

Day 51 Monday July 16, 2018

Discussion #86 – Carol Kress

Checking in about ATM teaching preparation

CD#11/T01 [16 min] DVD#S05-1 Scene 1 [16 min]

ATM Lesson #118 – Carol Kress

Looking at the back while sitting

CD#11/T02 [49 min] DVD#S05-1 Scene 2 [49 min] Source: AY#136

Discussion #87 – Carol Kress

About ATM Lesson

CD#11/T03 [18 min] DVD#S05-1 Scene 3 [18 min]

First discussion about experience. Demo with skeleton.

FI Exploration #48 – Carol Kress

Palpating the spine, shoulder blades, skull in various positions

CD#11/T04 [10 min] DVD#S05-2 Scene 4 [47 min]

Dyads practice. Then group discussion.

ATM Lesson #119 – Carol Kress

Hands lifting the legs

CD#11/T05 [52 min] DVD#S05-1 Scene 5 [52 min] Source: AY#127

FI Exploration #49 – Carol Kress

Exploring the shoulder on the side #1, tracing shoulder

CD#11/T06 [25 min] DVD#S05-2 Scene 6 [68 min]

Demo review on shoulder with skeleton. Structure, separated shoulder in aikido in degrees. Broken collarbones. Other shoulder problems. Trace the shoulder: find the collarbone and encircle the whole scapula, find the spine of the scapula. Most neutral position is to have the arm in the sling position. In the position with arm on chest and bring the hand up to the mouth and slowly turn the arm with rib cage. Can enter and hold and turn from many places. Eventually the pelvis will become involved. From side contacting pelvis role torso with other hand any place along spine, on ribs. Can inhibit one hand and move the other hand. Then back to position at head holding arm, ribs and shoulder rolling. Does the movement speak to the pelvis, does the head get involved?

Exploration: in dyads. Trace shoulder girdle and follow instructions from demo. After 15 min switch roles.

ATM Lesson #120 – Carol Kress

Pecking movement, lifting the head, in various positions

CD#11/T07 [35 min] DVD#S05-1 Scene 7 [35 min] Source: AY#129

Day 52 Tuesday July 17, 2018

ATM Lesson #121 - Carol Kress

Sitting, legs spread, lengthening forward, part 1

CD#11/T08 [55 min] DVD#S05-2 Scene 1 [55 min] Source: AY#139

FI Exploration #50 - Carol Kress

Exploring the shoulder on the side #2, bring hand to mouth

CD#11/T09 [100 min] DVD#S05-2 Scene 2 [120 min]

Question from Deborah. Proximal/distal ideas. When working with person: does it have to do with my own movement or the person? Demo with skeleton. Sitting at head. First movement is hand to mouth as a test, what is available, what can be done easily. Take weight in a way that the person can give me the arm easily. Bring hand to mouth. There is a little movement in shoulder and rotate in the lower arm. Feel for the smoothness of the rotation. How to organize yourself is critical. Then sitting at back, hands on pelvis and ribs. Bone to bone idea really clear. First undifferentiated moving both hands forward and back. Then start differentiation by holding with one hand and moving the other. Demo with Liz. Dyads practice. Switch roles.

ATM Lesson #122 - Carol Kress

Crossing knees and twisting the back and pelvis

CD#11/T10 [59 min] DVD#S05-2 Scene 3 [59 min] Source: AY#140

ATM Lesson #123 - Carol Kress

Rolling with tapping the arms and legs

CD#11/T11 [44 min] DVD#S05-2 Scene 4 [44 min] Source: AY#130

Day 53 Wednesday July 18, 2018

ATM Lesson #124 - Carol Kress

Judo Roll #1, preparation, four diagonals in folding

CD#11/T12 [45 min] DVD#S05-3 Scene 1 [45 min] Source: AY#114

Discussion #88 - Carol Kress

What is good posture & Moshe Video

CD#11/T13 [115 min] DVD#S05-3 Scene 2 [145 min] Source: Amherst Year 1, July 29, 1980

Groups of 3 discuss what is good posture. Then Moshe Amherst video. Then small group discussion again. Differences between the Alexander Method and the Feldenkrais Method. Moving in all 6 cardinal directions. Correct but insufficient. Unattainable ideal, but bring it back to the personal. Acture instead of posture. Awareness helps you find your acture for the particular circumstance. Inner critic and how to change that story. Finding ourselves on the mat, caring for ourselves, having compassion for yourself and for others. Environment is major component of who we are. Influence of Gurdjieff on Moshe.

FI Exploration #51 - Carol Kress

Exploring the shoulder on the side #3, hand to chin and cheeks

CD#11/T14 [45 min] DVD#S05-3 Scene 3 [97 min]

Demo with Alex. Review. Sitting at head, lift shoulder girdles by sliding under. Feel for responses. Roll to side, support head with pads. Feeling shape of shoulder girdle, tonus. Careful to take the weigh of the arm to bring her hand to her mouth with rotation in forearm. Hold wrist joint on bone gently but firmly. Other hand cradles elbow. With arm on ribs rotate rib cage and torso. Palpate different ribs as move torso rolling forward and backwards. Sitting behind, again turning with contact on pelvis and chest. Begin a little differentiation with pelvis backwards while holding ribs stationary and switch. Back to sitting at head: adjust pads to be able to move head. Take hand to cheek, letting arm settle on chest. Then rolling head with torso. Return arm and hand to rest on ribcage and other arm, wherever it is comfortable. Bring hand to other cheek. Capitalizing on developmental movements to reconstruct the function of the shoulder girdle. Then her hand on forehead and lift elbow towards ceiling. Then rotate head with hand on forehead. Discussion and then dyads practice.

ATM Lesson #125 - Carol Kress

Judo Roll #2, preparation, on the knees, laying the head on the floor

CD#11/T15 [19 min] DVD#S05-3 Scene 4 [19 min] Source: AY#228 Place the head on a handkerchief

Continued the following morning.

Day 54 Thursday July 19, 2018

Discussion #89 – Carol Kress

Checking in

CD#11/T16 [9 min] DVD#S05-4 Scene 1 [9 min]

ATM Lesson #126 – Carol Kress

Judo Roll #3, on hands and knees, diagonal hand to foot, rolling on shoulder

CD#11/T17 [59 min] DVD#S05-4 Scene 2 [59 min] Source: San Francisco Year 1: 7/21/75

First continuation of ATM #125 from yesterday afternoon. (Note: Demo with skeleton at about 30 min)

[Original notes] Stand on Knees. Right cheek to the floor, hands taking weight, protecting. Shift pressure to temple and then to chin. Use whole self- back, spine needs to be free to help cheek. Seems innocent, so be gentle.... Shoulders help. Use hands wisely. Push up. Nose to floor and to ceiling (eyes – help) – pressure toward back of head. Left hand more intelligent – push up. Be delicate. Shifting of weight on knees. Join, easier? Cross right knee behind, easier? Change – left behind. Find good distance. On Knees. Circle – Which knee does not cooperate, parts of the spine. Think spine long, coccyx to head. Sleepy areas, between shoulder blades and lower. Delicate – cervical spine. Change directions. Helps our orientation in environment, to neighbors... take our eyes, nose and mouth in the direction of action. On Knee. Right arm through to left. Bring head thru, back of head to floor nose to ceiling. Flex left ankle, toes for running. Close Right eye, left eye looks more. Close left eye, back works more less in muscles of the neck. Left knee gets light. Toes stay, all parts of self cooperate. REST, turn head, left easier? On knees. Right arm thru, back of head to floor, through. What interferes? Let spine, chest change sufficiently to find more ideal organization for action. Left Toes under, Knee gets lifts. Find shelf of right shoulder. Hands for clapping. Make left arm longer. Lift to ceiling, now make it longer. Turn arm around itself. Lengthen and shorten. On the knees. Right arm thru. On left toes. On back of head. Left arm to the ceiling. Make a conical circle. Smoother if arm longer, collarbone moves. Left palm to forehead, roll the head. Contrary to feeling of having knees wider, knees closer is easier to turn. Feel for mobility in the hips to help. On knees, right arm thru, on left toes, back of head to the floor. Left hand behind the head, lift head. Like a feeling of lengthening back of neck. Look to ceiling. Use fingertips. Lie more on right shoulder blade. On knees, right arm through, on left toes, back of head to floor on right shoulder. Take left arm to ceiling and back to floor, rolling head, until left leg lifts. Find a see saw between arm and leg. On Knees. Right cheek. Make circle. Feel movement thru whole spine. Change direction. BREAK. On left cheek. Circle. Use arms, shoulders, hips back, feet, knees. Details from other side linger in your mind. Distance apart of the knees, elbows, hands. On knees. Left arm thru. Face to the ceiling, use the eyes. Coming to back of the head. Auxiliary tricks not so needed, since with awareness you have selected what improves and assists. You can now eliminate unexamined restrictions that were imposed on action. All subject to your will, choice. We use auxiliaries for learning purposes. We assimilate and digest what is fundamental to the action. On knees. Lift right arm. Right toes under. Wrist soft. Make are longer and shorter. Turn it around itself. Hands for clapping. Open right arm, follow with the eyes. Head turns. See with both eyes. Let neck organize. Weight to left shoulder shelf. On knees. Left arm thru. Right toes under. Take right arm to ceiling and back, following with the eyes. Always in sight, head must turn. When right knees lifts, make see saw between arm and leg. Both toes for running. Both hands on floor. Think of taking one arm thru and looking as you take it to the ceiling. Come to appropriate ear and lifting appropriate knee. Develop mobility to go side to side. Have arms clapping and see if length is more even as more weight is on shoulder.

