/legs stacked, lift top arm/leg away from arm/leg on floor. Open/close like book again, eventually roll all the way to other side. Stay on one side, lengthen bottom arm/leg, slipping out from under top arm/leg, reverse to stacked limbs. Roll folded to other side, repeat lengthening bottom arm/leg. Stay with arm/leg lengthened, open top arm/leg away from floor, elbow/knee staying connected, return, open/close like book. Roll side/side while flexed, introduce timing of bottom arm/leg lengthening as soon as makes contact with floor on side so top arm/leg can come to rest on floor in front of torso. Reverse by folding long arm/leg, roll to other side, repeat.

Day 14 Thursday July 20, 2017

ATM Lesson #36 – Diana Razumny

Baby explores head lifting, circling around arms, minimal lifting

CD#03/T22 [68 min] DVD#S02-4 Scene 1 [68 min] Source: Diana – based on Amherst & developmental studies

On belly, head turned to side, arms bent with elbows close to sides, soft fist in front of face and at back side of head, reach with lips towards knuckle for sucking. Suck noting neck. Same position, start lifting eyebrows, eyes start looking up towards eyebrows. Look down towards hand/shoulder. Note neck, cheek against floor. Stop in middle then start looking down, allow cheek to slide little in arc along floor, look up, cheek slides in arc. Repeat above on other side. Same position, slide arms up a little, hands coming towards each other overhead, soft fists, look up/down, sliding head along floor looking at hand then look under shoulder. Note neck, chest, sternum. Pause, reach lips in direction of inside of elbow in front of face, increase to slide cheek on floor. Slide back to middle then past middle, alternate forward/back, lips towards elbow on face side, back of head towards inside of elbow on back of head side. Repeat on other side. Same position, face to one side, look at shoulder, along upper arm to crotch of elbow, along lower arm to hand and back again. Repeat, follow with head like near-sighted or wanted to rub nose or lips along arm. Pause. Look under shoulder little, sliding head to end up forehead on floor, chin towards throat then reverse, repeat several times, increase so pass through middle to other side. Go side to side few times then stop with face to second side and repeat above, looking around bent arm. Looking at one hand to elbow, shoulder, under self to other shoulder along other arm to hand, reverse. Circling from one hand all the way around to other hand. Circle from forehead on floor, chin to throat, circling around one side, past hands to other side back so chin is to throat again and reverse. Eventually look from one hand to other to cross to other side, reverse, circle back around until looking at shoulder started with.

Discussion #26 – Diana Razumny

About ATM lesson & blindfold experience

CD#03/T23 [28 min] DVD#S02-4 [28 min on DVD for Day 15]

Also about ATM teaching, whether you can or should make up your own ATM lessons.

FI Exploration #16 – Diana Razumny

Sensing through touch while blindfolded continued

CD#03/T24 [1 min] DVD#S02-4 Scene 2 [136 min]

Switch roles in pairs. (See end of last discussion for blindfold added instructions)

Discussion #27 – Diana Razumny

About blindfolded experience

CD#03/T25 [32 min] DVD#S02-4 [32 min on DVD for Day 15]

ATM Teaching #07 & ATM Lesson #37 – Diana Razumny

Watching movement of Fundamental properties of movement

CD#03/T26 [110 min] DVD#S02-4 Scene 3 [111 min] Source: ATM Book #3

Diana teaches ATM while 1/2 of class does movements and 1/2 are observers. 3 observers watch 3 students in groups. Switch groups so everyone experiences ATM and everyone watches. Group discussion at end.

On your back. Have legs comfortable distance apart. Arms above head, apart so left arm will be in line with right leg and right arm in line with left leg. Eyes closed, scan from heels, up legs, pelvis, ribs, vertebrae, shoulders, all the way up the arms to the hands. Raise right arm with use of shoulder so hand slightly comes off floor. Do this several times, resting completely between each movement. Notice the hands slide a little as the arm lengthens to lift from the floor. Allow the breath to exhale as you lift the arm. Rest with your feet standing. Note differences in sides. Lie on your stomach with arms and legs spread as before. Elbows are slightly bent. Lift and lower the right elbow from the floor, using your shoulder. Lift the elbow as you exhale. Feel the arm lengthen slightly as you begin to lift the elbow. Gradually lift the whole arm from the floor. Let the forearm and hand be relaxed as you lift the arm so the hand hangs down. The shoulder and upper chest lift as you use your back to lift the arm. Rest on your back and notice any differences in the two sides. Stretch your arms and legs out again and lift the right arm and leg from the floor at the same time. Only lift enough so the hand and foot come off the floor a little. Pay special attention to the foot and hand lifting from the floor and lowering at the same moment. Lift just the arm on the exhale and put it down. Then lift just the leg on the exhale and return it to the floor. Now lifting them at exactly the same time as you breathe out. Pause. Now lift the arm and leg alternately. Feel what happens in the lumbar vertebrae as you lift the arm and as you lift the leg. Turn the right leg out

and slowly lift the leg. Notice if this affects the vertebrae in the same way. Now lift the arm and leg simultaneously as you exhale and feel if the lumbar spine lowers to the floor. Feel the lengthening of the arm and leg as you lift. Lower arms slowly, rest and feel the contact of your pelvis with the floor. Notice any differences in the right and left sides of the body. Roll onto your stomach and spread your arms and legs as before. Slowly lift right elbow few times, add lifting arm leaving wrist limp. Add lifting leg. Which way is your head facing? Breathe out as you raise the arm and leg. Do the same thing a few times with the right cheek on the floor, then the forehead, then with the left cheek on the floor. Feel which position is more comfortable. Face to the right, left cheek on the floor and lift several times, noticing the pressure of the left side of the stomach against the floor. Pause. Continue to raise the right arm and leg and also raise your head, letting your eyes follow the movement of the hand. Do the movement several times and then roll onto your back and rest. On your back, lift the arm, leg and head. Rest and feel your contact with the floor. Compare to beginning of lesson. Come to standing, raise the right arm move your back back and see if your right arm moves forward, repeat with left arm. Walk around and feel the difference in the two sides of the body. Feel the length of the two leg and arms. Notice the difference in the two sides of the face. Lie down and repeat all the movements on the left side of the body. Now raise your right arm and left leg at the same time. Feel the change in your back against the floor as you lift the arm and leg together. Pause and then lift the right leg and left arm at the same time. Pause and lift all four limbs and head. Leave the head on the floor and lift the four limbs. Rest. Roll onto your stomach and repeat these same combinations of movements. When you finish, roll onto your back, rest and notice your contact with the floor as in beginning of lesson, particularly along the spine. Come to standing sense yourself and walk in your own time.

Day 15 Friday July 21, 2017

Discussion #28 – Diana Razumny

Checking in

CD#03/T27 [7 min] DVD#S02-5 Scene 1 [7 min]

ATM Lesson #38 – Diana Razumny

Fold and roll #4, holding feet, on back

CD#03/T28 [55 min] DVD#S02-5 Scene 2 [55 min] Source: Diana – based on Amherst & developmental studies

On back, bend both knees to outside, slide feet along floor, legs bent up in front, slide right hand along inside of right leg towards foot. Rpt on L side. Slide hand along outside of leg towards foot of each leg. Both hands along inside of legs to feet, outside of legs to feet. slide hands along back of upper leg, towards knees, lift head, bring knees closer to head. Slide hands inside legs, reach for feet, hold over the top hooking the outer edge of the foot with hands, rub feet together, looking at them. Start sliding arch of one foot against inside of other lower leg, note if roll, switch to other side, alternate. Hold arches of feet with arms internally rotated, bend/straighten to roll towards straight leg. Hold feet, arms between knees, hands over top of foot to outer edges of feet, rub together, start sliding R foot/arch along inside of L leg, allow to roll L. Stay on L, continue sliding foot on leg. Reverse, repeat on other side. Hold feet, slide foot along inside of leg, roll that direction, stay on side, slide foot off leg onto floor, paint floor with sole. Repeat OS. Hold feet, alternately lengthen legs, let that roll to side, bend to come back while other lengthens to other side. Repeat, add looking overhead while on side, then combine/coordinate with rolling to side. Look overhead on side and lift head to see.

Discussion #29 – Diana Razumny

Reviewing week

CD#03/T29 [30 min] DVD#S02-5 Scene 3 [39 min]

Trios discuss experience of week.

Discussion #30 – Diana Razumny

Reflexes & Amazing Baby Video (newborn–3 months)

CD#03/T30 [39 min] DVD#S02-5 Scene 4 [44 min]

Reflex link: <https://kendrapedpt.com/2013/02/13/primitive-reflexes-or-cool-party-tricks-you-can-do-with-your-newborn/>

Amazing Baby Video showing newborn–3 months. Then discussion about video and experiences of this first week.

ATM Lesson #39 – Diana Razumny

Fold and roll #5, unfold to side & belly, from back

CD#03/T31 [49 min] DVD#S02-5 Scene 5 [49 min] Source: Diana – based on Amherst & developmental studies

Folded into ball, elbows/knees touching, fists touching face/mouth, roll side/side. Open/close going from back to side, reverse. Pause on back, folded, open elbows/knees to sides, allow hands to come to the floor, elbows bent. Take bent legs/pelvis to floor on side, “back” arm follows so on side on side arms/legs are stacked. On side, bent arm/legs stacked, lift top arm/leg away from arm/leg on floor. Open/close like book, eventually roll all the way to other side. Stay on one side, lengthen bottom arm/leg, slipping out from under top arm/leg, reverse to stacked limbs. Roll folded to other side, repeat lengthening bottom arm/leg. Stay with arm/leg lengthened, open top arm/leg away from floor, elbow/knee staying connected, return, open/close like book. Repeat, timing, roll from back to side and immediately lengthen arm/leg when touch floor to make room for bent arm/leg that follow. To roll to back, as lift bent arm/leg immediately bend/fold the long weighted side. Get one side clear, then other. Then add staying on long side and slowly lengthen the other arm/leg to come to belly with arms/legs long.

