

## Day 31 Monday October 16, 2017

### Discussion #57 – Diana Razumny

#### Introduction

CD#07/T01 [4 min] No Video

### ATM Lesson #70 – Carol Kress

#### Measuring lengths

CD#07/T02 [36 min] DVD#S03-1 Scene 1 [36 min] Source: Esalen

### Discussion #58 – Carol Kress

#### Checking in

CD#07/T03 [35 min] DVD#03-1 Scene 2 [35 min]

Carol talks about her journey with the method. Was a classmate with Diana and talked about her experience in her training. Students share about their experience practicing the method with themselves, their groups and other people.

### FI Exploration #29 – Carol Kress

#### Palpation of the pelvis

CD#07/T04 [6 min] DVD#S03-1 Scene 3 [6 min]

Demo with pelvis of skeleton and Carol shows movement and parts of her own pelvis. Everyone find the upper rim and trace on self. Find the high point and track it back. Come around to valley then crease down towards the pubic bone down to sitting bones. Move around the arch of the sitting bones. How the legs join into the pelvis, where is the hip joint.

### ATM Lesson #71 – Carol Kress

#### Pelvic circles #1

CD#07/T05 [58 min] DVD#S03-1 Scene 4 [58 min] Source: Amherst & Dennis Leri

### FI Exploration #30 – Carol Kress

#### Pushing through the leg from the foot #1, standing, hands on pelvis, shifting weight

CD#07/T06 [62 min] DVD#S03-1 Scene 5 [72 min]

Demo with Amy. Amy standing assessing position of feet, toes, arms, etc. Feeling feet then shape of pelvis, lower back. Is one side back or forward? Feeling waist from behind, moving Amy from side to side, noticing contact down through heels. Twisting from same position. Back up and look at Amy and get an idea of how she organizes over each leg as she shifts her weight from side to side. Guided students through these 3 things. Does Amy get shorter or taller; does she prefer being on one leg or the other?

### ATM Lesson #72 – Carol Kress

#### Hooking big toe with index finger #1

CD#07/T07 [27 min] DVD#S03-1 Scene 6 [27 min] Source: Amherst

## Day 32 Tuesday October 17, 2017

### Discussion #59 – Carol Kress

#### Checking in

CD#07/T08 [18 min] DVD#03-2 Scene 1 [18 min]

About the pelvis and what Moshe said about the pelvis. How the pelvis areas with the large muscles does much of the work. Liz read from the *Potent Self*. How ATM helps movement as we age.

### ATM Lesson #73 – Carol Kress

#### Hooking big toe with index finger #2

CD#07/T09 [49 min] DVD#S03-2 Scene 2 [49 min] Source: Amherst

### FI Exploration #31 – Carol Kress

#### Pushing through the leg from the foot #2, lifting the leg, sensing weight

CD#07/T10 [40 min] DVD#S03-2 Scene 3 [87 min]

Yesterday 2 approximations standing and observing to be repeated today. Now adding a third approximation. Demo with skeleton: At end of ATM yesterday the idea of extending line of the spine. What leg did the person yesterday stabilize on? Then with person lying down starting the process of organizing up through that more organized leg. At least what you think is the more stable leg as we are just guessing and have to check it out and stay open to what we find and change our initial idea. Hold foot around ankle and bottom and lift. Push leg into pelvis. Demo with Amy who took a step with her right leg. Look at nose over feet and Amy seems to be more over right side. So first visual look with person standing. From front take hands around skull near occiput and then move from side to side. Then with Amy lying on back on mat, look how toes are pointed, look at position of legs. Difference in leg length is usually in the back. Then look from head where her nose is in alignment with rest of torso. Then contouring touch with hands around one knee and then other knee. Which is closer to mat, muscle tone.... Where Amy rests on heels. Combining what you see and what you feel in your touch. Sitting at foot, lift that leg. Check out the other leg. Talk about working on the floor. Can be difficult at first but will develop over time. Overview: in standing, shifting them with hands on pelvis and stepping back and watching, then on mat with today's additions. Dyads practice. Group discussion about exploration.