Discussion #90 – Carol Kress

About ATM lesson

CD#11/T18 [21 min] DVD#S05-4 Scene 3 [21 min]

Comfort during ATM lesson. Using props in ATM and in FI. Receiving FIs for learning so important.

ATM Lesson #127 – Carol Kress

Spinal chain, variation on hands/knees

CD#11/T19 [43 min] DVD#S05-4 Scene 4 [43 min] Source: AY#177 Making the spine flexible and integrating it

[Taught by Diana Razumny in Rocky Mt 1 Denver training, Year 4, Seg 13] 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 vert 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 vert. 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

FI Exploration #52 – Carol Kress

Exploring the shoulder on the side #4, bringing the elbow in the air, beginning differentiation

CD#11/T20 [40 min] DVD#S05-4 Scene 5 [41 min]

Demo with Ev. In standing, standing in front and take weight of arms at wrist and rotating lower arm. Turn and feel how Ev shifts his weight. Then on back, sitting at head. Then lying on left side, pads for head. Possible cushion between knees. Sitting at back, hands on pelvis and ribs rolling back and forward in review. Then sitting at head, moving top arm hand towards face. Rolling shoulder girdle and chest back and forth. Hands holding elbow and wrist, moving shoulder girdle back by pushing through the humerus specific for Ev, bringing hand to one cheek and then other cheek. One hand holding elbow, other hand on back of shoulder girdle at scapula coming forward to collarbone. With his hand on forehead and other hand on shoulder girdle lengthening arm forward..... With one hand on shoulder girdle and other on below with arm resting on side move footward and headward, then backwards and forward (cardinal directions). Then connect in movement of circling around. Carol moving in pelvic clock as she moves Ev shoulder girdle in circles. Bring elbow up towards ceiling. Then push shoulder girdle down which allows elbow to go higher. Then circles again. Then cardinal directions with elbow in air and then circles. Both undifferentiated and then some differentiation. Reference on back. Demo on skeleton. Finish with Ev in standing. Looking at position of arms and shoulder girdle. Checking weight of arms and movement with arm forward and back.

FI Exploration #52 cont. – Carol Kress

Exploring the shoulder on the side #4, bringing the elbow in the air, beginning differentiation, continued

CD#11/T21 [37 min] DVD#S05-4 Scene 6 [78 min]

How to give feedback as we work with our classmates. Allow your practitioner to muddle as long as not harmful for that is vital to learning. Dyads practice and switch.

ATM Lesson #128 – Carol Kress

Belly in and out, with breath

CD#11/T22 [35 min] DVD#S05-4 Scene 7 [35 min] Source: AY#435

Day 55 Friday July 20, 2018

ATM Lesson #129 – Carol Kress

Judo Roll #4, shoulder stand prep

CD#11/T23 [51 min] DVD#S05-5 Scene 1 [51 min] Source: AY#314 Preparation for a candle

Discussion #91 – Carol Kress

About Judo Roll series

CD#11/T24 [59 min] DVD#S05-5 Scene 2 [59 min]

ATM Lesson #130 – Carol Kress

Judo Roll #5, walking feet side to side overhead on floor

CD#11/T25 [32 min] DVD#S05-5 Scene 3 [32 min] Source: San Francisco 7/22/75

Hands and knees. Right cheek. Push up with arms – protects head. Extend right arm to the right, palm up. Should also be in place to protect. From unuse can be stiff, joints not accustomed to movement. Move head under gate of left arm. In and Out slowly. Stay, nose to ceiling. Which parts interfere? Hands and knees, Right cheek, left push up, right arm to the right. We create a strong contrast in order to feel differences. Right arm out at the shoulder level, where it protects the head the best. Teacher shows how to learn. Take care, self regulate. Gauge the distance of knees apart and in relation to shoulders. Make it awkward, then less awkward, then nice. Move head in and out slowly. Explore with the left hand. Weight gets distributed more equally on extremities, neck and back softer. Same side. Left toes under. Lift knee, weight shifts to the right. Knee returns, weight left. Feel where you sense this, shoulders, spine? Move left knee to right and over, to feel that when you lift knee, weight shifts. Find the place you could have right toes under and lift knee. Have a clear image of self, with awareness, understanding, imagination, projection. Complete picture, not broken into parts, lips, knees and whatever aches. Walk the knees right and left. One after the other. Same position. Head through left arm. Left hand protects the head. Lengthen left leg, move it left until right knee lifts. Weight on left hand, back of head, and right shoulder. Toes stay on floor! No intention to roll. Need to find balance in the situation. Ability to recover a disturbed balance. Our structure is cockeyed from the stability point of view. It is the recovery of the lost balance that is necessary. Nervous Systems functions best when we are capable of recovering from mistakes, from lost balance from everything. That what needs to be cultivated from childhood. Instability is the essence of human life. BREAK. On hands and knees. Imagine arm to the right. Head through. Can put head through and continue imagining. We are in position to facilitate, can also sit. Imagine toes on the floor. Walk to the right and left. Small steps. Lifting knees and walking on toes. Now lift right knee. Make any adjustments. What does pelvis do, move right or left? (left) Lift minutest movement to see if imagination corresponds to reality. Gradual slow, no jerks. Is there resistance? In lumbar, abdomen? This is minor thing. Lived up to now without it. But most important prerogative of the human brain is to be unstable, recover, be able to get more competent. Let gradation get finer. To roll or not? There are extraordinary people who have left a mark on this world forever who probably couldn't move at all. Be able to do is nothing. The thing is for us to be human beings with a free brain. Imagine, (be in any position), movement, any parts that are absent from your image? Act, observe in action. Develop awareness of image of self in action. We will develop ability to learn this without performing anything. On hands and knees. Imagine to other side. Left arm extend to left, on left cheek. Use experience you have to cut short your learning on this side. How the shoulder turns, palm to ceiling. Head through the gate of the right arm. Do and see what needs correction. Where should right hand be? Fingers pointing? Where to put so left knee could lift? Imagine movement and then do. Do you think effectively? Which parts make it easy to lift left knee? Right lifts easily. Abdomen, collarbones, which ribs are fanned open, shoulder blades? Imagine the walking the knees. Imagine taking the right knee to the right so the left knee lightens. Find balance, make it smoothly reversible. What comes first, last? (On left cheek, left big toe last) Going down which knee bends first. (Same side as cheek) Think of order consciously and the trajectory becomes a definite thing. Refine to state of reversibility. Find temporal sequence of the members. Hands and knees with the right arm extended. Which side is easier? Rolling over will be the easiest thing with this quality of reversibility.

FI Exploration #53 – Carol Kress

Exploring the shoulder on the side #5, review

CD#11/T26 [21 min] DVD#S05-5 Scene 4 [58 min]

Review of week FI with a new person.

ATM Lesson #131 – Carol Kress

Rolling the ball, line of pressure #1

CD#12/T27 [20 min] DVD#S05-5 Scene 5 [20 min] Source: AY#303: Self-image, the line of a ball which rolls, Jacoby quote

Day 56 Monday July 23, 2018

Discussion #92 – Carol Kress

Checking in

CD#12/T01 [27 min] DVD#S05-6 Scene 1 [27 min]

About reorganizing ourselves. Carol shared book she is reading, Flow by Mihaly Csikszentmihalyi. Consciousness and attention. How to deal with pain.