Day 16 Monday July 24, 2017

ATM Lesson #40 – Diana Razumny

Extension #1, on belly, pressing pubic, lifting head, extend arms

CD#04/T01 [36 min] DVD#S02-6 Scene 1 [36 min] Source: Diana – based on Amherst & developmental studies

Invitation to surrender the need to know, to analyze, figure out, commit to memory, trying to remember. On back, X position – Pull belly button in towards spine, push forward away. Sense inhale/exhale, through belly button, imagine effects radiating out arms/legs/head hands/feet, is there a point in cycle it would be easier to lift head/hands/feet. On front, X position – belly button to/away from floor, hands/feet lift at some point? Pause. On front, slide bent arms, elbows at shoulder height, then stack hands, forehead on back of hands. Reference of looking up. Imagine R eye swinging like pendulum. Pause, repeat w/L eye. Same position, lift head, looking along floor like following ladybug crawling away. Cont to look up wall. Note how high. Forehead on back of hands, press pubic bone, note lift. Think of string attached to C7 in back, pull towards ceiling when pubic presses. Separate hands, elbows shoulder height, lower arm bones parallel at sides of head, fingers directed overhead, palms on floor, repeat pubic press, imaginary string pulling C7 back towards ceiling, forehead slides on floor, head dangling off end of spine. Repeat in X position, continue so straight arms and hands get pulled along and can take weight of chest lifting, bring head up to look forward. Forehead on back of hands, watch ladybug crawl up, check how far. X position, pubic press, lift arms/legs, send ripple through arms. C7/shoulders lift first then send the ripple out to hands. Head comes up when hands flip up.

Discussion #31 – Diana Razumny

Emotions in babies and mothers (videos)

CD#04/T02 [39 min] DVD#S02-6 Scene 2 [39 min]

Video of history about facial emotions as studied and defined by Paul Ekman. He categorized all emotions as: Joy, anger, sadness, surprise, fear, disgust and later added on contempt. FACS (Facial Action Coding System) developed by Ekman and colleague. Paul Ekman face reading: <https://www.youtube.com/watch?v=-PFqzYoKkCc>

Then video on attunement. Attunement with others: <https://www.youtube.com/watch?v=URpuKgKt9kg>

Video of “Still Face” Experiment showing what happens when the mother stops expression with her baby. Still Face Experiment: https://www.youtube.com/watch?v=vmE3NfB_HhE

ATM Lesson #41 & ATM Teaching #08 – Diana Razumny

Extension #2, extend & side bend, on back

CD#04/T03 [49 min] DVD#S02-6 Scene 3 [50 min] Source: Diana – based on Amherst & developmental studies

In middle of ATM – groups of 4 instructing movements from ATM doing both sides. 2 students instruct 2 students on floor. Then switch roles. Groups discuss how movement transferred to other side and other noticing. Each group talks and demonstrates some of the movements.

On back, X position, slide arms/legs into folded position, elbows/knees together. Interlace hands behind head, knees wide, take R elbow/knee together. Switch to L side, note tail wagging when alternating. (at end, emphasize separating opposite knee/elbow) Stand feet, hands behind head, slide head/hands along floor down to R. Add a little push of R foot into floor when taking R elbow towards R hip.

ATM teaching: Think about how you would give directions on the L side. Actually pretend you are giving the directions and say it out loud to yourself as if you are your own teacher. Listen to your own instruction before you do it. Think about building up gradually, not just the last movement

Lengthen L leg down, push R standing foot while sliding arms/head down to R. Think R elbow coming towards R hip, face stays forward to ceiling.

ATM teaching: Put the same into words but on the left side. Give yourself the instructions first then do it.

Add: Look up towards L elbow when sliding R elbow down to R.

L hand under head, R arm long on floor, push w/R hip, slide R hand towards R foot. Add looking up at L elbow.

ATM teaching: repeat directions for yourself on the left then do them

Repeat w/L arm lengthened overhead, looking up at L hand.

ATM teaching: repeat directions for yourself on the left then do them

Stay w/R hand near R foot, lift/lower R hip.

Hands behind head, stand feet, slide R elbow towards R hip.

ATM teaching—Give yourself directions for the L side

Lift feet from floor, repeat. Note tail/knees. Hands to mouth, elbows/knees together, roll to side and start taking elbows/knees away from each other, lengthening front, belly long, look overhead, feel for rolling onto belly, reverse, roll to other side. If on belly, look up/overhead.

Discussion #32 – Diana Razumny

About ATM Teaching

CD#04/T04 [17 min] DVD#S02-6 Scene 4 [18 min]

Diana demoed movements while Hilary drew stick figures. In the past Diana would take each position and have Bear take a photo, print them out, and have them for teaching. Keep notes short to make teaching easier. Use of imagery in notes.

ATM Teaching #08 continued – Diana Razumny

Practice teaching from Extension #2 ATM lesson

CD#04/T05 [37 min] DVD#S02-6 Scene 5 [98 min]

Groups of 4: 2 on floor and 2 teaching from last ATM lesson. The observer watches teacher and students. Students on mat put heads on same end of mat and teacher stand overhead so left and rights are easier. Help each other figure each position, movement and cues. Teachers rotate and get feedback from students about last teacher. Full group discussion.

ATM Lesson #42 – Diana Razumny

Lifting head & chest to elbow propping and weight shift part 1

CD#04/T06 [45 min] DVD#S02-6 Scene 6 [45 min] Source: Diana – based on Amherst & developmental studies

On front, arms folded close to body, hands fisted under shoulders. Lift/turn head. Slide elbows/hands away gradually, lifting head to test for ease. Gradually elbows out to sides. Explore directing face to crotch of elbow. Elbows/shoulders at 90, lift/turn head. Start w/small arc, increasing until eyes on horizon. Leave head up, scan horizon in arc. Increase looking around to side by lifting opposite elbow, hand anchored. Repeat, looking around to side, opposite arm straightens, turning back to other side, plant elbow in new place for weight bearing, feel into shoulder, look around to side of newly placed elbow, feel support of elbow now. Other side, end up on both elbows (wide), slide elbows open, head/chest returns to floor. Lift head/chest, allow elbows to slide in as a result, take weight then let elbows slide out, head/chest returns to floor. Elbows/shoulders 90, face R, sound from L, lift/turn head to look over L shoulder, allow R elbow to slide in, turn to look/listen over R shoulder, coming onto R elbow, L elbow slides in, turn to look over L shoulder, weight on L elbow. Slide out, head/chest returns to floor. Arms 90 degrees, lift head to look forward/up, feel when arms can be drug along so elbows come in for support. Slide elbows wide to lower head/chest. Weight shift of pelvis towards or away from side that head looks around. Allow knee to slide up on unweighed side.

Another version

On front, elbows bent 90 at shoulder height, forehead on floor, lift head, slide elbows in to support shoulders. Rpt, look around shoulders alternately. Allow one elbow to lift as weight comes into other. Cont, allow pelvis to roll, gradually add knee sliding up. Explore looking over & under shoulder to see knee coming up. Explore shifting weight on pelvis on same side as looking. On back, X position, belly button forward/back. On front, X position, forehead on floor, push belly out, add lifting head, arms/legs. On front, lift head, allow elbows to slide in easily from lifting. On back, X position, lift arms/legs. On front, frame head w/arms, fingertips touching overhead, take head/face towards arm/elbow. Rpt OS. On back, hold knees, roll side/side, come up to sitting.

Day 17 Tuesday July 25, 2017

ATM Lesson #43 – Diana Razumny

Lifting head & chest to elbow propping and weight shift part 2

CD#04/T07 [39 min] DVD#S02-7 Scene 1 [39 min] Source: Diana – based on Amherst & developmental studies

On back, in X position, press low back to floor, note response of head/shoulders/arms. On front, X position, press pubic bone, sense base of neck, note head/arms/shoulders respond. Add lifting head/arms/legs, flying. Leave arms on floor, lift head high, feel hands slide in, take some weight in hands, propped up, slide out, repeat. On front, frame head with arms, circle nose around arms, attending to spine between shoulder blades and C7/T1. Same position, take mouth to shoulder, lean weight along that side, looking to floor past arm, feel opposite elbow come towards midline. Repeat OS. Repeat, let elbow slide in and stay as take head to other side, feeling force through upper arm from shoulder to elbow. Keep leaning weight to that side, noting other elbow slides in and take head to that side. Go side/side until propped on elbows. Start with elbows straight out to sides, shoulder height, bent at 90, palms on floor, forearms parallel, take head to one side to look past shoulder, feel opposite elbow lift and when take head to that side, elbow falls in closer to midline and takes some weight. Alt side/side until elbow propped. On elbows, take shoulder blades together/apart, note top of head, face, chin. On back, X pos, lift head/arms/legs. Elbows/knees together, roll side/side. Hold below knees, roll up to sitting.

Discussion #33 – Diana Razumny

About ATM lesson & Demo with skeleton

CD#04/T08 [63 min] DVD#S02-7 Scene 2 [63 min]

Demo with tiny skeleton showing how baby discovers its skeleton. Curiosity and element of surprise as baby discovers movement and support of the skeleton. Discussion about individual limitations and experiences of trainees and how to teach having students stay within their comfortable area instead of trying to push through pain. In lifting arm, shoulder joint is stressed if only move that one joint. Need to move all of shoulder girdle. So aim is to allow and develop movement in the spine, ribs and shoulder girdle.

Discussion #34 – Diana Razumny

Sandra Blakeslee video

CD#04/T09 [56 min] DVD#S02-7 Scene 3 [57 min]

Sandra Blakeslee is a science writer who visited the last Santa Fe training to talk to students and experienced her first ATM Lesson.

FI Exploration #17 – Diana Razumny

Working with the spine, on front, guided

CD#04/T10 [65 min] DVD#S02-7 Scene 4 [68 min]

Diana draws basic spinal movements on chart related to ATMs as it relates developmentally to the baby moving towards crawling.

First demo on small skeleton. About flexors and extensors. On the front working with the spine. Then demo with large skeleton. First student sitting palpate spine. Then on table on front, have student do movement of bringing elbows under shoulders, the sphinx position. Student looks up. Then turn head and have arm in front of face and other arm along side, knee bent on face side. Practitioner find shoulder blade. Palpate spine with fingers. On two sides of vertebrae. Ask student to direct spine backwards where fingers are making contact. Then forward away from fingers, alternating. Move fingers width up spine and repeat process. Then come back onto elbows and palpate spine in that position. Bring shoulder blades apart and together. Guided partners. Demo with Hilary. Guided partners. Students give feedback about pressure. Different positions to work with palpating spine.

Discussion #35 – Diana Razumny

Ramachandram TED video

CD#04/T11 [9 min] DVD#S02-7 Scene 5 [10 min]

TED video by Ramachandram about Mirror neurons, imitation and emulation. Development of mirror neuron system quite recently in human history and caused very fast changes in the human race. Group discussion.