### Discussion #60 – Carol Kress

#### About ATMs

CD#07/T11 [56 min] DVD#03-2 Scene 4 [82 min]

Small groups discuss how you describe ATMs to people and to ourselves. What are they, core elements, what we do with them? Any perspective of looking at ATMs generate ideas to share. Group discussion listing ideas under

**1) Benefits/Outcomes:** the art of learning, to use self better, discover habits, growing awareness, expanded options, lightness, groundedness, change, ease of movement, mood lightened, improved breathing, reduction of pain, better sleep, increased wellbeing, reduced sympathetic activity/increase parasympathetic, unearthing the indigenous self.

**2) Theory/Principles:** lessons are in lying down, small & slow movement (Weber-Fechner law), utilize awareness to facilitate change (or attention), body reorganization to reduce effort, exploration vs. determination (invitation).

**3) Craft:** know your audience, joyful environment to support learning, instilling inner authority, timely curated cues, guided experience with skill, embody lesson that is taught, language invites exploration.

### ATM Lesson #74 – Carol Kress

#### Breathing, abdomen up and down

CD#07/T12 [43 min] DVD#S03-2 Scene 5 [31 min] Source: AY#435

First 12 minutes not recorded on video. Audio has full ATM recording.

**Day 33 Wednesday October 18, 2017**

**ATM Lesson #75 - Carol Kress**

**Pelvic circles #2**

CD#07/T13 [45 min] DVD#S03-3 Scene 1 [45 min] Source: Amherst & Dennis Leri

**ATM Lesson #76 - Carol Kress**

**What is good posture**

CD#07/T14 [39 min] DVD#S03-3 Scene 2 [39 min] Source: ATM Book #1

**Discussion #61 & FI Exploration #32 - Carol Kress**

**Moshe lecture on posture**

CD#07/T15 [47 min] DVD#03-3 Scene 3 [58 min] Source: Amherst

27 minutes of Moshe followed by group discussion. Demo with Eli in standing. Carol behind with hands on neck then pelvis shifting weight, pulling pelvis back or bending. Partners practice.

**ATM Teaching #19 - Carol Kress**

**Teaching "What is Good Posture" lesson**

CD#07/T16 [39 min] DVD#S03-3 Scene 4 [69 min] Source: ATM Book #1: What is good posture

Groups of 4: Pros and cons of using the What is Good Posture lesson as a first lesson to teach. About teaching this lesson from many aspects. Groups report back.

**ATM Lesson #77 - Carol Kress**

**Hooking big toe with index finger #3**

CD#07/T17 [51 min] DVD#S03-3 Scene 5 [51 min] Source: Amherst

**FI Exploration #33 - Carol Kress**

**Pushing through the leg from the foot #3, finding trochanter**

CD#07/T18 [8 min] DVD#03-3 Scene 6 [17 min]

Demo with skeleton.

## Day 34 Thursday October 19, 2017

### Discussion #62 – Carol Kress

#### Checking in

CD#07/T19 [6 min] DVD#03-4 Scene 1 [7 min]

Eli dream about death.

### ATM Teaching #20 – Carol Kress

#### Negotiating difficult positions in ATM

CD#07/T20 [18 min] DVD#S03-4 Scene 2 [18 min]

Discussion about the difficulties people have with leaving their legs open and bringing knee to floor in ATM lesson and how to deal with that in teaching. Students shared how that coped with that position. Use of props helps but props can limit movement. Keeping track when props are helping and when they are interfering. How to deal with students not being comfortable in the position suggested. Pads or doing less.... negotiate and change what is needed.

### ATM Lesson #78 – Carol Kress

#### Pelvic circles #3

CD#07/T21 [42 min] DVD#S03-4 Scene 3 [42 min] Source: Amherst

### FI Exploration #34 – Carol Kress

#### Pushing through the leg from the foot #4

CD#07/T22 [42 min] DVD#S03-4 Scene 4 [102 min]