ATM Lesson #132 – Carol Kress

Rolling the ball, line of pressure #2

CD#12/T02 [50 min] DVD#S05-6 Scene 2 [50 min] Source: AY#305: The line of effort in the back in lifting

Discussion #93 – Carol Kress

About ATM Lesson

CD#12/T03 [5 min] DVD#S05-6 Scene 3 [6 min]

ATM Lesson #133 – Carol Kress

Judo Roll #6, preparation for shoulder stand, back & pelvic movement

CD#12/T04 [34 min] DVD#S05-6 Scene 4 [34 min] Source: AY#79

[Taught by Dennis Leri in North Carolina training, Year 3, Segment 9] Sit, arms out in front, roll back, feet overhead and swing back up to sitting. On back, legs bent, lift legs, bring hands to support pelvis up in air, knees towards nose. Lift knees away from face, lower legs hang down as knees go up towards ceiling. On back, feet standing, roll pelvis up/down. Support pelvis in air w/hands, knees up to ceiling, lower legs hanging down, feet towards butt, do same movement of pelvis/tailbone. Support pelvis, knee up towards ceiling, bend/unbend knees so feet go towards ceiling. Repeat one leg at a time. On back, walk shoulders towards feet to be able to hold ankles. Pelvis in air again, keep knees bent, lift lower knees to face/ceiling, feet stay near butt. Pelvis up, legs straight up to ceiling, lower feet towards floor overhead, back to ceiling. Repeat but without support of hands, arms on floor overhead. Pelvis up, legs parallel to floor, imagine putting pants onto one leg then other, using arms/hands. Pelvis in air, legs overhead, arms overhead, spread legs, toes to floor. Repeat w/legs close together, bend one knee and other, thinking of taking knee to floor near head. Stand

FI Exploration #54 – Carol Kress

Exploring the shoulder on the side #6, circling the shoulder

CD#12/T05 [47 min] DVD#S05-6 Scene 5 [48 min]

Demo with Hilary. In standing, shifting wait, palpating spine, C7, height of shoulders, slight rotation feeling for movement projecting down to foot because working with the full person. Lying on back, sitting at head, hands on front of shoulders, feeling shoulder joints and how they relate to floor, start to notice how she arranges her arms which reflects habits of use. Then lying on side: position of legs, maybe support between knees. Sitting at back and then sitting at head. Review bringing arm to face, careful to take the weight. How to lift the head to take pads out to be able to move the head more. Roll head and flip hand to be able to have hand under head to lift. With hand on cheek, other hand on floor side of spine, lifting and turning forward. Palpating spine with even fingers, moving up and down the spine as moving forward and rolling. Also contacting ribs to move forward and roll torso undifferentiated with shoulder girdle and then differentiating in movement. Hand on inner border of scapula with moving forward and rolling. Then holding neck in movement. Then lifting elbow and other hand on ribs, scapula and moving forward and rolling. Then shift hands to turn backwards, rolling backwards, with elbow to ceiling. Convey sense of structure of ribs. Demo with skeleton. Finish with Hilary on back. First support what is before offering other options of movement. Then have Hilary stand, in front, lift arms, rotate with arms by gently pulling arms one at a time. Then from behind with hands on top of shoulders, rotating, projecting towards feet, shifting with her, shifting weight.

FI Exploration #54 continued – Carol Kress

Exploring the shoulder on the side #6, circling the shoulder continued

CD#12/T06 [12 min] DVD#S05-6 Scene 6 [98 min]

Dyads practice and switch roles.

ATM Lesson #134 - Carol Kress

Judo Roll #7, arm extended to side, head through gap of other arm

CD#12/T07 [21 min] DVD#S05-6 Scene 7 [21 min] Source: San Francisco 7/30/75 & part of AY#133: Head under a frame, part 2

Hands and knees. Hands on each side of the head. Put right cheek, then left cheek. Difference in quality and ease, necks and spines not perfect. Get there by means and not by willpower, willpower will destroy the neck. Skill is not willpower. You learn the competence of the nervous system to organize the system is the important thing, not willpower. Using will proves the internal sense that you can't do. Put right arm through. Left toes under. Head under. Put left arm through, right toes under, head through gate. Go slowly in learning, go too fast and there can be trouble. You are encouraged to go with time and ease. Many are not organize at first to twist. Chest needs to soften, flatten, twist. Hands and knees, right arm out to the side. Left toes under. Head under. Lift left knee. Walk to left to lift right knee. Left hand protects head by moving. Left leg to the left and whole kit and caboodle until both arms can lie on the floor. Left arm, hand moves, adjusts. Head stays safe. Keep left hand helping until pelvis moves sufficiently to balance on shoulders. Keep left leg low. Hands and Knees with left arm extended. Right toes under, head through gate. Walk to the right until left knees lifts. Use right hand to protect head, it moves and adapts until pelvis can balance. No special effort of will to succeed or no intention. Learn skill how to do it. How whole self cooperates. Left arm helps so you won't fall. Use feet, intelligence and internal sensation. Feet on toes, legs spread. Get clear on order of movement, what leaves the floor first, last, so it will be reversible. Do not jump, spine needs to be supple. Hands and knees. Right arm extended. Right arm extended - on right shoulder, right leg leaves last and returns first. Connect in your mind this right shoulder movement with the right foot. Head goes to the opposite shoulder then where you lean. Head goes to the left, not in the middle. Protected by the left hand. Full image of the self must be present. Rolling you can do on stone as there are no angles on something you put weight. Left side. From standing, roll. Right Shoulder coming to stand. (IN SF NOTES) Rolling backwards. Imagine to the left.

Day 57 Tuesday July 24, 2018

Discussion #94 – Carol Kress

Checking in

CD#12/T08 [3 min] DVD#S05-7 Scene 1 [3 min]

ATM Lesson #135 – Carol Kress

The line of effort #1, in the stomach and the chest

CD#12/T09 [45 min] DVD#S05-7 Scene 2 [45 min] Source: AY#306

Discussion #95 – Carol Kress

About ATM Lesson

CD#12/T10 [15 min] DVD#S05-7 Scene 3 [15 min]

How to deal when you have difficulties in an ATM.

FI Exploration #55 – Carol Kress

Exploring the shoulder on the side #7, Fix shoulder and move elbow and reverse

CD#12/T11 [65 min] DVD#S05-7 Scene 4 [113 min]

Demo with Lauri. First in standing with Carol behind moving on each leg. Then in front with hands around skull, shifting with Lauri over each leg. Carol sitting behind Lauri lying on side. Moving pelvis with one hand and ribs with other, together and then opposite. Then Carol at head with hands on shoulder/wrist/arm. Lifting arm. Then moving arm headward and then downward, lifting arm and moving shoulder joint in various directions and circles. Differentiating the shoulder blade. One hand on elbow, other on different places of shoulder scapula. Moving elbow to ceiling with her hand on forehead. Rolling forward and backward allowing movement to move down to pelvis. Important to carry the weight of the shoulder and arm. While arm on side hold elbow and shoulder and move headward, footward. Roll forward and backward. Possible idea: have person resist the movement. Ideas about asking person to not help....or not. Fix shoulder and move elbow, moving both, fix elbow and move shoulder. Have shoulder rise over ribs. Self use, move and breath. Carol again behind, moving pelvis and ribs again, together and opposite. Language use. Discussion about making mistakes and giving feedback. Lauri on back with Carol at head. Looking at Lauri how forces might go through her to feet. No one is symmetrical as we all organize over one foot. Then at feet looking at line towards head. Practicing observation skills. Pairs practice.

FI Exploration #55c – Carol Kress

Exploring the shoulder on the side #7, Fix shoulder and move elbow and reverse, cont.

CD#12/T12 [23 min] DVD#S05-7 Scene 5 [59 min] & Scene 6 [22 min]

Switch roles. Group discussion on Scene 6.

ATM Lesson #136 – Carol Kress

Hip joints by way of lengthening #1

CD#12/T13 [26 min] DVD#S05-7 Scene 7 [26 min] Source: AY#268

[From Dennis Leri, North Carolina training, Year 3, Segment 9] On back, stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations alternate sides: straight leg lifts/lower; stays lifted and goes L/R; lift straight leg then circle; lift and lengthen through heel; leave straight leg lifted and lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Do that same thing but with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, attn to knees moving little in up/down plane. Make small quick circles.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #1, circling straight leg, on back/arms overhead] On back, lengthen through each heel, imagine diagonal bands. Stand R foot, arms overhead, L leg long and little out to L, lengthen out through L heel. Add lifting R hip to facilitate lengthening. Quickly. Repeat OS. Repeat with arms behind back. Repeat OS. Stand R foot, L leg out to side, turned out, lift straight L leg, use R hip lifting. Add leaving L leg in air, lift/lower R hip. Repeat OS. Variations with straight leg lifted, alternating sides: take L/R; circle; lengthen through heel; lift/lower other hip. Both feet standing, arms overhead, lift/lower lower back, belly out when lifted. Return to both feet standing, arms overhead, roll pelvis 12/6, note symmetry. Repeat with the one foot standing, other leg straight/lifted out to side a little, attn to both sides of back lift/lower symmetrically. Repeat OS. Stand both feet, circle pelvis, keep knees forward towards ceiling, note slight movement in knees. Make small quick circles. Return to scan of diagonal bands.