Ramachandram mirror neurons: https://www.ted.com/talks/vs_ramachandram_the_neurons_that_shaped_civilization/up-next?t-238265

ATM Lesson #44 – Diana Razumny

Elbow & knee together & apart, on front

CD#04/T12 [38 min] DVD#S02-7 Scene 6 [38 min] Source: Diana – based on Amherst & developmental studies

On front, elbow propped, scan horizon, compare shifting weight to side you are looking and to opposite side. On front, look R, stand R hand, elbow over hand, look under arm, note pelvis. Add sliding knee up towards head, head towards knee. Elbow propped, when shifting pelvis weight to opposite side you are looking allow knee to slide up on side looking. On front, slide L elbow/knee tog/apart, let the R arm be long overhead, allow your head to roll onto R arm as L knee/elbow come tog. Add rolling head to see ceiling so elbow comes away from floor, then return elbow to take weight. Alt side/side. Elbows at 90 out to sides, lift head to look up/out, allow elbows to slide in in front of shoulders for weight bearing. On back, hands behind head, elbows/knees together, roll side/side, hold knees, roll to side sitting.

Discussion #36 – Diana Razumny

Amazing Baby video 3-5 months

CD#03/T13 [9 min] DVD#S02-7 Scene 7 [10 min]

Showing baby development from 3-5 months.

Day 18 Wednesday July 26, 2017

ATM Lesson #45 – Diana Razumny

Fold and roll #6, from folded side to belly

CD#04/T14 [43 min] DVD#S02-8 Scene 1 [43 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

On front, slide R elbow/knee together/apart. Feel shape of spine. Repeat on other side. Note as one side folds and gets short, other side lengthens. Alternate side/side. Stay w/R elbow/knee together/touching, bring L elbow/knee together under R so you are folded up on L side with folded arms/legs stacked, R on L. Reverse to come onto belly. Repeat same side several times. The switch to other side. Alternate side to side, getting long on belly, folded on side, keeping the sequence. Add from previous lessons, rolling to back while folded, continue rolling to side, unfold sequentially as you feel arm/leg touching floor, one arm/leg after the other arm/leg so you end up long on belly again. Reverse directions.

Discussion #37 – Diana Razumny

Video of baby Sophie #1

CD#04/T15 [42 min] DVD#S02-8 Scene 2 [42 min]

Sophie was born 5 months premature and in this video she is 9 months old but looks more like 2-3 months old. Diana comments on video as playing describing what she is seeing, doing and thinking. Discussion about what Diana was doing. Going along with Sophie's movement, encouraging movement, shaping movement. Group discussion after video.

FI Exploration #18 – Diana Razumny

Developing listening skills

CD#04/T16 [69 min] DVD#S02-8 Scene 3 [77 min]

Trios, one person tells a familiar story from their childhood, 1 person sits in front of storyteller listening to story, 1 person observes from the side. During the story the listener goes in and out of listening on purpose. Trio discusses experience.

ATM Lesson #46 – Diana Razumny

Spinal chain and crawl pattern

CD#04/T17 [38 min] DVD#S02-8 Scene 4 [45 min] Source: AY#177

(taught first part of lesson)

On back, feet standing, lift pelvis, each vert. Interlace hands behind head, lift head, each vert. Stay with head lifted, lift pelvis, alternate lifting head/pelvis while back stays in arc. On hands/knees, head hanging, draw in belly, back arches backwards towards ceiling. Let belly hang towards floor so spine sinks towards floor. Alternate spine sinking/arching, note which vertebrae move. Repeat spinal move, when arching backwards let head hang, when spine sinks to floor lift head. Rest on back. On front, extend arms overhead on floor, arms/legs spread. Lift head to look up, push out belly. Note vert. Repeat, when lowering head, look down/under. Lift shoulders to look under towards belly, pull belly in. Note vertebrae. Lift head, look up, push belly out, note vert. Lower head, look under pull belly in. Note if can slide forehead along floor while looking under. If not, come on elbows a bit so forehead can slide along floor. On back, stick belly out, lower back lifts, back of head slides down along floor. Continue so top of head comes to lean on floor and tailbone gets planted to floor as belly protrudes, shoulders lift, whole back gets lifted from floor. On knees, interlace fingers, place hands on floor and head on floor so hands cup head, forehead against floor, roll body forward so back of head comes more into hands. Note vert. Chin comes towards throat as roll towards top of head, pull belly in and exhale. Rest on back. On knees, elbows and forearms, palms to floor, pull belly in, look down under with head looking between legs. Reverse, lift head, push belly out/down, eyes look up. Note vert. Rest on back. On back, stand feet, lift pelvis like beginning, note vert. Interlace hands behind head, lift head. Keep the pelvis lifted until the lifting of head takes pelvis to floor. Alternate head/pelvis lifting. Arms/legs long, note spine.

Trios watch each other walking as in first week.

Discussion #38 – Diana Razumny

Review of between segment studies

CD#04/T18 [13 min] DVD#S02-8 Scene 5 [20 min]

Each student uses handout from last segment and highlights what they did between segments. Write on back any suggestions to improve your studies including things you did that aren't on the paper.

Discussion #39 – Diana Razumny

Ramachandram TED video continued

CD#04/T19 [23 min] DVD#S02-8 Scene 6 [24 min]

Phantom limbs. Synesthesia. https://www.ted.com/talks/vilayanur_ramachandran_on_your_mind

ATM Lesson #47 – Diana Razumny

Fold and roll #7, sequential & continuous

CD#04/T20 [38 min] DVD#S02-8 Scene 7 [38 min] Source: Diana – based on Amherst & developmental studies

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Lengthen legs alternately, note: hips, waist, ribs, head/neck response. Pause, repeat, note C7. Explore head sliding with face staying towards ceiling or rolling side/side. Repeat, note when lengthening L leg what happens to R shoulder/arm? Alternate lengthening legs, noting shoulders/arms. Pause. Legs quiet, alternately lengthen arms, note impulse into legs. Exaggerate what you feel, put arms/legs together. Pause. Repeat, when one arm lengthens, let “shortening” arm elbow bend and slide down a little. Continue, exaggerate elbow bend, allow frog leg to happen on same side as bending/sliding elbow. One side (arm/leg) are long while other is folding. Continue X position on back. Make frog-leg move w/L leg, bring R knee to bend to L so both knees are bent over to L, return sequentially. Few times then repeat to R side. Both legs end up bent/stack to side each time. Alternate side/side. Stay w/legs to L, bring R arm over/across face so R hand is palm to palm w/L hand. Reverse sequence, R hand/arm returns first then R leg then L leg. Repeat to other side. (morph into sweeping arms in arc overhead, up to side sit, reverse, to other side, arms propped behind when sitting to flop knees to other side, circle round/round.

Day 19 Thursday July 27, 2017

ATM Lesson #48 – Diana Razumny

Extension #3, on belly lifting head, arms and legs

CD#04/T21 [53 min] DVD#S02-9 Scene 1 [53 min] Source: AY#549

On front, legs spread, toes extended, Contract buttocks, note legs turn. Note: what presses, pubic bone, spine lengthens, head upward. L hand on R, R cheek on back of L hand. Lift head/arm sm amt. Take head/arm little R/L, Back soft, spine/chest move w/head, inhale or exhale, legs? Rpt w/ R hand on L. Rtrn to contract buttocks. What presses floor? Contract so that legs lift from floor. L hand on R, lift head/arm, lift one leg w/o contracting butt, press pubic bone, lift head/leg sm amt. Cont, lift other leg. Note lengthening of spine while pressing. Lift both legs, press belly btwn pub bone/belly button. Note inhale/exhale? ROB. On front, face to R, on R hand, legs spread little. Lift R hand/head. Think it, add thinking R leg lifts w/head. Note lengthening, front pressing. Do move small amt, check what presses, note breath. Exhale as think the move. Inhale as you think it. Press lower belly, note inhale/exhale. Lift head small amt, press belly, inhale or exhale. Add lifting legs. Forehead on hands, lift head, take L/R. Note ribs press. Cont, direct head more R, Note L arm, elbow lifts. Note legs, L lifts more, roll to R. Switch to moving L. ROB. On front, forehead on hands, press lower belly, exhale. Lift head, elbows, legs. Inhale, press lower belly, elbows/legs/head/knees lift. No effort in neck. Cont so only belly touches floor. Stay lifted, rock R/L, up/down. Rpt w/exhaling. Press all but legs, legs lift. Lower legs, lift whole back. Lift everything. Back of hands on floor, down along sides, press hands/belly, lift both knees, crawl forward on floor. Same position, lift L leg/head. Leave L leg lifted high as possible, lift R leg to meet L. Come to stand, walk.

ATM Teaching #09 – Diana Razumny

Students sharing experience of teaching

CD#04/T22 [51 min] DVD#S02-9 Scene 2 [51 min]

Hilary and Lauri share their experience of studying breathing ATM lesson between segments. Others share about different ATM teachers they have experienced.

FI Exploration #19 – Diana Razumny

Flexing & extending spine with finger feedback, on hands & knees

CD#04/T23 [43 min] DVD#S02-9 Scene 3 [43 min]

Diana demo with Beth. On hands & knees, is hip lined up over knee? Exercise in looking at position. Every person is in a different configuration. Teacher can have students to limit of movement and then find a position in the middle of the range. Palpate spine vertebra by vertebra with thumb and forefingers, having Beth push back against fingers. Then have Beth lie on side. Palpate vertebrae again with one hand, lifting spine by creating shelf with thumb and index finger under spinous process and lifting. On back lifting head, holding knees with arms as Diana palpates upper spine.

FI Exploration #19 continued – Diana Razumny

Flexing & extending spine with finger feedback, on hands & knees cont.

CD#04/T24 [23 min] DVD#S02-9 Scene 4 [69 min]

Practice in dyads. Check position of hips over knees. Students arch and extend and look for high and low points of spine. Also check that shoulders are above hands and directly underneath. Then have them do arch and place fingers on high point of spine. Have them push back into finger, allowing head to drop. Then have them sink spine in that area. Forward and back with spine.

ATM Lesson #49 – Diana Razumny

Seesaw Breathing

CD#04/T25 [52 min] DVD#S02-9 Scene 5 [54 min] Source: ATM Book #4

LOB. Stand feet. Move knees together and apart to find stable position for legs. Draw air into lungs, increasing volume of chest. Feel if the spine presses to the floor as the sternum rises. Exhale and hold until you have to breathe. Repeat a few times. Exhale, hold breath out, expand the chest as before but without breathing in. or out. Repeat the movement until you feel the need to breathe. Fill your lungs and repeat the movement of the chest until you feel the need to breathe. Do a few times, rest and notice any differences. Place your fingertips on your abdomen. Wait until your lungs are filled with air, hold, then compress your chest as if to expel the air but hold the breath. The increasing pressure raises the pressure in the abdomen which can be directed downward towards the pelvis. Notice the movement of your hands. Wait until the lungs fill with air and then exhale pushing the stomach forward and expanding all around. Rest and observe changes. Fill your lungs with air and hold your breath. Contract the chest and expand the belly, expand the chest and pull the belly in. Alternate like this as long as you can without breathing. Breathe as you need and repeat 5 or 6 times.