Demo with Nancy. Review FI explorations in standing: orientation of feet, overall impression, how feet are resting on floor; shape of muscles in legs; how arms hang, which way her hands turn, height of shoulders; Then behind palpating pelvis, ledge height, rotation, sliding hands up to lower back, area of waist. While on ridge feel through Nancy to the floor, sometimes close eyes to sense more, turn a little each direction to find heels; then feeling shoulders, neck, wrapping around and feeling through to feet again; then in front hands around skull to occiput, above neck, turning head, look at orientation of nose..... Then in lying review FI exploration, how nose is lined up with feet, then look from head down through Nancy, along midline, shape of neck, height of shoulders..... Then sitting at head of skeleton, lifting head, several ways to lift head, how does chest move. Then same ideas with Nancy. Lift head allowing chest to move. Then to one of Nancy's legs, feel behind knee, contouring hands along legs. Then sitting at feet, looking at how toes point, length of legs, weight of each leg. Lift leg, dealing with hyperextension in knee, may need roller for support. Handhold of foot to be able to transmit force headward. Wrap around heel with from outside back of foot and with other hand on top in front of foot at arch, flex ankle like a standing foot to limit movement in ankle and no movement in knee and lean forward to push leg into hip joint. Switch to side to lift trochanter. Then pushing into hip joint again, how far up spine to I feel the force travelling? Does movement go through to shoulder, head? Switch to other leg. Feedback from Nancy.

### FI Exploration #34 continued – Carol Kress

#### Pushing through the leg from the foot #4 continued

CD#07/T23 [22 min] DVD#S03-4 Scene 5 [22 min]

Discussion about exploration. Demo with Juana. Lying on back with Carol at head, lifting her head. Different ways of lifting her head. Shows how hands are positioned to lift neck/head.

### ATM Lesson #79 – Carol Kress

#### Bridging backwards in various positions

CD#07/T24 [61 min] DVD#S03-4 Scene 6 [62 min]

### ATM Teaching #21 – Carol Kress

#### ATM groups share learning

CD#07/T25 [2 min] DVD#S03-4 Scene 7 [29 min]

ATM Trios find another trio to form groups of 6 talk about your ATM teaching experiences out of training and in the training.

## Day 35 Friday October 20, 2017

### **ATM Lesson #80 – Carol Kress**

#### **Hooking big toe with index finger #4**

CD#07/T26 [61 min] DVD#S03-5 Scene 1 [61 min] Source: Amherst

### **Discussion #63 – Carol Kress**

#### **Self reflection in teaching ATM**

CD#07/T27 [16 min] DVD#03-5 Scene 2 [16 min]

Carol: How we process and learn when we deal with differences in teaching ATM, in our own ATM practice, in learning in the training. We can help each other in the training to find a place in ourselves to shift, learn, change. We have an opportunity in the training to improve ourselves. Diana: Doing the ATMs is your ground for how you evolve in how you treat yourself and will evolve into how you teach ATM to others. Carol: Dealing with the inner critic. Teaching lessons that were a challenge to you in the past. Moshe talked about dignity.

### **ATM Lesson #81 – Carol Kress**

#### **Coordination of flexors & extensors**

CD#07/T28 [46 min] DVD#S03-5 Scene 3 [46 min] Source: ATM Book #5

### **Discussion #64 – Carol Kress**

#### **About ATM lesson**

CD#07/T29 [48 min] DVD#S03-5 Scene 4 [48 min]

### **ATM Teaching #22 – Carol Kress**

#### **Language for guiding attention**

CD#07/T30 [36 min] DVD#S03-5 Scene 5 [67 min]

In small groups, heads together for ease of communicating, pick an action, do the movement, then people will say aspect to the teaching, how to guide the experience, the attention to expand the experience, efficiency of action, that will potentiate the lesson. Language what you are experiencing in the movement. 1<sup>st</sup> instruction: Start with tilting of legs to the side from the back. Carol starts instructions, on back, bend knees, start tilting your legs to the side. 2<sup>nd</sup> instruction: on back, reach forward to ceiling with right arm. Combinations with head, rolling head as you reach forward and what happens.