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Day 58 Wednesday July 25, 2018

ATM Lesson #136 continued - Carol Kress

Hip joints by way of lengthening #1 continued

CD#12/T14 [46 min] DVD#S05-7 Scene 1 [47 min] Source: AY#268

Completed lesson from yesterday.

Discussion #96 - Carol Kress

About ATM Lesson

CD#12/T15 [12 min] DVD#S05-8 Scene 2 [12 min]

ATM Lesson #137 - Carol Kress

Judo Roll #8, review

CD#12/T16 [15 min] DVD#S05-8 Scene 3 [15 min] Source:

Discussion #97 - Carol Kress

Moshe Video: Stability/Instability

CD#12/T17 [65 min] DVD#S05-8 Scene 4 [83 min] Source: Amherst Year 1: 6/26/80 AM1

Moshe Video. Then small groups discuss video. Then discussion in full group.

FI Exploration #56 - Carol Kress

Exploring the shoulder on the side #8, elbow to ceiling, circling shoulder and elbow, differentiation

CD#12/T18 [45 min] DVD#S05-8 Scene 5 [142 min]

Demo with Deborah. Review: Start standing behind and checking organization from shoulders to floor. Then checking standing in front. First on back with Carol at head, hands under shoulders checking. Sitting at head with Deborah on side with one hand on shoulder and other hand on elbow with elbow towards ceiling and moving shoulder back and forward. Then differentiate shoulder and elbow with circles. New piece: when take shoulder back add bit of rotation. Shoulder first slides back and then carries the torso. Then elbow opposite the shoulder: down/up, forward/backwards. Discussion. Demo with skeleton. Dyads practice and then switch.

Day 59 Thursday July 26, 2018

Discussion #98 – Carol Kress

About FI exploration & learning in the training

CD#12/T19 [75 min] DVD#S05-9 Scene 1 [76 min]

Student opinions about amount of FI explorations this segment. How trainings teach ATM and FI. Use of trios and not just dyads. How to give feedback, languaging. Recipes vs. intuition. How we learn in the training.

ATM Lesson #138 – Carol Kress

The line of effort #2, in lying on the back

CD#12/T20 [39 min] DVD#S05-9 Scene 2 [39 min] Source: AY#307

ATM Lesson #139 – Carol Kress

Hip joints by way of lengthening #2

CD#12/T21 [50 min] DVD#S05-8 Scene 3 [50 min] Source: AY#269

[From Dennis Leri, North Carolina training, Year 3, Segment 9] Start with reference of returning home of any sort while standing. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. Return to soles together, circling pelvis. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, R knee to floor, repeat w/L knee then alternate R/L. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #2, circling bent leg, on back/arms overhead] (Alternating ATM instructions with ATM teaching. 2 people teaching, 1 instruction each from to 2 other – the same instructions but on the other side.) Start with reference of returning home of while standing. Slide arm down outside of leg then return to upright quickly a few times. Repeat OS. On back, arms overhead on floor, stand R foot, L leg long a little to side, lift L leg, circle leg each direction. L leg lifted again, lift/lower R hip, repeat quickly. Repeat OS. (Pause, let 2 teach other 2 on other side). Soles together, arms overhead, circle pelvis. Soles together, arms overhead, lift R leg a little from floor, take R knee in arc towards R shoulder. Same position of R leg, lift/lower leg. Same position of R leg lifted, lift/lower L hip. Repeat position, circle knee each direction. Repeat all variations on other side. (Pause, let 2 teach other 2 on other side). Return to back, soles together, roll pelvis 12/6 then circling pelvis. Revisit above variations after pairs teaching. Stand feet, knees touching, feet apart, slide knees against each other, tilting legs side/side. Leave R knee inside, extend knee away, stay, lift/lower R foot. Same position, R knee tilted inward, slide heel towards butt keeping knee bent. Knees together, feet wide, slide R down/away, L knee helps in whatever way. Repeat, leave R knee lengthened in middle, move L knee, R passive. Repeat OS. Alternate extending knees in middle and down. Soles together, roll pelvis 12/6. Slide knees. Return standing one foot, lengthen/lift other straight leg. Repeat OS.

FI Exploration #57 – Carol Kress

Exploring the shoulder on the side #9, review plus pushing/lengthening through leg & rolling/lifting head

CD#12/T22 [44 min] DVD#S05-10 Scene 4 [126 min]

Demo with Krista on table. Carol at head with Krista on side. Review movements. Elbow to ceiling with hand on forehead, move head and shoulder together. Krista arm on side, one hand on elbow/arm to rotate her torso backward with other hand under spine of scapula. Roll her forward and backwards. Then elbow to ceiling again rolling shoulder girdle, one hand on elbow and the other hand on scapula. Moving elbow in circle. Then shoulder girdle quiet and move the arm and then reversed. Various movements in differentiation holding elbow and shoulder girdle. Bring up shoulder girdle from behind so can bring it forward while elbow towards ceiling. Finish with Krista on back. Rollers under knees and ankles. Turning leg out, finding hip joint, pushing through hip towards head, towards opposite shoulder, defining diagonal pathway. Also lengthen leg as turning leg out. Then sitting at head have Krista roll her head. Then roll her head from hand on forehead. Hands under skull lifting head. Chin leading as you lift head, chain like sequence of vertebrae in neck, movement in chest. Practice in dyads.

Day 60 Friday July 27, 2018

Discussion #99 – Carol Kress

Checking in

CD#12/T23 [18 min] DVD#S05-10 Scene 1 [18 min]

ATM Lesson #140 – Carol Kress

Hip joints by way of lengthening #3, with sidebending, on back

CD#12/T24 [47 min] DVD#S05-10 Scene 2 [47 min] Source: AY#270

[From Dennis Leri, North Carolina training, Year 3, Segment 9] On back, feet stand, roll pelvis up/down, thinking lower back lift/lower. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift R side pelvis. Do other side. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. Stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. Stand one foot, repeat the side bend from before, take hand that was overhead down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, bend down to R side to hold in front of R knee, L arm extended overhead on floor, lift/lower L arm. Leave arm down and lift R knee, then lift arm, head and knee together. On back, stand R foot, hold in front of R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat OS. Repeat, add arm that's overhead on floor slides more overhead towards overhead. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly.

[From Diana Razumny, Boulder training, Year 2, Segment 6, Roll pelvis/hip joints #3, holding bent leg, on back/arms overhead] On back, scan movement of breath at rib ring. Break down "frog leg" movement to stand feet. Explore skeletal stability of legs. Feet standing, roll pelvis up/down, thinking lower back lift/lower. Clarify symmetry of rolling pressure. Repeat w/soles of feet together. Quick. Stand R foot, arms overhead, lift/lower lumbar, sym rolling on sacrum, pause, lift R side pelvis, roll onto L side. Repeat OS. On side, hip/knees at right angle, lift/lower top leg feeling hip joint, quicker. Repeat OS. On back, stand R foot, R hand on L temple, L arm long overhead, slide head/shoulder R, lift R hip. Repeat, stay bent to R side, lift/lower R hip, quickly. Repeat OS. (Broke to observe plus discussion). Stand one foot, repeat the side bend from before, take hand that was holding head down to hold in front of knee/shin of standing leg, stay there, lift/lower hip on that side. On front side, bend knees, reach to hold below R knee, L arm long overhead on floor, lift/lower L arm/head, eyes on hand. Leave arm down, lift R knee, then lift arm, head and knee together, look at hand. Rpt OS. On back, stand R foot, hold below R knee, L arm overhead on floor, lift hip, look up at L hand. Repeat, add sliding L arm on floor. Quickly. Repeat OS. Stand both feet, roll pelvis up/down. Soles of feet together, roll pelvis up/down, quickly. Roll head, feel upper rib ring, breath moving. Bring C7 forward/back.

ATM Lesson #140 continued – Carol Kress

Hip joints by way of lengthening #3, with sidebending, on back continued

CD#12/T25 [46 min] DVD#S05-10 Scene 3 [46 min] Source: AY#270

FI Exploration #58 – Carol Kress

Tango practice

CD#12/T26 [27 min] DVD#S05-10 Scene 4 [26 min] & Scene 5 [8 min]

Carol demonstrates with Krista a basic technique of tango. Pairs practice and switch partners. Short discussion at end.