Try it as fast as you can. Rest. With your arms and legs long, feet apart. Repeat the alternating movements of the chest and stomach while breathing normally. Rest. Turn onto your stomach. Stretch arms wide, overhead on floor. Have legs long and feet apart. Do the previous movements in this position. Sense chest and belly, note if pressing is symmetrical. Rest. Still on the stomach, push out the chest let the left side press more clearly on the ground, then push out the stomach on the right side. right hip joint to the left shoulder. Return to previous one to see what has changed. Then do the other diagonal, left side of stomach and right side of chest. Go back to letting the middle of the chest and stomach touch more clearly and notice any changes. Repeat original movement on back, note changes. Lie on your right side, right arm stretched out above your head with head resting on arm. Hold your head with your left arm, fingers on right temple, palm on top of head. Raise head, helping with hand so left ear comes towards left shoulder. With the head raised expand the chest in all directions and draw in stomach. Compress chest and expand belly. Observe ribs on both sides. Repeat several times then rest on your back. Then do the same lying on the left side. Lie on your back, raise your shoulders and lean on elbows and forearms. Forearms are parallel with your body. Lower your chin to your chest and do several seesaw movements of the chest and belly. Rest on your back. Lean on your elbows as before and this time let your head drop back and do the seesaw movements. Rest on your back and observe your breathing. Kneel with your knees wide apart and your feet stretched out in line with the lower leg, toenails touching floor. Put the top of your head on the floor, hands on either side, palms to the floor. Do the seesaw breathing in this position. Feel if the head tends to roll. Notice the chin comes closer and away from the chest. Feel the back of the neck and whole spine as you do the movements of the breathing. Rest on your back and observe any differences in the way your back contacts the floor. Kneel, knees apart and lean on your head and hands as before. Move your left knee a little closer to your head and repeat the seesaw breathing. Observe the movement of the hips towards the right heel when the belly is out. Notice the movement of the spine flexing, extending and side bending. After several movements rest on your back. Kneel again and do the same thing with the right knee closer to the head. Notice any differences on this side compared with the other. Rest. Sit with your knees apart, soles together. Place your right hand on the left side of your chest and ribs and the left hand on the right side of the ribs so you are hugging yourself. Lower your head, push out your chest, draw in your stomach several times without breathing. Feel your ribs expanding under your hands. Stop, stand and notice your breathing.

Day 20 Friday July 28, 2017

ATM Lesson #50 – Diana Razumny

Taking head to side by pushing from toes, on front

CD#04/T26 [59 min] DVD#S02-10 Scene 1 [59 min] Source: Diana – based on Amherst & developmental studies

Lengthen one leg along floor noting movement through whole of self, sides of neck, waist. On front, arms framing head, face R, take face towards inside of elbow, stand R toes, push from foot to take face R. On back, lengthen leg ref. On front, looking R, L cheek on back of R hand, slide R arm, carrying head down to R, pushing from R toes. Take head to R, note L elbow lifting. Stand R hand in pushup, take head/eyes to look under standing arm bridge, allow R knee to slide up, look at knee under bridge. Rpt OS. Slide head on back of hand towards knee sliding up. Forehead on floor, arms long on floor, roll pelvis, slide elbow/knee tog on side, alternate R/L. On front, X position, forehead down, lengthen legs alternately, note head/neck/C7 response. Keep forehead down, let lengthening alternately turn into bending elbow/knee together on same side. **Do only one side, stand and do walking observation Return to the floor and talk yourself through the instructions on the other side. Crawl pattern from X position, front & back.** On back, X position, lengthen arms, legs. On front, forehead on floor, lengthen arms/legs alternately, allow pelvis to roll, slide knee up, note effect on arms. On back, X position, alternate lengthening legs/arms, allow elbows/knees to start bending. Do same on front. Return to back, X, bend both knees up to one side then other. Cont, allow 'back' arm to be brought across so lying on one side, reverse, repeat, taking arms back first and let legs follow. Fold and unfold side to side, eventually coming up to sidesit.

ATM Teaching #10 – Diana Razumny

Teaching AY#549 in 3rds

CD#04/T27 [30 min] DVD#S02-10 Scene 2 [110 min]

First reader reads 1st 3rd directly to other two on the floor. Then one of the students comes up to teach the same 3rd using only highlighted part of notes. Rotate through readers 1, 2, 3, each time followed by a highlighter. All 3 people end up in each role (reader and highlighter) Decide who is reader 1,2,&3. Look where the lesson is broken into 3rds beforehand. One little difference, the 2nd reader reads a short lecture. When the highlighter repeats that 1/3 then don't need to repeat the lecture. Full group discussion at end.

Discussion #40 – Diana Razumny

Antonio Damasio Talk

CD#04/T28 [72 min] DVD#S02-10 Scene 3 [93 min]

Talk about relation between emotions and the method. Small group discussions then continued watching video..

<https://www.youtube.com/watch?v=liFXMd26gWE>

ATM Lesson #51 – Diana Razumny

Crawl pattern from X position, front & back

CD#04/T29 [36 min] DVD#S02-10 Scene 4 [36 min] Source: Diana – based on Amherst & developmental studies

On back, X position, lengthen arms, legs one at a time. Alternate on the diagonal. On front, forehead on floor, lengthen arms/legs alternately. On back, X position, alternate lengthening legs, pause, same with arms. Lengthen R arm/leg at same time. Rpt OS. Note 'shortening' side. Repeat, allow elbows/knees to start bending a little. Do same on front, emphasize one side getting long while other shortens/bends. Head rolling onto long arm overhead??? Repeat on back, with emphasizing long/short, bend/straighten. Return to back, X, bend both knees up to one side then other, one knee/leg at a time and reverse. Cont, allow 'back' arm to be brought across so lying on one side, reverse, repeat, taking arms back first and let legs follow. Fold and unfold side to side, eventually coming up to sidesit.

Day 21 Monday July 31, 2017

Discussion #41 – Diana Razumny

Checking in

CD#05/T01 [28 min] DVD#S02-11 Scene 1 [28 min]

Reading from Moshe....

ATM Lesson #52 – Diana Razumny

Baby Sphinx toward crawling & sitting part 1

CD#05/T02 [47 min] DVD#S02-11 Scene 2 [47 min] Source: Diana – based on Amherst & developmental studies

Revisit from last week. Bring to mind ways of rolling. Come onto front. Frame your head with your arms so fingertips are touching overhead, palms to floor. Face to the right, take nose towards inside of right elbow. Attn to spine, shoulder blades, pelvis, legs. Add taking back of head towards left elbow. Repeat with toes of right foot tucked and pushing, feel for the connection from toes to nose moving towards elbow. Repeat above with elbows at shoulder height and bent at 90 degrees. When taking face towards right arm, (note left shoulder blade and elbow,) reverse, taking back of head towards left arm behind, note right elbow slides towards you so when you take your head to the right again the right elbow can take weight. At the same time, the left elbow is sliding 'in' towards middle to take weight so when you shift your weight and head to the left again you're propped on both elbows. Sphinx (elbow prop), hang head, stand/push R toes, note R ear to R shoulder. Change to looking around R shoulder w/R toes pushing. On back, use fingertips to explore C7/T1. On front, pushup hands out at shoulder height, forehead on floor, alternate pushing, rolling across forehead, sensing C7/T1 area.

FI Exploration #20 – Diana Razumny

Observing/touching C7

CD#05/T03 [51 min] DVD#S02-11 Scene 3 [52 min]

First discussion about ATM Lesson. Then demo with skeleton. Then demos with students: Nancy, Juanalee, Eli. Sitting at head, sliding fingers down neck until finding bump of C7. As you lift C7 what happens in chest and head going backwards into table.

FI Exploration #20 continued – Diana Razumny

Observing/touching C7 continued

CD#05/T04 [79 min] DVD#S02-11 Scene 4 [95 min]

Demo with Mary. Came behind Mary's shoulders. Shoulder girdle is a handle on the spine. Diana guides dyads. Practitioners rotate to work with several students.

ATM Lesson #53 – Diana Razumny

Baby Sphinx toward crawling & sitting part 2

CD#05/T05 [43 min] DVD#S02-11 Scene 5 [48 min] Source: Diana – based on Amherst & developmental studies

Repeat part 1 on L side. End in Sphinx, w/alternating knees and looking over/around shoulders. Sphinx, head hanging, push from right toes, ear to shoulder. Add looking around R shoulder. Sphinx, hang head, R ear to R shoulder. Hand head, slide R knee up, note head. Add looking around R shoulder as R knee slides up. Rpt on L side. Face R, head on back of R hand, slide R elbow/knee tog/apart. Allow L elbow to lift and push with L hand. Rpt OS. Alternate side/side, knees sliding up, head looking around shoulders. Pause, repeat with head facing forward, note shoulder blades. Take into crawling, toes for pushing. Pause. Sphinx, alternate shoulders forward/back, looking over shoulder coming forward. Repeat w/keeping head forward in middle, add sliding knees up alternately, take into crawling, pushing w/toes, head/eyes looking straight ahead. Stand hands, alternate looking under arms at alternating knees sliding. Change to looking up/over shoulder at knee sliding up. Arms alternate straightening. Take into crawling, pushing w/toes of bent knee. On straight arms, one knee up to side, foot tucked towards pelvis (top of foot near floor), look down in middle along floor to look between legs, lift pelvis up/back towards foot for sitting. Reverse. Repeat on other side, other leg drawn up. On elbows, legs straight/together, roll pelvis side/side, legs roll, slide L bent knee under straight R leg, bring pelvis back/down to sit. Explore same with straight arms, sliding opposite leg up/under, other leg straightening down/away.