### **ATM Lesson #82 – Carol Kress**

#### **Side sitting, movement with hand on head**

CD#07/T31 [40 min] DVD#S03-5 Scene 6 [40 min] Source: AY#226

**Day 36 Monday October 23, 2017**

**Discussion #65 - Carol Kress**

Checking in

CD#08/T01 [14 min] DVD#S03-6 Scene 1 [14 min]

**ATM Lesson #83 - Carol Kress**

Hooking big toe with index finger #5

CD#08/T02 [52 min] DVD#S03-6 Scene 2 [52 min] Source: Amherst

**ATM Lesson #84 - Carol Kress**

Four points #1

CD#08/T03 [26 min] DVD#S03-6 Scene 3 [26 min] Source: Amherst, Master Moves & Esalen

**FI Exploration #35 - Carol Kress**

Pushing through the leg from the foot #5, review

CD#08/T04 [2 min] DVD#S03-6 Scene 4 [65 min]

**FI Exploration #35 continued - Carol Kress**

Pushing through the leg from the foot #5 cont, in trios

CD#08/T05 [29 min] DVD#S03-6 Scene 5 [43 min]

Attending to self and the student. Sense, observe, feel as you encounter a person. You can use any of these ways of observing in this process. At beginning of lesson the assessment process. Their movement, affect, way of relating. Sometimes watch them walk. Beginning of the lesson at this point and we will add on over time. How was it holding the leg and transmitting force? Have person do the movement and then you take some of the weight. Ways of lifting head. In trios practice fists at C7 to receive push from foot.

**ATM Lesson #85 - Carol Kress**

Pelvic Clock

CD#08/T06 [46 min] DVD#S03-6 Scene 6 [46 min] Source: ATM Book #6

**ATM Teaching #23 - Carol Kress**

About teaching pelvic clock lesson

CD#08/T07 [27 min] DVD#S03-6 Scene 7 [27 min]

Would this be a good first lesson to teach? Lesson actively introduces asymmetries. Discussion about many aspects of teaching ATM lessons to the public: move slower, reduce effort, breath, smaller movement..... In keeping it simple you can still learn forever.

**ATM Lesson #86 - Carol Kress**

Four points #2

CD#08/T08 [14 min] DVD#S03-6 Scene 8 [14 min] Source: Amherst, Master Moves & Esalen

## Day 37 Tuesday October 24, 2017

### Discussion #66 – Carol Kress

#### Checking in

CD#08/T09 [5 min] DVD#S03-7 Scene 1 [5 min]

### ATM Lesson #87 – Carol Kress

#### Pelvic circles #4

CD#08/T10 [49 min] DVD#S03-7 Scene 2 [49 min] Source: Amherst

### ATM Teaching #24 – Carol Kress

#### The craft of teaching ATM

CD#08/T11 [67 min] DVD#S03-7 Scene 3 [67 min]

Criteria and principles of teaching ATM lessons. How are we going to bring in our Feldenkrais values to our teaching? What emotional state do we set up/enhance/embrace in the teaching setting? How do we make a positive environment?

**1) Benefits/Outcomes: List from last week:** the art of learning, to use self better, discover habits, growing awareness, expanded options, lightness, groundedness, change, ease of movement, mood lightened, improved breathing, reduction of pain, better sleep, increased wellbeing, reduced sympathetic activity/increase parasympathetic, unearthing the indigenous self. **Additions today:** Promotes curiosity; playful mind; being in own experience; strength in efficiency.

**2) Theory/Principles: List from last week:** lessons are in lying down, small & slow movement (Weber-Fechner law), utilize awareness to facilitate change (or attention), body reorganization to reduce effort, exploration vs. determination (invitation). **Additions today:** slow, easy & small; of movement, sensation, though and feeling movement is most accessible and least defended; variance of movement vs repetition; each movement is discrete; LENGTHEN; there are no "mistakes" in the learning and discovery process; dual awareness development (breathing and a specific place...); Movement must be linked to attention to be potentiated; "maybe".... Language that invites vs mandates; process not goal "in the direction of..."; Power is efficiency.

**3) Craft: List from last week:** know your audience, joyful environment to support learning, instilling inner authority, timely curated cues, guided experience with skill, embody lesson that is taught, language invites exploration.