ATM Lesson #141 – Carol Kress

Tossing the parts, arms, legs, head & pelvis

CD#12/T27 [36 min] DVD#S05-10 Scene 6 [36 min] Source: AY#168

Demo with skeleton. Sitting at head. Carol's hands on elbow and other hand has skeleton's hand on cheek/forehead and turning head with whole shoulder. Then elbow to ceiling and circling elbow and shoulder, cardinal directions for shoulder. Then turning shoulder from elbow. Everything together. Differentiating, should back, elbow forward, reverse. Down with shoulder, up with elbow and reverse. Carol moving from her pelvis. Bring elbow down to side and bring arm in pathway close to body overhead. Lift head with arm. Make circles with arm linked to head. Sit behind and move pelvis back and forth and see how spine follows. Then 2 hands on pelvis and ribs. Then back to head and notice difference. Partners practice.

Discussion #100 – Carol Kress & Diana Razumny

Closure

CD#12/T28 [7 min] DVD#S05-10 Scene 7 [7 min]

ATM Lesson #142 – Carol Kress

Voice production and speech

CD#12/T29 [25 min] DVD#S05-10 Scene 8 [25 min] Source: Chava Shelhav – ATM Book, lesson #15

Day 61 Monday July 30, 2018

ATM Lesson #143 – Diana Razumny

Taking off sweater with arm clock, on back

CD#13/T01 [63 min] DVD#S05-11 Scene 1 [63 min] Source: Amherst

On back, slide hand along floor, onto pelvis, around/up to opposite shoulder. Gradually increasing w/reversing, until finally arm moves across face and onto floor overhead. Do each arm then both at same time. Use pelvis lifting to facilitate arms overhead. –Lengthen arm, hand caressing thigh, move little towards midline, rpt, imagine clock, continue around numbers. Shoulder is center of clock, arm is hand on clock. Go completely around clock. Note shoulder girdle, head, C7, connection of arm to head and into ribs. Rpt OS, track changing pressure of back on floor. –Imagine clock on the floor. Note changes in shape/pressure of front/back with changing direction of arm/hand to clock numbers. Direct arm in such a way that can create pressure against the floor moves in direction of number on the clock. –Stand R foot, go around clock with R arm a few times. Leave R arm up at 11 or 10, lying on floor, lengthen out L heel, note effect on R arm/hand. Create response, once lengthen R hand, once L heel. –Bring R hand to L hip/thigh, lengthen out L heel, pause then lengthen R arm towards L hip. Imagine band/string from L heel up leg to hip, cross back to R shoulder, wraps over shoulder down arm to ring finger. Lengthen heel/hand, feeling connection of the band all along back side. Hook band to 2nd toe, through heel, all the way to ring finger again. Stretch the string/band by lengthening both, round back side along that line so it gets longer in back, little shorter in front. Arm curved, leg/heel lifts a little. Rpt OS.

Discussion #101 – Diana Razumny

About ATM lesson

CD#13/T02 [22 min] DVD#S05-11 Scene 2 [22 min]

FI Exploration #59 – Diana Razumny

Finding fibula & tibia & pushing through to pelvis & finding trochanter

CD#13/T03 [53 min] DVD#S05-11 Scene 3 [60 min]

Ipad anatomy app (Visible Body) projected to look at lower leg bones and foot. Self exploration of boney handles at top of fibula and tibia. Stand foot, hold below knee at top of lower leg, turn foot on heel, feel movement under fingers. Demo: Beth. Half of class lie on side, knees/hips bend 90 degrees. The other ½ explore finding head of tib/fib using foot, lifting heel. Change to feel 3 people, trochanter and fibula. Demo: Skeleton. Holding tibia and fibula push and pull to move pelvis forward and backwards. Push V in front of tibia and pull with head of fibula.

FI Exploration #59 continued – Diana Razumny

Finding fibula & tibia & pushing through to pelvis & finding trochanter continued

CD#13/T04 [43 min] DVD#S05-11 Scene 4 [48 min]

Demo with skeleton. Repeating from morning and adding on one more movement: with femur at right angle to torso, holding femur on both ends and moving backward and forward.

ATM Lesson #144 & ATM Teaching #32 – Diana Razumny

Lifting hip to lengthen opposite arm, on back, foot standing

CD#13/T05 [83 min] DVD#S05-11 Scene 5 [83 min] Source: Gaby Yaron San Francisco Eve, Aug.15, '77

Scan on back, roll head. Note breath thru nostrils, space in mouth. Stand R foot, L arm long overhead on floor. Lift R hip, roll pelvis L, lengthen L arm. Add rolling head L, looking at L hand. Switch to rolling head R, back of R hand on floor. Lengthen R arm towards R heel. Note breath R/L lung. Repeat OS. Repeat, leave hip lifted, roll head R/L, lengthening arm looking towards. ROB, note breath, lungs, nostrils. Roll head. Leave hip lifted, roll head R, lengthen R arm, R hand under heel, lift/lower hip holding heel. Hip lifted, lift/lower toes, quick/slow. Lower hip, lift/lower, compare. Lift/lower hip, hip lifted, lift toes then front of foot, heel in hand. Lift/lower hip, compare ease. ROB, compare sides. Repeat OS. Return to lift/lower R hip, lengthen L arm overhead, R hand to heel. Slide R hand under arch, hip lifted, repeat lifting toes then toes/foot. Lift/lower hip, note ease. Repeat OS. R hand holding R arch, lift/lower R hip. L hand under head, lift head towards R knee. Add lifting foot/leg w/R hand, knee/head tog/apart. Return to ref move, L arm lengthens overhead with R hip lift. ROB, note breath, lungs, nostrils, space in mouth, tongue.

Students randomly teach other side of lesson. Everyone review what they remember from 1st side of Gaby's lengthening arm lesson on other side. When finished, students randomly volunteer to teach one step at a time until the second side has been completed. Discussed teaching in pre-practicum.

Day 62 Tuesday July 31, 2018

ATM Lesson #145 - Diana Razumny

Circling right arm, on right side

CD#13/T06 [54 min] DVD#S05-12 Scene 1 [54 min] Source: Amherst July 10,'80

On back, arm along side, R palm on floor, circle arm, taking across front, overhead, returning to R side. Lie on R side, L hand standing on floor in front of chest, rest head on R arm long overhead, slide R straight arm forward so head comes to floor behind arm, rvrs, slide arm back so head comes to floor in front of arm. L hand on floor in front, elbow over hand, lower arm vertical. R arm straight out in front at shldr height below L hand, start bending elbow, directing to, slide under/behind, rvrs. Take R arm/elbow through, arm behind, straighten, slide behind, circle, turning palm to floor, slide arm up to head, rvrs. Rtrn to head resting on long R arm, slide arm forward, send elbow to, arm behind, rvrs. Head on R arm, slide arm back, head to floor in front, cont sliding arm, palm to floor, circle behind, bend elbow to slide fingertips under waist. Head on R arm, slide/circle in front, under waist, behind, circle up to head, rvrs. Continue, note legs, explore variations of leg configuration. Stand, bring ea arm to ceiling, compare distance between arm/ear, which hand closer to ceiling. Reach around to hold chin.

Discussion #102 - Diana Razumny

About ATM lesson

CD#13/T07 [42 min] DVD#S05-12 Scene 2 [42 min]

FI Exploration #60 - Diana Razumny

From ATM lesson circling arm

CD#13/T08 [42 min] DVD#S05-12 Scene 3 [61 min]

Observing movement from circling arm ATM. 1 row of students do circling arm from ATM lesson while rest of class watches. Diana focuses on Liz about where twisting in spine meets. Other students lie down and do movement of circling arm as rest watch. Watch spine twisting, the diagonals that show up between pelvis and shoulders. With Eli on side start by looking for his spine with fingers. Put fingers on sides of spinous processes to feel spine in middle. With index fingers on floor side of spine, Eli with arm on forehead rolls backward. Allow Eli to move but keep clear contact, riding along with movement. Dyads practice and work with several students. Then demo with Eli on side on table for new piece for exploration: Have Eli slide top leg forward and backwards as palpating middle of spine. Thinking of twisting movement in spine. Then Diana sitting behind legs, with one hand in front of knee and other hand (pads of fingers) in middle of spine as she moves knee backward through femur. Move 3 fingers up and down spine in slow transition moving up 1 vertebra at a time, fingers again under processes. Thinking through the chain reaction through the spine.