Day 22 Tuesday August 1, 2017

ATM Lesson #54 – Diana Razumny

Push up to all 4's

CD#05/T06 [38 min] DVD#S02-12 Scene 1 [38 min] Source: Diana – based on Amherst & developmental studies

On back, explore belly pulled in, pushed out. Add eyebrows/eyes looking up/down. Track tailbone. On belly, sense belly button, pull away/push into floor, alternate. Repeat while elbow propped (sphinx), track tailbone, change attention to lifting/tucking tail, (same move). Note head/tail move up/down. Connect through whole of yourself. Eyes? Pelvic floor/sphincters? Let grow so head looks under belly then up at ceiling. Keep lifting belly until pelvis comes off of floor, pushing w/elbows so come onto knees/elbows/head, head looking down under. Return to belly. Repeat coming to knees, stay on knees/elbows, look down between legs, look up to ceiling, feel shape of spine/torso rounding backwards, sinking forwards. Note tailbone, belly button, low back, head/eyes. Add flex/ext ankles, note connection to sphincters. Note when you look up/down. Explore both variations. Looking up when toes are tucked or toenails on floor. Ankles bent or straight. Slide elbows forward to lie on belly. On elbows/knees, think of either sliding upper body forward to come down to floor or sliding knees/legs down to bring pelvis to floor first. Slide arms away, bring back, slide legs down, bring back, slide both down, bring back. Alternate to locomote homologous style. Legs straight, propped on straight arms/hands, lift pelvis, rock back onto knees, note where/how initiate. Add looking down with head. Sphincters? Return to belly, lift/push belly button, note movement through.

Discussion #42 – Diana Razumny

Amazing babies video, 6–8 months

CD#05/T07 [20 min] DVD#S02-12 Scene 2 [21 min]

ATM Teaching #11 – Diana Razumny

Teaching stand your feet

CD#04/T08 [63 min] DVD#S02-12 Scene 3 [95 min]

ATM teaching, small groups– 1 instructing 2 people to stand their feet. Then 1 trio teach another trio, 3 students on the floor, 3 teachers, each one gives full instruction to stand feet. Then larger group: 3 teaching to rest of class. Then full group discussion. Then other group test rest of class. Then full group discussion again. Diana about structures of ATM lessons. Start with simple and build; start with complex and deconstruct; variations throughout.

FI Exploration #21 – Diana Razumny

Demos lifting C7/T1

CD#05/T09 [55 min] DVD#S02-12 Scene 4 [56 min]

Group discussion. Then Diana gave demos finding C7 with Ev, Beth, Hilary, Liz, Deborah, Lauri

ATM Lesson #55 – Diana Razumny

Dropping feet, lifting pelvis

CD#05/T10 [42 min] DVD#S02-12 Scene 5 [42 min] Source: Diana – based on Amherst & developmental studies

On back, stand feet, lift/lower one foot at a time then both at same time. Lift pelvis gradually, all the way up. Stay w/pelvis up, lift/lower pelvis just a little to feel where's the work. Leave up, squeeze buttocks. Stand feet, lift/drop R foot. Note how/where. Repeat w/L leg. Alternate lift/drop of R/L feet. Lift/drop both feet at same time, note if one comes down first. Feel what happens to pelvis. Lift/drop both feet again, when feet hit floor, lift pelvis a little. Stand feet, lift pelvis high, squeeze buttocks. Lift legs, knees bent over chest, help with hands to keep lift, throw feet a little towards floor overhead, rocking a little up/down. Hold hips with hands to keep pelvis up in the air, knees bent, hanging towards head, unbend in the hips to bring bent knees towards ceiling. Repeat and add sending feet back to floor, keeping pelvis in the air (carp). Repeat except send only one leg towards the floor down under. Stand feet, lift pelvis high, squeeze buttocks. Lift/drop feet, pelvis pops up when feet make contact. Repeat dropping feet, think of belly pushing forward when pelvis lifts.

Discussion #43 – Diana Razumny

Video of baby Sophie #2

CD#04/T11 [35 min] DVD#S02-12 Scene 6 [37 min]

A lesson with Sophie 3 months later than first video.

Day 23 Wednesday August 2, 2017

ATM Lesson #56 – Diana Razumny

Scissor leg crawl

CD#05/T12 [52 min] DVD#S02-13 Scene 1 [53 min] Source: Diana – based on Amherst & developmental studies

Pos: On back, bent arms, elbows at shoulder height, back of hands on floor above shoulder height. Mvt: Slide outside edge of L foot up towards pelvis as L knee bends out to L (froggy style) few times then leave leg bent to side. Roll R leg inward, bend R knee and direct bending R knee towards L bent leg until R leg comes to lie on top of L. Rvrse & Rpt few times then leave legs bent to L, R resting on L. Bring R bent arm across front of you over to L bent arm. Rvrse & Rpt. Leave R bent arm on floor to R (twisted torso), slide R leg long then L leg to end up on back w/straight legs. Rpt all of the above in sequence as one continuous mvt. Pos: Stay folded on L side, R leg on L. Mvt: Slip L leg out from under R so R knee rests on floor in front of L. Rvrse&Rpt. Pause w/R leg on L. Slide R leg down, straightening then bend to return to L leg. Combine two above mvts, scissoring legs, one up/one down. Pos: Stay w/R leg drawn up, bent in front, L leg long, extended down. Stand the R hand on floor in front of chest below L arm. Mvt: Slide L arm long on floor in direction of overhead, continue so arm slides under head and behind, allow face/eyes to follow hand/arm around behind, bring L arm down by side, stay there. Bring L fingertips to waist area, slip under/through to front. Rvrse&Rpt. Take elbow all the way through to front, allow head/face to roll & look towards ceiling. Rvrse&Rpt. Pos: Pause w/L arm behind, R hand standing on floor in front of chest. Mvt: Scissor legs a few times, stay w/R leg lengthened down, L leg bent up in front, rpt mvt of L arm slipping under waist to come in front then back few times. Pos: Rtrn to having R leg bent up in front on floor, L leg long, stand R hand, elbow in air. Bring L hand to stand on other side (behind) so both hands are in push-up position. Mvt: Lift head, scan horizon with push-up hands, looking way around to L then R. Bring elbows to floor to support shoulders, continue to scan horizon L/R. Stay on elbows, scissor legs up/down. Stay w/L knee bent up, R straight down, look under at belly, look up/out in front and then towards ceiling. Extend elbows so supported on hands and continue looking up/down. On elbows, scissor legs, leave R leg bent up, L leg long, look up/down (flex/ext). Continue on extended elbows, note pelvis, when could it lift from the floor to slide L knee up so on all 4s. Rvrse&Rpt. Come back to elbows, scissor legs, leave L bent up, straighten elbows to come up to sit, bring R arm/hand around behind to lean on both hands, lift knees to flip to R, bring L arm/hand around to floor next to R hand. Rvrse&Rpt. Pos: On elbows w/L leg bent up, R bent behind. Mvt: Reach/slide elbows away/in front on floor, leave them there, bring weight forward over elbows, drag 2 bent legs to meet arms, Rpt few times, crawling like this.

ATM Teaching #12 – Diana Razumny

ATM groups practice giving ATM directions

CD#05/T13 [80 min] DVD#S02-13 Scene 2 [80 min]

ATM groups – 1 group stands to watch and teach, all others on floor follow directions. Rotate so all have a chance to teach. Teachers watch Diana do movement and give instructions to their group on the floor. Students on floor, follow instructions their teacher gives, doing what they say, not what you know they mean. Pretend to be uneducated public. After all the students taught full group discussion about experience.

Discussion #44 – Diana Razumny

Moshe lesson with Hazel

CD#05/T14 [57 min] DVD#S02-13 Scene 3 [62 min]

Watched Moshe give lesson to 65 year old Hazel. Then full group discussion.

Discussion #45 – Diana Razumny

List of FI explorations this segment

CD#05/T15 [9 min] DVD#S02-13 Scene 4 [9 min]

List of FI explorations: Head rolling; Holding occiput with eyes; following spine in flexion and extension with finger to sides of spinous process: positions: ½ side/belly, between shoulder blades, sitting with head on table, all 4s; lifting C7/Ti.

ATM Lesson #57 – Diana Razumny

Swing up to side sitting then all 4's, from back

CD#05/T16 [52 min] DVD#S02-13 Scene 5 [52 min] Source: Diana – based on Amherst & developmental studies

On back, belly button in/out. Bring arms overhead, stand feet, tilt knees side/side, coordinate belly button in/out w/knee tilt. Note twist, ribs, waist, pelvis flex/extend, tail/head/chin, armpits. Cont, bring 'back' arm across head/face, hand tracing in large arc overhead to roll to side. Bring back??? to floor, flex to bring knees near nose to fold and come to side

sit. Sit, lean back on hands, stand feet, tilt knees side/side into sidesitting on each side. Side sit, slide hands in front, flex/ext, note head/tail. On elbows and on extended arms. Gradually, lift pelvis to come onto elbows/knees, looking up/down, then on hands/knees. When coming forward w/weight onto hands so on knees, swing lower legs to other side, sit pelvis back down to floor. Reverse and repeat.

Hands/knees, look up/down, rounding/sinking spine, head/tail connection. Rock head/tail, forward/back, add combo of looking up/down from before. Slide foot side/side, head hanging, ear to shoulder. Rpt - look around shoulders, towards or away from foot. Swing foot in, take pelvis back towards floor.

Day 24 Thursday August 3, 2017

ATM Teaching #13 – Diana Razumny

Students sharing experience of teaching ATM Book Lesson #7

CD#05/T17 [25 min] DVD#S02-14 Scene 1 [26 min]

Students: Liz, Ev and Deborah talk about practice teaching Carriage of the Head lesson and studying with each other. Diana explains that she is going to play recording of Carriage of the Head ATM that was taught to the public so see how she teaches the public.

ATM Lesson #58 – Diana Razumny

Carriage of the head – tilting bent legs, on front (recording taught to the public)

CD#05/T18 [67 min] DVD#S02-14 Scene 2 [67 min] Source: ATM Book #7

Lie on your front, place hands one on top of the other, forehead on back of hands, have the legs hip width apart, knees bent at ninety degrees so feet are up in the air toward the ceiling. Tilt your lower legs to the right and back to the middle a few times. Pause with legs in the middle, leave the knees apart and let the feet come together so they are touching, Tilt the legs right again, allowing the left foot to slide along the right lower. Observe: elbows; turning through the spine. Rest. Have your left hand on top of the right, turn your face to the left so your right ear is resting on the back of your hands, bend your knees. Tilt legs to the right and back to the middle. Observe: your ribs on floor; your spine and how far legs tilt. Do you notice differences with the head turned? Rest on your back. Roll head, notice any differences left to right. Lie on your front side again, place the left hand on the back of the right, turn your face to the right, have your left ear on the back of your left hand. Continue tilting bent legs to the right. The left foot slides along right leg again. Observe the degree of twist in your spine with the head turned to the right. Do you inhale or exhale while tilting the legs. Track along your spine as you twist. Rest on back. Lie on your front, face to the left, have your right ear on the floor and interlace fingers on top of the left ear, elbows resting on the floor. Have your knees together and bent, Tilt your legs to the right, keeping the knees and ankles tied together. Allow the left knee and thigh to leave the floor. Observe: when you exhale; twisting in your spine, chest movement, elbow sliding. Rest on your back. Lie on your front, have your face to the right so your left cheek is on floor, interlace your fingers the non-habitual way, place your hands on your right ear, knees bent together and tilt the legs right as before. Rest on your front (or stand and walk noticing differences) head, eyes, torso, legs, pelvis. On your front, forehead on hands, tilt bent legs right and compare to the beginning. Pause. Recall in your imagination the movements done while tilting the legs to the right and then do the same thing taking the legs to the left. Actually do the movements a few times and compare the ease of going left compared to right.