**Additions today:** Intervention to "flip the script"; Language that invites impermanence; language that soothes complexes around injury; language that emphasizes present; language that trains toward the positive; MINING CURIOSITY; encourage noticing of quality; language that invites a shift of attention or shift of origin in movement to broaden awareness and explore; encourage pause between movements to refresh awareness; language that is non-punitive; language tone that encourages looking for comfort and giving self-care; tone of voice that invites; silence can allow awareness as well.

### ATM Lesson #88 – Carol Kress

#### 4 points #3

CD#08/T12 [26 min] DVD#S03-7 Scene 4 [26 min] Source: Amherst, Master Moves & Esalen

### FI Exploration #36 – Carol Kress

#### Working with the spine & torso, hands on table in 4 points

CD#08/T13 [37 min] DVD#S03-7 Scene 5 [97 min]

Demo with Liz. Have Liz put hands on table while standing. Hang head & then find the horizon. Carol puts hands on spine with broad contact. Have Liz continue moving from hanging head to looking at horizon. By palpating back notice differences in height on each side of spine. Liz comes in and out of position. Then one hand on spine and one hand on abdomen, encouraging forward direction as Liz lifts head. Then lower hand on breast bone with top hand moving up spine. The Liz lifting head as spine lowers. Carol introducing a little direction in the rounding of the back with head hanging to spine sinking with head looking at horizon. Then after rest same position, separating eyes from movement of head. Pairs practice. Also can bring awareness to knees and ankles, feel the legs as the student is moving. Break then discussion. Demo with Liz again adding piece: Standing behind bring weight to left leg while looking up to right while continuing movement from flexing to extending, one hand on spine and other on breast bone. Then shift weight to right and look up to left. Hands on pelvis to emphasize flexing and extending through pelvis.

### ATM Lesson #89 – Carol Kress

#### Hooking big toe with index finger #6

CD#08/T14 [26 min] DVD#S03-7 Scene 6 [26 min] Source: Amherst

**Day 38 Wednesday October 25, 2017**

**Discussion #67 – Carol Kress**

Checking in

CD#08/T15 [8 min] DVD#S03-8 Scene 1 [8 min]

**ATM Lesson #90A – Carol Kress**

Lengthening the hamstrings, with windmill arms Part A

CD#08/T16 [40 min] DVD#S03-8 Scene 2 [40 min] Source: San Francisco Year 2

**ATM Lesson #90B – Carol Kress**

Lengthening the hamstrings, with windmill arms Part B

CD#08/T17 [24 min] DVD#S03-8 Scene 3 [24 min] Source: San Francisco Year 2

**ATM Lesson #91 – Carol Kress**

4 points #4

CD#08/T18 [14 min] DVD#S03-8 Scene 4 [14 min] Source: Amherst, Master Moves & Esalen

**Discussion #68 – Carol Kress**

Moshe lecture on health

CD#08/T19 [49 min] DVD#S03-8 Scene 5 [63 min] Source: Amherst Aug 7, 1980

After lecture small groups discussion.

**FI Exploration #37 – Carol Kress**

Pushing through the leg from the foot #6

CD#08/T20 [35 min] DVD#S03-8 Scene 6 [101 min]

Start in standing and then lying as before. Demo with skeleton adding: refining touching front of pelvis. With person on back feeling shape of front of pelvis, slope, slightly increase force to see which side goes towards back of table more easily. Demo with Beth. Moving each side of pelvis back and forth. Then organize to push through leg from foot as review. Take pelvis around the pelvic clock. Then back to pushing through leg again, feeling hip joint, spine, and how the pelvis comes towards the floor and away: 12 & 6 o'clock; rotates to sides: 3 and 9 o'clock. Shows on skeleton pushing through leg from foot.