ATM Teaching #33 - Diana Razumny

Highlight Gaby's #11 full notes

CD#13/T09 [30 min] DVD#S05-12 Scene 4 [63 min] & Scene 5 [23 m]

Teaching trios again. Highlight Gaby's #11 full notes with three colors: position; movement; noticing. Then group discussion.

ATM Lesson #146 - Diana Razumny

Cross arms, on front and back #1

CD#13/T10 [37 min] DVD#S05-12 Scene 6 [37 min] Source: Amherst July 15 & 16,'80

On back, circle ea arm, one at a time, moving towards center and across. Rpt, both at same time. Rpt, notice which arm comes near head first and switch to other arm first. Pause w/arms across chest, draped. Let hands hang to floor, roll head side/side. Switch which arm is nearer to head, rpt. Circle R arm across to L, fingers near R shoulder, touching floor, slide fingers to R, roll chest, allow/notice pelvis/legs. Imagine someone pulling arm at wrist. Pause, repeat w/L arm crossing to R. Circle both arms, pause w/arms across chest, hands on opposite sides, slide fingertips on floor side/side to rock shoulders. Note which arm closer to head, circle arms down to sides, reverse which comes closer to head, repeat. On front, look R, R elbow bent, fingertips pointing overhead, elbow out to side at shoulder level, slide palm on floor in direction of fingertips so arm straightens on floor overhead, keep sliding palm on floor crossing over to L side, lift head so arm comes under, lower head, then reverse. Rpt but with L hand/arm in pushup position. Rpt all on OS.

Day 63 Wednesday August 1, 2018

ATM Lesson #147 & ATM Teaching #34 – Diana Razumny

Head through gap #1

CD#13/T11 [55 min] DVD#S05-13 Scene 1 [85 min] Source: Amherst July 22,'80

Sitting at head of partner, student on front do hen pecking movement, partner ride along with movement in shoulder blades. Take fingers along each side of spinous process. Student do movement again. Switch roles. (Hand on wall to start) With hand on wall turn 360 degrees in each direction. What do you have to do to turn your head through the gap.

1. On back, R knee bent, foot on floor, push with foot, allow hip to lift. Lengthen L arm up, R down, push foot, lift hip, feel for arms lengthening, ribs, head?
2. R knee forward again, bridge R hand/arm near shoulder. Push R foot, roll pelvis, explore R knee tilting L or staying up/pointed towards ceiling.
3. Rpt, explore position of foot, in/out, up/down, finding position that creates smooth/easy move of hip. (skeletal power-obsrv)
4. Rtrn to bridging R arm, compare to beg. Stand, note diff. in legs.
5. Rtrn to bridging R hand/arm, add R foot on floor, knee forward. Rpt on L side.
6. Bridge R arm/leg, R elbow/knee bent forward, L hand on elbow, explore elbow L/R. Explore up/down w/elbow, then circle. Explore direction of fingers and placement of hand
7. Legs straight, bridge R arm, compare. R knee forward, foot push on floor, roll pelvis L, track mvt through to head, explore head rolling ea direction.
8. Bridge R arm/leg, push foot, roll pelvis, allow mvt through to head, looking up to L, slide back of head through gap. (Return to mvt observation reference) Bridge R arm/leg, push foot, roll pelvis, allow mvt through to head, looking up to L, slide back of head through gap.

Sitting at head of partner that is lying on front. Revisit henpecking towards inside of elbow, feeling shoulder blades and spine between. Student lying on back, give instructions from ATM. Lengthening the arms in opposite directions with one foot standing. Then bridging arm with foot standing, head through gap. Switch roles. Switch partners.

Lengthening both arms in opp directions with 1 foot standing. Then bridging arm/leg, taking head through gap

Sweater off, arms draped across chest, lift pelvis, bridge hands. Stand feet, arms into bridge, push onto top of head. Return to lengthening both arms, 1 foot standing, rolling head, to see 1 hand then other alternately. Other side. Gaby's notes (tims) what steps needed to prep to teach?

Discussion #103 – Diana Razumny

About ATM lesson and ATM teaching

CD#13/T12 [49 min] DVD#S05-13 Scene 2 [49 min]

ATM Teaching #35 – Diana Razumny

Teaching from Gaby's #11 ATM notes (Aug. 15, 1977)

CD#13/T13 [54 min] DVD#S05-13 Scene 3 [89 min]

Teach in dyads from 2-page version of bare bones notes. Group discussion.

ATM Lesson #148 – Diana Razumny

Cross arms, on front & back #2

CD#13/T14 [38 min] DVD#S05-13 Scene 4 [39 min] Source: Amherst July 15 & 16,'80

1. On belly, face R, R arm at right angle, fingers up, L arm/fingers down. (Egypt arms) Move arms direction fingers pointing, R up/L down.
2. Pause, Lift just elbows, just hands, just wrists. Lift R elbow then L alternately. Lift both arms off floor simultaneously.
3. Same pos, slide R arm up/L down. Pause w/arms long, roll pelvis L/R, which easier? Pause, lengthen R arm little more, feel R foot/leg (lengthen?) Feel ribs R/L, pelvis. Lengthen L arm down, note L foot/leg. Pause, switch head to L rpt.
4. Same pos, R/L arm long, face to L, roll pelvis R, allow knee to slide up, slide L hand under waist. Leave forearm/hand under waist, roll pelvis side/side, sliding knees up on each side. Cont, face to R, slide L arm under more.
5. Original pos, (Egypt arms), lift elbows, etc. Slide R palm/arm on floor, direction overhead, straighten, upper arm near head, lift head, continue sliding palm so straight R arm is to L, shoulder height, reverse.

6. Arms 'starting' position, facing R, slide both arms long, slide L fingertips/hand under belly over to R side, allow pelvis to roll, reverse.
5. Return to R straight arm on floor to L, leave there, roll pelvis, slide L arm under belly to R, roll pelvis to bring L arm straight to R. (can roll up onto R elbow) so arms are both straight and crossed to opposite sides. Pause there, swing head side/side.
6. Start w/R arm over to L, head down, slide L fingertips/hand under belly over to R side.
7. Rpt in imagination on other side?

Day 64 Thursday August 2, 2018

ATM Lesson #149 – Diana Razumny

Cross arms, on front & back #3

CD#13/T15 [34 min] DVD#S05-14 Scene 1 [34 min] Source: Amherst July 15 & 16, '80

On front, Egyptian ARMS, R up/L dwn, FACE R – lift/lower: HANDS/ELBOWS/ARMS. slide R ARM up, L dwn, note R leg/SIDE lengthens, L shortens. Add – roll PELVIS R as R ARM lengthens. lengthen L ARM dwn, bend/slide L KNEE up to side. Stay w/L KNEE up, L ARM dwn under L HIP, R ARM lengthened. note curve of TORSO, HANDS crossing midline Lift HEAD, look to floor to R of R SHLDR/ARM. Add – slide R ARM to L, HEAD comes to FLOOR, ARM straight to L HEAD turned, see R HAND, Rvrs, HEAD rolls/cross ARM. Leave R ARM to L, straighten L LEG, rolling onto L ARM, stay, roll PELVIS L, slide R knee up/dwn on R. Add – lift HEAD, roll up onto R ELBOW, turn FACE R, R SHLDR back, slip L ARM through to R when rolled L until both ARMS under chest. Cont until both ARMS are crossed in front of CHEST, HEAD dangling, weight onto crossed ELBOWS. alt sliding knees up to side. Rtrn to ARMS crossed under CHEST, HEAD hanging, wrap HANDS around SHLDRS, roll side/side across ELBOWS, cont all the way to BACK w/KNEES bent, FEET standing, Rvrs, Rtrn to front, roll other dir, come to back, alt side/side.

ATM Teaching #36 – Diana Razumny

Teaching cross arms, on front & back #3

CD#13/T16 [76 min] DVD#S05-14 Scene 2 [78 min]

Half the class on the mats and half the class standing to rotate teaching. Diana on floor doing the movements of the ATM for the teachers to describe to the students.

FI Exploration #61 – Diana Razumny

Rolling on the side from pelvis and leg

CD#13/T17 [12 min] DVD#S05-14 Scene 3 [35 min]

Demo: Amy. Person on side, arms out in front, slide top arm past bottom arm, partner behind pelvis, rolling pelvis back, feeling through to top arm. go back and forth between between 2 people, one active, one passive. Then top twisted back, legs stacked on side, arms straight out to sides, practitioner in front of legs holding at knee (tib/fib), pulling leg forward to speak to diagonal lengthening arm.