The lesson in the book talks about habitual patterns, imagined movement, projected image and actual execution for finer muscular action. On the tape he expands on the differentiation between projected image and actual execution. The movement in the book starts with allowing legs to be apart then holding them together later with hands interlaced on the back of the head. On tape the whole lesson is done with knees and ankles tied together and never having hands interlaced on top of head.

Discussion #46 – Diana Razumny

About Diana teaching public lesson

CD#05/T19 [61 min] DVD#S02-14 Scene 3 [61 min]

How was this public taught lesson different from Diana's teaching in the training. How basic ideas of the method were woven into the lesson. How students received the lesson. Diana critiqued her teaching. Weave in breathing whenever it is possible. Discussion about many aspects of teaching ATM lessons. Bringing in lengthening, especially at the end of a lesson. On floor, everyone tilt legs to right with and without image of lengthening.

ATM Teaching #14 – Diana Razumny

Based on all 4's to side sitting

CD#05/T20 [38 min] DVD#S02-14 Scene 4 [39 min]

Continued from yesterday but now student does movement instead of Diana. 2 groups. One student does movement while another student describes movement to rest of group to do.

FI Exploration #22 – Diana Razumny

Sidelying, finding greater trochanter

CD#05/T21 [66 min] DVD#S02-14 Scene 5 [72 min]

Demo with skeleton. In sidelying, lifting leg to feel movement of greater trochanter. Demo with Lauri. First have her lift her lower leg. Then practitioner lift lower leg to feel movement of greater trochanter. Demo with Nancy. So order: you watch receiver in sidelying on both sides to see which side shortens more easily. Then lie on side with side that shortening more easily on top. Then have them lift leg and have hand on greater trochanter to feel movement. Then you lift lower leg with one hand and feel movement with other. Next, on all fours, practitioner watch sidebending with foot swinging out to side. Then hands on lower ribs to feel the movement. Demo with Beth. Importance of self use and good habits as we practice these explorations. Demo with skeleton.

ATM Lesson #59 – Diana Razumny

All 4's to side sitting

CD#05/T22 [26 min] DVD#S02-14 Scene 6 [26 min] Source: Diana – based on Amherst & developmental studies

Hands/knees, look up/down, rounding/sinking spine, head/tail connection. Rock head/tail, forward/back, add combo of looking up/down from before. Slide foot side/side, head hanging, ear to shoulder. Rpt – look around shoulders, towards or away from foot. Swing foot in, take pelvis back towards floor to 'side sit'.

Day 25 Friday August 4, 2017

ATM Lesson #60 – Diana Razumny

Side bending on back and side with scissor legs coming to sit #1

CD#05/T23 [34 min] DVD#S02-15 Scene 1 [35 min] Source: AY#177

Slide outer edges of feet towards pelvis, allow knees to bend out to sides (Frog legs). Extend legs. Repeat. Alternate bending right and left legs. On back, lengthen out each leg. Note side bending at waist and neck. On side, scissor legs. Pause with top leg extended straight down. Lengthen straight leg down and away. Feel for side bending. Bottom ribs lift from floor. Lengthen straight leg in order to bring sit bone to floor for sitting. Reverse and repeat. On back, lengthen through straight legs alternately. Note side bending at waist, ribs and neck. Return to alternating frog legs. As one leg lengthens, internally rotate leg. Switch and alternate lengthening one leg and shortening the other. Notice side bending. Come to sitting. Legs out in front straight or softly bent. Bend and straighten legs alternately. Straightening legs internally rotates, bending leg externally rotates. Take into butt walking.

FI Exploration #23 – Diana Razumny

Walking observation

CD#05/T24 [23 min] DVD#S02-15 Scene 2 [28 min]

Then walking observation with hands on hips in groups of 2, 3 and 4. Observe students on floor on back lengthening legs as in walking. Demo Diana with Lauri contacting bottom of feet as lengthening. Groups practice. Group discussion about walking.

Discussion #47 – Diana Razumny

Reading from ATM Book

CD#05/T25 [2 min] DVD#S02-15 Scene 3 [42 min]

Reading to each other in small groups, "How and where to begin," from *Awareness Through Movement* book.

Discussion #47 continued – Diana Razumny

About reading from ATM Book

CD#05/T26 [32 min] DVD#S02-15 Scene 4 [32 min]

Full class discussion. Also Diana and Eli talked about their FI lesson.

ATM Lesson #61 – Diana Razumny

Cross-leg crawl on all 4's

CD#05/T27 [53 min] DVD#S02-15 Scene 5 [54 min] Source: Diana – based on Amherst & developmental studies

Revisit spinal chain. Feet standing. Roll up spine. Hands interlaced behind head. Lift head several times. Rest. Experiment of how to go from back to side to belly as a sequence of movements. Rest. On all fours, elbows in front of shoulder and knees below hips, knees and forearms/elbows with head on floor. Roll head back and forth so nose moves toward floor and then towards top of head. Fold up into an egg or sitting to rest. On all fours, forehead on floor, roll head sideways. Rest. Put more of the top of your head on the floor. From there roll up and down feeling the changing of the pressure on your head. Do you have your toenails on the floor or are your toes tucked. See if you can have your toes long. Now take head side to side. Feel your shoulders slide on your torso. Where is the orientation of your face as you travel side to side? Make a circle on the top of your head. Feel the pelvis and the spine. What happens with your tail? Rest on your back. Roll your head side to side with hand. Switch hands. Rest. On all fours, on your hands and knees. Lower your face down and touch the floor with one side of your face, off center. Go up and down, then side to side and then circle. Rest. On all fours, hands and knees. Start to look under your self and then look out in front and up. Go back and forth. Think of someone having their fingers on your back/spine helping you to feel lower the spine and raising the spine. Fold up into egg to rest. On all fours, tuck the toes of your right foot. Lift right knee and rock on toes headward and footward. Lift the knee directly away from the floor straight back towards the ceiling. Like a piston straight into the hip, upper leg stays vertical. If there was a plate on the back of your pelvis, everything would tip off to the left. Rest. On all fours again, toes tucked of your left knee. Lift left knee directly away from the floor. What happens to your head? Alternate one side and then the other. Speed up lifting alternating knees. Rest. On all fours again, lift right knee bring it and your nose together. Explore with the left knee. Alternate. Which part of your back goes backwards? Pause. Again. Leg towards nose and then swing leg long. Note flexion and extension. Switch legs. Alternate legs. Rest on back. Roll head. Stand feet. Roll up your spine and notice changes. Hands interlaced behind head and lift head and pelvis to locate part of spine to rock on. Rest. On all fours, hands and knees, slide right knee along floor towards right hand. What happens to your pelvis and your head?

Pause. Slide right knee up towards hand, then down towards left foot. What happens to pelvis? If you fell into sitting which way would you go? Find your way in and out of side sitting the 2 ways. Switch to sliding left knee. What if you left your hands in the same place? Would you still be able to side sit? Rest on your back. On all fours, slide right foot over to left foot. Look around shoulder to side where foot is. What happens to your shoulders? Let ribs open and close. Then slide left foot towards the right foot and look over other shoulder. Rest in egg. On all fours, swing both feet over to the left and then to the right. Really wag your tail. Rest in sitting. On all fours, slide right knee on floor up between hands and find a way to slide the right knee around the left knee. Then slide left knee around right knee. Then alternate and track spine. Rest. On all fours, start sliding the right knee away from you towards the left foot and sneak it around and slide it back up along the left side of the left leg. Now slide the left knee away and around the right knee. Rest. Combine last 2 movements. Each leg makes a circle around each time into Feldenkrais crawl. Then reverse & move backwards. Go into crossed position of knees, open and close your feet pivoting on your knees. When open bring pelvis between your feet into sitting. Lift knee that is in air and bring foot to standing. Circle around into standing. Reverse into sitting. Switch legs and come up to standing again. Track the movement of your pelvis up and down through space. Stand, feel your feet. Walk around.

Discussion #48 – Diana Razumny

Videos

CD#05/T28 [9 min] DVD#S02-15 Scene 6 [10 min]

Video with musician and tight rope walker.

Video Maggot Groovin'. Dance on rope: <https://vimeo.com/217859156?ref=fb-share>

ATM Teaching #15 – Diana Razumny

Essential instructions for students in ATMs

CD#05/T29 [29 min] DVD#S02-15 Scene 7 [29 min]

What are the essential things you need to tell your students before and during an ATM lesson.

Integrated insight, differentiation, learning, choice and options/questions, authenticity, grounded/centered, spontaneity, freedom, receptivity, 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, imagination, visualization, perception, potential, habit, cross motivation, co-contraction, noticing, exploring, sensing, curiosity, self-image, systems theory, self assessment, maturity.

Day 26 Monday August 7, 2017

ATM Lesson #62 – Diana Razumny

Flopping knees side/side coming up to kneeling

CD#06/T01 [63 min] DVD#S02-16 Scene 1 [63 min] Source: Diana – San Francisco inspired

On back, belly button in/out. Stand feet, tilt knees side/side, belly button in/out. Sit, stand feet, lean on hands behind tilt knees side/side. Pause. Same position, switch legs side to side by sliding feet. Switch by lifting & placing as another variation. Return to tilting knees, feet stay in same place. Stay leaning back on hands with knees to R, lift/lower L hip, scan horizon with head/eyes, to R when hip lifts, back to L when hip lowers. Then reverse head direction so opposite pelvis direction. Rpt OS. Stay to R, bring L hand to R side near R hand (shldr width), look up/down, flex/ext spine, lift/lower hip. Explore head up/down opposite hip up/down. Switch to OS. Return to tilting knees side to side and then sliding feet to change side sitting position, this time without leaning on hands. Explore variations of switching legs side/side. Knees to R, lean on R hand, reach L hand up towards ceiling and a little in front, lift/lower pelvis from floor to come onto both knees. Rpt OS. Alternate side/side with swinging motion of arm reaching forward and up toward ceiling. Knees to R, bring L hand to R side near R hand (shldr width), look up/down, flex/ext spine, lift/lower hip. Switch to OS. Switch legs side/side w/o hands. Lean on hands/fists near/behind pelvis, tilt knees side to side, push hands into floor when knees come up over feet into squatting. Go from lying on back up to side-sitting, pass through squatting to other side, go down to lying.