**ATM Lesson #92 – Carol Kress**

Hooking big toe with index finger #7

CD#08/T21 [26 min] DVD#S03-8 Scene 7 [26 min] Source: Amherst

## Day 39 Thursday October 26, 2017

### Discussion #69 – Carol Kress

#### AY lessons, other sources of ATMs and more

CD#08/T22 [47 min] DVD#S03-9 Scene 1 [47 min] Source: Amherst Aug 7, 1980

About AY study group started by Kwan Wong, AY a day: [www.ayaday.org](http://www.ayaday.org) to join. 8 am Pacific time. On Zoom with discussion after lesson read by a feldie. Since it is read it is from the source. They were recorded in the 1960s in Tel-Aviv. So an early version of Moshe teaching ATM lessons. Later San Francisco training, Esalen workshop, Amherst training with different content and styles. There are series of lessons in the AY material. 11 volumes available to purchase (600+ lessons). So a valuable resource. Many of the lessons this segment are taken out of Amherst. About making up ATM lessons or sticking with Moshe's lessons. Talked about basic ATM source materials: Relaxerize, Moshe's Elderly series, your training ATMs, Esalen series, Mia Segal & Gaby Yaron notes from San Francisco Notes, Moshe San Francisco Evening lessons in book and tapes. Places to purchase materials: Feldenkrais Guild, IFF, Feldenkrais Resources, Achievingexcellence.com. About ATM practicum during the end of Year 2. Each student will teach a third of a lesson teaching each other in small groups. Diana and visiting trainer will be listening. Possible projects for students to present in the training.

### ATM Lesson #93 – Carol Kress

#### Sitting rotation, with eyes

CD#08/T23 [41 min] DVD#S03-9 Scene 2 [41 min] Source: ATM Book #10

### ATM Teaching #25 – Carol Kress & Diana Razumny

#### Reconstruct steps in sitting rotation lesson

CD#08/T24 [45 min] DVD#S03-9 Scene 3 [81 min]

In groups of 4 think of 4 variations that you liked and you then create an ATM experience for each other teaching one step of the lesson. After teaching group discussion. About teaching using the imagination. Many aspects of how to teach ATM lessons.

### FI Exploration #38 – Carol Kress

#### Review of segment FI explorations

CD#08/T25 [39 min] DVD#S03-9 Scene 4 [73 min]

See FI Explorations #29-37. Demos with Lauri, skeleton. Started in standing then lying down. In partners practice whatever practice you want to incorporate.

### ATM Lesson #94 – Carol Kress

#### Four diagonals in folding

CD#08/T26 [42 min] DVD#S03-9 Scene 5 [42 min] Source: AY#114

### ATM Teaching #26 –Diana Razumny

#### ATM teaching between segment homework

CD#08/T27 [10 min] DVD#S03-9 Scene 6 [10 min]

4 lessons from the ATM Book distributed to 4 trios, #1, #5, #6 and #10. Also record yourself, teach same lesson and teach whole lesson and then organize to teach 1/3 of lesson. Can choose for ATM practicum either lesson. Have until end of Year 2 as a 45 minute lesson (15 minutes each student).

**Day 40 Friday October 27, 2017**

**Discussion #70 – Carol Kress**

Checking in

CD#08/T28 [14 min] DVD#S03-10 Scene 1 [14 min]

**ATM Lesson #95 – Carol Kress**

4 points #5

CD#08/T29 [25 min] DVD#S03-10 Scene 2 [25 min] Source: AY#114

**ATM Lesson #96 – Carol Kress**

Head and anus backwards, on side

CD#08/T30 [51 min] DVD#S03-10 Scene 3 [51 min] Source: AY#524

**Discussion #71 – Diana Razumny & Carol Kress**

About between segment studies

CD#08/T31 [38 min] DVD#S03-10 Scene 4 [66 min] Source:

Areas of study: ATMs, FI and reading. Diana will go through her ATM workshop and share parts with students. Working with study buddies between segments. Schedule of checking in with your shepherds. So generate ideas for your studies that work for you. Now get into trios and brainstorm about what is realistic to do in the next 5 months. At end discussion in large group. About Moshe's books and also about Mark Reese's biography of Moshe that Carol published and Volume 1 is available.

**ATM Lesson #97 – Carol Kress**

Pelvic circles #5

CD#08/T32 [32 min] DVD#S03-10 Scene 5 [32 min] Source: AY#524

**Discussion #72 – Carol Kress & Diana Razumny**

Closure

CD#08/T33 [26 min] DVD#S03-10 Scene 6 [26 min] Source:

**ATM Lesson #98 – Carol Kress**

A full circle with leg swing

CD#08/T34 [41 min] DVD#S03-10 Scene 7 [41 min] Source: AY#108