FI Exploration #61 continued – Diana Razumny

Rolling on the side from pelvis and leg continued

CD#13/T18 [48 min] DVD#S05-14 Scene 4 [63 min]

Demo with Axle. Diana in front of Axle lying on her side. Take upper arm behind while Diana pulls pelvis forward from knee. As Diana pulls and pushes Axle lengthens and shortens extended arm. Then Diana sitting at extended arm, lengthening and shortening arm into torso. Diana again at front at leg, lifting leg and moving femur backward and forward. Demo with Eli. In front lift lower leg at knee and ankle and move leg into femur to roll Eli.

ATM Teaching #37 – Diana Razumny

ATM teaching notes with photos

CD#13/T19 [2 min] DVD#S05-14 Scene 5 [2 min]

ATM Lesson #150 – Diana Razumny

Upper back clock

CD#13/T20 [44 min] DVD#S05-14 Scene 6 [44 min] Source: Alexander Yanai #83

1. On back, knees bent, feet stand, lift pelvis, rolling up spine. Leave pelvis down, interlace hands behind head, lift head with arms, elbows forward. Start with head on floor, lift pelvis very high, lift head with hands, rock a bit on rounded spine, head and pelvis stay in same relationship to each other as they alternately lift and lower. 2. Head and pelvis lifted, keep fixed distance between head and pelvis, lower one while the other lifts and visa versa. With pelvis at highest point, have the pressure point of spine at 12 o'clock and go up/down between 12 and 6. Think of 3 at your left, 9 at your right, lift head and pelvis again, move between 12 and 1 in an arc. Continue one number at a time around clock towards 3 and back again. 3. Repeat with idea of ink or paint on your back at each number and you are pressing the number against the floor. Then go between 2 and 4. Go around from 12 to 6, return. Go between 12 and 6 straight through middle. 4. Start at 12, move to 3, lengthen left leg, continue down to 6 and back up to 12. Both feet standing again, move between 12 and 3,

lengthen right leg and continue between 12, 3 down to 6 and back again. 5. Both feet standing, go between 11 and 1 through 12, increase until arcing around top half of clock. Think of paint again. 6. Repeat but through bottom half of clock. 7. Move around numbers on L side of clock and cut through middle between 12 & 6. Pause, repeat on R side of clock. Repeat bottom half of clock. 8. Move from 12 to 1 and continue making full circle of clock. Return but go other direction. 9. Cross right leg over left, lift pelvis and head, circle around clock clockwise then counter. Repeat with left leg crossed over right. Do little more quickly in both directions.

Day 65 Friday August 3, 2018

ATM Lesson #151 part 1 - Diana Razumny

Coming to sit, scissoring legs, pivoting on belly

CD#13/T21 [44 min] DVD#S05-15 Scene 1 [44 min] Source: July 10, 80

1. On L side, R arm in 'frame' out in front, hand on floor, L long arm under head, knees/hips bent up, stacked. Slide L leg/knee down so R knee/leg come to floor in front/above L. Rvrs.
2. Same position, slide R leg long few times then alternate legs straightening/bending.
3. On front, L arm down by side, face R, R arm frame, slide R leg/knee up to R few times, stay bent up, slide L knee up to R and under R bend leg. Slide up/down few times.
4. Rpt, then leave L knee bent up to side, straighten R leg down few times then alternate legs.
5. On front, arms up by head. Face R, cross straight R leg over L leg, bring L knee up to R side. 'Push-up' arms, elbows in air, rpt.
6. Rpt, push up to side sit. Rpt few moves from of above on L side. Alt side/side coming to side sit from front.
7. Push-up hands, look at wall overhead, bring both knees up to R side, keep looking at wall, swivel on pelvis to bring feet towards wall you're looking. Rvrs.
8. Sit, lean on hands behind, feet on floor, lift feet to balance on butt, send feet/legs around to R, then behind and come onto belly.

Discussion #104 - Diana Razumny

Moshe video: Sense of inferiority

CD#13/T22 [75 min] DVD#S05-15 Scene 2 [75 min] Source: Amherst, Aug 4, 1980

FI Exploration #62 - Diana Razumny

From scissoring legs ATM

CD#13/T23 [13 min] DVD#S05-15 Scene 3 [29 min]

Demo with Lauri. Diana behind Lauri, both hands on pelvis and ask Lauri to slide top leg to floor and return leg with Diana riding along. Then slide top leg down to straighten it. Could bring Lauri up to sitting easily. Now Lauri scissor leg movement. Then Diana puts hands on center of spine with fingers on both sides of spinous processes. Land in a light pinch with both hands while Lauri does scissoring with legs. Can ride along in a few places on spine. Partners practice.

ATM Teaching #38 - Diana Razumny

Trios prepare their ATMs for pre-practicum

CD#13/T24 [2 min] DVD#S05-15 Scene 4 [90 min]

ATM Lesson #151 part 2 - Diana Razumny

Coming to sit, scissoring legs, pivoting on belly, part 2

CD#13/T25 [30 min] DVD#S05-15 Scene 5 [30 min] Source: July 10, 80

Towards end of lesson students in dyads help bring their partner to sitting by pulling from ankle of straight leg.

Day 66 Monday August 6, 2018

ATM Lesson #152 – Diana Razumny

Folding, straight leg to ceiling, circling, on back and sitting

CD#14/T01 [47 min] DVD#S05-16 Scene 1 [47 min] Source: AY#?

On back, stand feet, R ankle on L thigh, hold R foot w/L hand around outside edge, R hand behind head, lift head/foot towards ceiling. Hands interlaced behind head, stand feet, lift R foot to ceiling, lift head, circle leg. Repeat OS. Sit cross legged, hold R ankle w/L hand from under and R knee w/R hand wrapped around outside, lift/lower leg w/ help of hands, head towards knee. Variation of R arm slipped up to elbow from inside the knee for lifting. Repeat OS. On back, stand feet, knees together, feet wide apart, slide knees alternately in/down, lengthening out knee. Hands behind head, feet/knees together, lift legs, bend/unbend knees, lift head/feet towards ceiling. Repeat with legs, change arms to lengthen to ceiling when legs are lengthening. Pause, head on floor, explore lifting C7. On back, repeat original move of head/leg lifted, explore diagonals w/head/leg lifted. Repeat lifting foot/head towards ceiling with help of hand on each. Repeat, thinking of directing elbow towards knee. Sit, cross R over L, hang head, swing side/side, bring head/mouth to leg, going from ankle to knee, like lips could caress lower leg. Hold R leg like before, straighten L leg, foot resting on thigh, bend knee sliding foot so leg comes towards head. Repeat OS. Repeat above movement, roll back (1 leg straightens, other stays bent) and then up to sitting again keeping head/leg near. Look at bent knee coming to floor near head while rolling back (judo roll)

Discussion #105 – Diana Razumny

About ATM teaching project

CD#14/T02 [13 min] DVD#S05-16 Scene 2 [13 min]

Tuesday, Wednesday, Thursday first event in morning teaching, 2 groups teaching each day, a 3 person group and a 2 person team. Tuesday will be Em/Ashley and Deborah/Ev/Liz is the other team. Wednesday Nancy/Amy & Juanalee/Beth/Dawn. Thursday Hilary/Lauri/Eli & Jeffry/Axle. Students receiving at end of lesson will make a few notes to go in hat about what you learned about ATM teaching by being in the class that your classmates taught. Lessons should be around 45 minutes (40-50 minutes).

FI Exploration #63 – Diana Razumny

Review last week FI Explorations

CD#14/T03 [80 min] DVD#S05-16 Scene 3 [80 min]

Trios review.

ATM Lesson #153 part 1 – Diana Razumny

Bridging, Part 1

CD#14/T04 [52 min] DVD#S05-16 Scene 4 [52 min] Source: AY#439 part 1

Stand R foot, R arm overhead on floor. Press R foot minimal amount, note R shldr blade, slide down? Add pressing back of head w/foot pressing, note back of R hand slide? Slide head to R, looking L/up. Lift R hip, look L/up, continue to see towards R hand, arm drapes head. Repeat OS. Stand R foot, L arm overhead on floor, R arm down. Slide arms, L up overhead, R hand down towards foot. Note head – Alt, roll head R. Roll L, look up, slide back of head R. Which brings R hand closer to R foot? Think back of head/sacrum. Repeat OS. Stand R foot, R arm long overhead. Push R foot, lift R hip, slide head R, look up/L, arm drapes across head. Continue, when R arm draped on head, bend elbow, lift in air, slide hand towards head, place on floor, leave there, slide head in/out of arm bridge. Eventually stand palm w/fingers pointing footward. Slide head in/out of arm bridge, pushing from foot. Keep hand standing, extend leg, turn head left, slide under R arm. R heel pressing? Repeat OS. Stand feet, R arm overhead on floor, L arm down by side. Slide L hand to L foot. Add lifting L hip, reach to hold L ankle w/L hand. Roll R? Repeat OS. Bridge both arms, press hands, back of head, tail to floor. Slide back of head down to look overhead. Arms down by sides, press/slide head, weight to elbows/forearms. Look overhead, coming onto crown of head if possible. Lift bent legs over chest, repeat, rolling pelvis/tail down.