Discussion #49 – Diana Razumny

Amazing Baby video 8-12 months & Documentary on the Feldenkrais Method

CD#06/T02 [97 min] DVD#S02-16 Scene 2 [97 min]

Discussion about video Amazing Baby video. Diana about developmental movement and the Feldenkrais Method. Why be in the training and participate in all the learning and ATMs. Students sharing their experience about the theory and practice of the method in their own lives. Video: A Documentary on the Feldenkrais Method:

<https://www.youtube.com/watch?v=548m4LbS4A4>

FI Exploration #24 – Diana Razumny

Review head rolling & bring arm to head and roll

CD#06/T03 [57 min] DVD#S02-16 Scene 3 [80 min]

Diana review head rolling and add another piece. Demo with Lauri. Students practice. Practitioners rotate. Switch roles.

ATM Lesson #63 – Diana Razumny

All 4's to squatting & frog jump

CD#06/T04 [41 min] DVD#S02-16 Scene 4 [42 min] Source:

On elbows and knees. Look up/down. Chin in cup of hands, slide one elbow forward and back. And then take elbow in an arc along the floor, then walk elbows away and towards knees. On forearms and knees, flex and extend ankles. Add looking up/down. Change combo. Pause then repeat on hands and knees. (explore 1 hand/1 elbow) On hands and knees, lift/lower knees/hands (elbows?) in homolateral and then contralateral pattern. Slide toenails along floor behind to lengthen leg, slide foot side/side, looking around at foot on each side, eventually stand foot to outside of hand (frog), rub shoulder on inside of knee, elbow comes towards floor. Repeat other side. Repeat, alternate standing feet. Leave one foot standing, and bring other foot up to standing also. Keep both feet standing. Bring hands forward, weight into hands, hop legs forward next to hands (frog) and continue.

Day 27 Tuesday August 8, 2017

ATM Lesson #64 & FI Exploration #25 – Diana Razumny

Butt walking & Walking observation

CD#06/T05 [90 min] DVD#S02-17 Scene 1 [100 min] Source:

(This lesson may not be the same version taught in class. For the exact lesson taught refer to recordings)

Sit, soles tog, hold lower leg/ankles, lift/lower sit bones, head tilt away/towards lifting hip? (Partners – one student behind other while sitting on chair and feel ribs moving side to side as student lifts hips) Back to lesson – When sit bone lifted, take forward, place down, rvrs, step back, rvrs. Repeat OS. Step forward, keep going, step back, cont. On back, arms forward, alternate lengthening hands/arms to ceiling. Add internally rotating the lengthening arm, bending elbow of un-lengthening arm. Pause. Alternate lengthening/shortening (knees softly bent) legs. Add internally rotating lengthening leg. Sitting, legs in front. Repeat leg movement – alternately lengthening/shortening with internal rotation at end of lengthening. Walk sit bones. Add leg movements. Continue and add arm movements out in front.

PARTNERS during lesson– dyads: one sit behind other, hands on ribs: first feeling ribs while student lifts sit bones, then later while both butt walk forward. Switch roles. Then in walking following partner with hands on ribs, then top of pelvis. Then watch partner walking. Then group discussion at end.

FI Exploration #25 continued – Diana Razumny

Gracovetsky & Bio Motion Lab Videos to observe walking

CD#06/T06 [31 min] DVD#S02-17 Scene 2 [31 min]

Give instructions for watching walking at Museum Hill Café at lunch tomorrow. Bring lunch or order. Pick a partner. Pairs watch Head/neck; shoulders/elbows/hands; spine/ribs; pelvis; knees/feet. Can use phone to video and take notes. Go over observation skills. Describe to yourself and when sharing with others only what the eyes see without interpretation or judgment or diagnosis. Such as shape, timing, relationship of parts. Zero in and zoom out in your observing. Softening gaze without effort. What stands out?

Video of Hull from Gracovetsky showing movement study of man with no legs (with French café music). Normal speed and then slow motion and then backwards.

Watch Bio Motion Lab walking dots and lines. <https://www.biomotionlab.ca/Demos/BMLwalker.html>

Toddler walking in slippers and Nikes. <https://www.youtube.com/watch?v=-WdudE4rbNO>

ATM Teaching #16 – Diana Razumny

Trio share teaching of ATM Book #8 Perfecting the Self-Image & Julie sharing

CD#05/T07 [130 min] DVD#S02-17 Scene 3 [132 min]

Have Beth, Juanalee & Dawne talk about how/what they learned. Have them read from the book main movement instructions and see what people do and where you might run into difficulties. Or, they can teach from their own notes. Talk about ideas for making notes. Julie shares her process of starting to teach ATM after her first year under special circumstances and with Diana's help. Julie used Relaxercise for practicing to teach ATMs. Sometimes free introductory lesson. What to charge. Renting of space, how to find places to teach. List of introductory comments as ground rules when starting an ATM class, especially with new students: 1) Stay within comfort, 2) Stay within limits, 3) Slow and small, 4) Imagine if the movement gets difficult, 5) Stop completely between movements.

Day 28 Wednesday August 9, 2017

FI Exploration #26 – Diana Razumny

People observation introduction

CD#06/T08 [14 min] DVD#S02-18 Scene 1 [14 min] watching not recorded

About lunch trip to Museum Café and Diana will direct watching at restaurant during lunch. Activity of 2-3 students watching different body parts for movements. Head and neck; shoulders/ribs, elbows, hands; spine; pelvis; knees, ankles, feet. Can take notes, video, etc.

ATM Lesson #65 – Diana Razumny

Lifting pelvis over knees

CD#06/T09 [63 min] DVD#S02-18 Scene 2 [63 min] Source:

On R side, R arm long overhead on floor, rest head on R arm, knees/hips at 90. Lesson ref: Lift head, eyes to horizon. Lift both feet, pivoting over knees. Lift pelvis. Keep legs to side, turn chest to floor, have arms bent on floor to sides of head, face to R. Slip L bent leg onto floor in front of R, reverse, slip L leg to floor behind R while sliding R leg up, reverse. (scissor legs). On R side, L hand in push-up, R arm long under head, slide R arm back behind and slip fingertips under waist, slide arm through to front, circle arm. Return to ref. mv. On R side, slide L bent leg forward of R, circle inside of L ankle/knee on floor. Chg dir. Rtrn to ref. On R side, L arm over top of head, hold R side of head, R arm long on floor under head. Lift head/arm to side few times. Pause, lift L foot few times. Combine lifting head/L foot. Same position, lift head w/L arm, place head on floor in front of R arm, lift and place on floor behind. Pause, lift head/arm, slide R arm forward small amount so head can return to floor where arm was. Lift head again, slide R long arm back behind area for head to return to floor. On R side, circle R arm, leave it behind, stand elbows over hands (pushup), turn head side/side slowly. Leave face to L, lift pelvis. Rest. Repeat – As weight comes into L knee, slide R knee up to support R hip. Rvrs. Rtrn to ref.

FI Exploration #27 – Diana Razumny

Moshe lesson with Jonathan

CD#06/T10 [76 min] DVD#S02-18 Scene 3 [76 min]

Group discussion after lesson.

FI Exploration #26 continued – Diana Razumny

People observation at Museum Café

Not recorded

Lunch at Museum Café with observation of people.

Discussion #50 – Diana Razumny

About people observation

CD#06/T11 [31 min] DVD#S02-18 Scene 4 [31 min]

Students sharing experience about watching the public at the Museum Café.

ATM Lesson #66 – Diana Razumny

Sidebending

CD#06/T12 [39 min] DVD#02-19 Scene 5 [39 min] Source: San Francisco Evening Classes, Vol 1 #8

On back, Scan/ref of sides, line lengths, breath. Bend knees, stand feet shoulder width. R arm down along side, back of hand on floor, palm facing ceiling. Lengthen R arm down, towards R foot, gradually increase. Head/shoulders move down/R also. Pause. R hand over top of head, hold L temple, move head/arm to R/return. Lighten floor friction to slide head/shoulders down/R. Think of R elbow making arc. Note ribs on L. Pause. Rtrn to orig. mv. – lengthen R arm towards R foot. Rtrn to scan of sides, lines breath, R/L diff. Rest, legs long. Stand R foot, lift R hip, roll pelvis. Note back of head, chin. Stand R foot little more to R and headword Slide R hand towards R heel. Slide hand under heel, thumb outside, fingers inside. Lift toes/front of foot, heel standing on palm. Bring all to middle, note L/R diff. Stand feet, lengthen back of R hand on floor to R heel, lifting R hip. Lift R heel, stand in R palm. Lift/lower R side of pelvis, knees stays forward. Note which shoulder/ribs/head, what lifts from floor. Pause. Lift R foot, slide hand under middle of arch, hold. Lift heel/toes alternately – up/down, heel/toe. Lengthen out, note which leg/arm feels longer. Stand R foot, hold foot w/R hand again, Lift R hip joint, pelvis rolls L. Add moving L straight arm on floor towards overhead. Note– palm up/down? At some point arm turns. Note if R hip lifts easier. Push the R thumb between the big/2nd toe, lift/lower heel. What stops

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heel from lifting more. Heel hand, lift/lower R hip, knee can move to middle. Move hand/foot little to R so knee goes more to middle. Return foot/hand under knee, few times back/forth. ROB. Stand feet, reach R heel w/R hand, compare to beg. Roll to one side, stand, walk. Lift R arm to ceiling. Walk, lift L to note difference. Walk in a circle. Which side easier? Larger? Smaller? On back, stand feet, arms along sides, back of L hand on floor, palm forward. Imagine sliding head/shoulder/hand down to L. Imagine L hand under L heel. Think it 3 times. Then think it to the R, then L and compare. Think lifting L hip, R leg straight, tilt pelvis to R. Think the L hand moves to L heel, 3 times. Actually hold L heel w/L hand, think only lifting L hip, roll to R. note L side shrinks, L shoulder pulled down, R leg gets longer, R arm glides on floor till it's overhead and has to turn. Just Think lifting L hip, lift/lower L heel. Middle of foot in hand, hold it, think lifting L hip joint 3 times. Think lifting front of foot 3 times fast. L thumb between big/2nd toe if can, think lifting heel 3 times. Move L foot to L, imagine knee going down to middle to floor, lifting L hip, 3 times fast. Actually do it, see if it works better now. Stop, stretch out. Bend R knee, hold under up R hand, see if it's easier. Switch to L side and see if it's the easier one, the one that didn't work that isn't tired. Stand, walk, see how it feels.

Day 29 Thursday August 10, 2017

Discussion #51 – Diana Razumny

Important pointers about ATM lessons

CD#06/T13 [16 min] DVD#S02-19 Scene 1 [16 min] Source: ATM Book #8

Group shares important things to pay attention to when doing an ATM lessons for a new person to the method.

ATM Lesson #67 – Diana Razumny

Perfecting the Self Image, ATM Book #8, taught to the public

CD#06/T14 [53 min] DVD#S02-19 Scene 2 [53 min] Source: ATM Book #8

Scan on back. Sit on the floor, knees opened out, feet resting on outside edges. Place your R palm under your R heel, thumb together with the fingers. Hold the four small toes of the R foot with the L hand, thumb between big and second toe. Raise the foot with both hands and direct the foot in an arc towards the head, lower top of head towards foot. Continue and exhale as you raise the leg. Drop the head forward. Make the movement smooth. Observe your chest, shoulders and shoulder blades. Make the movement easy. Rest on your back. Lying on back, draw up your feet, knees open to side. Lift R foot, hold with both hands as before. Use your hands to lift your toward the ceiling then arc towards top of your head, bringing head as if to meet the foot. Make it light and gentle. Notice your chest and arms. Rest on your back. Draw your knees up and hold the R foot again with both hands. Use your hands to move the foot away from you and roll pelvis to R until R thigh touches floor. Head, body, leg all go R. Exhale and bring your head towards the R knee in an arc along the floor. Have the intention of coming to sit from this position. Go back down and do it again. Let your L leg help and as you come towards sitting folding the knee so the foot goes to the L. Rest on your back. Repeat, holding R foot, roll to side, pause there. Use R foot/hand to help drag head in arc along floor. Head comes in front of knee, L leg reaches back to help bring you up to sitting. Chest soft, observe any efforting. Notice what parts missing in image of movement. Complete image as much as you can. Rest. Come to sitting with the knees bent apart and hold the R foot as before. Raise the foot in an arc towards the top of your head. Is there any improvement? Continue holding the R foot as you stand the L foot. Tilt the L knee R the L foot touches the floor. Increase the move so the inside of the foot slides back to your L with the inside of the knee and foot against the floor. With your R foot on the floor in front of you sink your head and trunk forward toward the foot. Bring the head towards the R knee or lower leg. Rock the trunk R and L. Pause. In the same position increase the rocking motion with the head lowered and gradually roll to the R then to lying on your back. Make the movement smooth, pass through the middle position on the back and a little to the L. Push away from the floor with your L foot to return to the R. Fold up, bringing the head along the floor to the knee so you come to sitting. Stay rounded forward, rock a little L and then back down to the R and onto your back again. Do that a few times make it smooth and easy. Rest on your back. While on your back imagine coming up to sitting in this way and fill in as many parts as you can. Make the movement in your imagination continuous with the breath quiet. Come up to sitting and while sitting imagine going down to lying on the back in the same way. Do the movements a few times then rest. Come to sitting, hold your R foot as in beginning. Imagine raising foot to head as in the beginning. Actually raise it towards your head. Is it easier? Lie down. Imagine as many of the movements that we did on the R side. Notice the feeling in your limbs as you imagine. Give yourself little pauses between each movement. Come to sitting, hold the R foot and actually do the movement and see how it is now. Come to standing, walk around and observe differences. On back, draw your knees up, notice differences in contact with floor between the two sides. Hold your L foot with both hands in same way you held the R, imagine extending the foot towards the ceiling then towards your head. Imagine the sensation throughout your body as you imagine the movement. Pause. Hold foot in same way, imagine extending leg, allowing yourself to roll L so L leg touches floor then back to center. Imagine same thing with an image of the head making arc along the floor towards L knee. Add to that the R leg extending back to help the pelvis come to sitting position. Actually come up to sitting this way. Stay sitting, holding the foot, head and trunk rounded over. Imagine rocking side to side, rolling L and onto back. Pause. Actually do the movement and rest on your back. Bend your knees, lift both feet, hold them from between the legs around each heel. Straighten one leg to roll to one side then alternate. Gradually increase so you come up to sitting on one each side. Circle? Rest on your back. Come to sitting, take the R foot with both hands and bring it up overhead. Feel the difference for the first time you tried.

Discussion #52 – Diana Razumny

About ATM lesson teaching to the public

CD#06/T15 [48 min] DVD#S02-19 Scene 3 [48 min] Source: ATM Book #8

Group discussion with Jim about his first experience of an ATM lesson.

Discussion #53 – Diana Razumny

Video “See How They Move”

CD#06/T16 [39 min] DVD#S02-19 Scene 4 [40 min]

Emmi Pickler video of how babies grow and move naturally. Group discussion at end.

ATM Teaching #17 – Diana Razumny

Making and using ATM notes, study between segments

CD#06/T17 [86 min] DVD#S02-19 Scene 5 [133 min]

Diana demonstrates studying to teach ATM by having Bear read notes to her as she does movement sequences. Small groups practice: one reading short notes to student on floor just to understand the instructions. Group discussions at end. Report on what each students wants to practice between segments. Talked about Facebook group and alternatives.

Day 30 Friday August 11, 2017

ATM Lesson #68 – Diana Razumny

Standing, shifting on heels

CD#06/T18 [61 min] DVD#S02-20 Scene 1 [62 min] Source: AY#274

On back scan. Stand, feet parallel, shoulder's width: shift weight; exhale shifting, inhale when come onto one foot; note weight on foot; repeat with weight coming onto heels; Stand, R foot cross over L: Stand on both feet; Shift weight R/L with weight on heels; Note pelvis, chest, breath, hip joints; Add the breathing with shifting; Feet parallel, note difference; walk. Repeat, OS: Note hip joints/shoulder blades; Stand parallel, walk. Cross R over L, shifting side/side with breath: Weight in heels, start lifting front of foot. Note chest, neck, pelvis; Uncross, stand, repeat OS, ROB. Feet parallel, shift weight heel to heel: Take pelvis in arc backwards while shifting 3-9 via 6. Walking pause; Arc pelvis forward while shifting; Full circle of pelvis; Stand, feel weight in feet, walk, ROB. Stand, weight on heels: Shift R, add lifting front of foot; Add head/eyes looking down; Note back, shoulders, ribs; Shift onto whole R foot, note diff; Walk, stand, repeat OS. Shift side/side, look down when to side, look forward in middle. Shift to R heel: Lift inside of R foot; Lift outside of R foot; Stand, walk, repeat w/L foot, ROB. Shift onto heel: Lift front of foot when on heel. Stay on heel, front lifted, circle over hip joint; Repeat w/Ear to Shoulder on same side, circle opp direction. Repeat on OS. Stand, shift R/L on heels: lifting front of foot; Cross R foot over L, shift heel/heel, toes down; Stay on L heel, circle hip joint one direction, change direction; Change crossing, repeat; Stand, walk. Stand, feet parallel, shift heel/heel, breathing as before. Then full foot while shifting, then drop the breathing rhythm. Stand, walk, note hips, legs, neck.

FI Exploration #28 – Diana Razumny

Walking observation

CD#06/T19 [24 min] DVD#S02-20 Scene 2 [27 min] watching not recorded

Observe walking in small groups. Group discussion. Lots of changes noticed this time in several students.

ATM Teaching #18 – Diana Razumny

Coming from lying to sitting

CD#06/T20 [44 min] DVD#S02-20 Scene 3 [44 min]

Each person explore alone coming to sitting from lying on back, side, front. Then teach one of them to the whole group

Discussion #54 – Diana Razumny

Highlights from this segment

CD#06/T21 [4 min] DVD#S02-20 Scene 4 [35 min]

Small groups discuss highlights of the segment.

Discussion #55 – Diana Razumny

Video: Jon Kabat-Zinn interview

CD#06/T22 [min] DVD#S02-20 Scene 5 [66 min]

Interview about compassion: https://www.youtube.com/watch?v=39C_93OkzVQ

Discussion #56 – Diana Razumny

About video & Closure

CD#06/T23 [31 min] DVD#S02-20 Scene 6 [31 min]

Discussion about Jon's compassion interview. Then closure for segment.

ATM Lesson #69 – Diana Razumny

Review of segment

CD#06/T24 [43 min] DVD#S02-20 Scene 7 [44 min] Source: Diana's creation

X position on back: Belly button in/out, breath. Stand feet, X arms, lift tail, place tail down, wave/undulation up. X on front, wave through (videos?) X pos on back: fold elbows/knees tog/apart. Leave arms/legs up in front, suck on one hand, take eyes side/side, following with rolling whole self. Rest rolled up on side. Folded on side, lift top arm/leg, cont until bottom arm/leg lifts, roll to other side, opening to back, closing to side. Take top arm away first, then top leg, cont sequentially to other side, go side/side. Folded on side, slide bottom arm/leg long, bent arm/leg come to floor, straighten also so come onto front. On front, arms framing head, face to one side, take nose to inside of elbow, then back of head to

other elbow, note pelvis/legs. Stand toes on 'face' side, push toes, lift knee, pelvis rolls and helps head come to elbow. On front, forehead on floor, pressing belly/pubis bone, lift head, looking out overhead, slide elbows into shoulder support. Leave arms bent, elbows at shoulder height, lift head and look around shoulder, side/side, allow pelvis to roll, knee to slide up, look at knee sliding up. Rest with knee bent up. Lengthen 'back' arm straight up overhead, bend other knee up so end up on side, knees bent, scissor legs, roll across front to other side, scissor legs on other side. On front/side, bottom arm/leg long, other bent, slide long arm in for elbow/shoulder support, add bending straight leg up to knees/elbows, slip down to other side, passing through front lifted from floor, then slipping down sequentially side/side, take that to folded on back then sequential rolling across floor. On back, knees bent, lift/drop leg/foot, alternate, quicker. Lift both, drop. Feet standing far apart, X arms overhead, tilt knees side/side, arc back arm around to front, come up to sidesitting. Stay in side sitting, slide two hands out and away from lower left leg so pelvis lifts coming onto all 4's. All 4's, slide both feet side/side, leave feet to one side, bring pelvis back to sidesite, rvrs, rpt to OS. All 4's, slide one foot/leg around the other for FeldenCrawl. Stay with knees crossed, sit back between feet. All 4's, slide one leg straight behind, circle foot along floor out to side and up by hand, stand foot. Rpt OS, take into squatting. Sit, feet standing, tilt knees side/side without help of arms, ways of going side/side. Stay in sidesitting, reach up/out to bring back leg forward to standing. Standing, walk, fingers in ears.