ATM Teaching #39 – Diana Razumny

Studying Gaby's Lesson #11: On back lifting hip to lengthen opposite arm

CD#14/T05 [4 min] DVD#S05-16 Scene 5 [43 min] Source: Gaby Yaron August 15, 1977 Evening Notes

Trios. Make teaching notes for yourself.

ATM Lesson #153 part 2 - Diana Razumny

Bridging, Part 2

CD#14/T06 [33 min] DVD#S05-16 Scene 6 [33 min] Source: AY#439 part 2

On back, press head, elbows, sacrum. Gently explore sliding onto top of head. Stand R foot, R arm long overhead. Roll L, stand R hand by head, rtn to back. Use L hand to direct R elbow/press R hand. Rpt OS. Stand R foot, slide R hand to R ankle. Hold R ankle w/R hand, lift/lower R hip. Stand L hand near head, arch onto top of head. Rpt OS. Stand hands near head/shoulders. Slide onto crown of head. Stand feet, lift pelvis, hands to ankles. Lift/lower pelvis, direct knees over feet. Shoulders slide towards feet. Press head, slide onto crown. Stand feet/hands, Slide onto crown of head pressing hands. Rpt, add lift/lower pelvis. Direct knees over/away from feet. Create rolling on top of head. Stand feet, arms along side. Press head/elbows to slide onto crown. Stay on crown, lift pelvis. Stand feet, hold ankles. Pull ankles to bring pelvis/feet close. Knees go forward/down over feet. Slide onto crown. Interlace hands behind head, lift. Rpt w/feet standing. Lift pelvis/head. Head/pelvis remain lifted, rock up/down head to tail. Hold below kneecaps, push knees into hands, pull onto crown. Hold/lift head, lift bent knees, elbows/knees together, hold. Stand - Walk.

Day 67 Tuesday August 7, 2018

ATM Teaching #40 – Diana Razumny

ATM pre-practicum #1

Not recorded

Em and Ashley taught “Spinal Chain” to one group ; Deborah, Eli and Liz taught “Sit to Stand” to the other group of students their ATM project lesson.

Discussion #106 – Diana Razumny

About ATM teaching experience

CD#14/T07 [45 min] DVD#S05-17 Scene 1 [45 min]

Students wrote on paper positive directed comments. Teachers shared first. Then Diana read from slips of paper from student comments.

ATM Lesson #154 – Diana Razumny

Hurdling legs #1

CD#14/T08 [40 min] DVD#S05-17 Scene 2 [43 min] Source: Amherst Year 2: July 15&16, 1981

On back, hip/shldrs dots/lines, diagonal scan. Roll each leg L individually then same time. Outside edge of L foot to floor, inside edge of R. Turn L foot L, outside edge touching, slide L, note R heel/shoulder. Turn R foot L, inside edge of foot touching, slide R, heel going back. Leave R foot slid back to R, add sliding L foot L/center. Start with just sliding L foot L, stay L, add sliding R leg back to R/center. Turn both feet L, slide both at same time, L to L, R to R, like leaping through air to L. Bring tog/apart. Reach through straight legs as they spread, relax into knees bending as come together. Stay w/legs open, seesaw breathing. Legs split to L, keep L leg straight, reach L hand to L foot. Keep both hands palm down on floor. Slide L foot towards L hand. Repeat on other side, legs split to L, take R hand to R foot behind. Alternate. Keep legs fixed distance apart when alternating, slide legs as a unit, L foot towards L hand, R to R, feel hinging in torso. Note head/face. Note torso. Arms straight out to sides, legs split to L, keep legs open/fixed, slide head/shoulders/arms L so L hand comes towards L foot where it is. Repeat to R. Alternate. Leave head/shoulders/arms in middle, scissor legs, note diff. Scissor legs L, open/close. Arms straight out, palms down, add alternating hands to feet w/each opening of legs. Legs close when arms/head pass through middle. Rtrn to simple scissor legs, stand feet, push foot/lift hip, compare L/R. Stand, arms out to sides, tilt L/R, sidebend? Twist? Rpt OS.

Discussion #107 – Diana Razumny

Anatomy video of foot

CD#13/T09 [10 min] DVD#S05-17 Scene 3 [12 min]

Website – www.eorthopod.com

Discussion #108 – Diana Razumny

About hurdling legs ATM

CD#13/T10 [62 min] DVD#S05-17 Scene 4 [63 min]

About ATM lesson. Demos showing movements of ATM and how to translate to FI.

ATM Lesson #155 – Diana Razumny

Rolling on diagonal, arms & legs in the air, on back

CD#14/T11 [46 min] DVD#S05-17 Scene 5 [46 min] Source: ?

On back, reach R ARM forward and a little L. Stand FEET, lift L LEG towards ceiling, take LEG up/R so feel pressure along BACK side on diagonal towards R SHOULDER. Stand R FOOT, lengthen L LEG forward again, take L LEG little to R/up towards R SHOULDER. Return to R ARM forward, directing down/L, add lifting HEAD. Repeat, ADD pressing L ARM into floor, feeling ELBOW can participate. L LEG in the air again, take LEG up/R. Build a big circle w/LEG each direction. Feel around the top of the SHOULDERS, RIBS on each side, PELVIS. Repeat with R HAND on L KNEE/CALF. Repeat with L ARM/R LEG. Both ARMS in front, HANDS as if holding DOWEL, take ARMS forward towards L HIP, HEAD/SHOULDERS come away from the floor, repeat OS then alternate. Both FEET to ceiling, repeat same ideas with LEGS as did with ARMS. As LEGS go towards L SHOULDER, L SHOULDER lifts. Repeat OS. L LEG in air, hold L ANKLE with R HAND, circle LEG, make circle of pressure on back. Repeat OS. Rock on diagonal while holding ANKLE (or behind KNEE). Hold opposite ANKLES, rock on diagonals, circle middle BACK. ARMS forward, holding DOWEL, lift R SHOULDER/HEAD then both SHOULDERS to come to sit on diagonal, repeat OS. Continue, use ARM/ELBOW to help come to sit over one hip/other.

Day 68 Wednesday August 8, 2018

Discussion #109 – Diana Razumny

Instructions for pre-practicum

CD#14/T12 [2 min] DVD#S05-18 Scene 1 [2 min]

ATM Teaching #41 – Diana Razumny

ATM pre-practicum #2

Not recorded

Nancy and Amy taught “Coordination of Flexors and Extensors” in one group; Juanalee, Beth and Dawne taught in second group.

Discussion #110 – Diana Razumny

About ATM teaching experience

CD#14/T13 [40 min] DVD#S05-18 Scene 2 [40 min]

FI Exploration #64 – Diana Razumny

Review first 2 weeks with Carol

CD#14/T14 [3 min] DVD#S05-18 Scene 3 [44 min]

FI Exploration #64 continued – Diana Razumny

Review first 2 weeks with Carol continued

CD#14/T15 [1 min] DVD#S05-18 Scene 4 [73 min]

Switch roles.

ATM Lesson #156 – Diana Razumny

Hurdling legs #2

CD#14/T16 [36 min] DVD#S05-18 Scene 5 [36 min] Source: Amherst Year 2: July 15&16, 1981

Start like lesson #1, explore scissoring L/R. End w/scissoring to L. Scissor legs L then slide R leg over L to L, L leg back to R, open/close legs here. Reach through straight legs, keeping R shoulder back to R towards floor. Rpt OS (or wait till end in imagination). Repeat, arms straight out to sides, sliding hands towards feet alternately on opening of legs. Note shape/use of torso. Return to original scissoring, note diff. use of torso. Rpt OS (or wait till end in imagination). Scissor R leg over L to L, arms out, take L hand to R foot, R hand to L foot alternately with opening of legs. Stay w/L hand near R foot, roll head side/side. Leave head looking L, push belly out/down on exhale (seesaw), add lifting head. Look R, rpt. Repeat w/face to ceiling. Rpt OS (or wait till end in imagination). Return to simple scissor legs to L. Lie w/legs down, sense legs/pelvis lower back. Bring feet to standing, push foot to floor lifting side of pelvis, compare R/L. Other side in imagination?

Day 69 Thursday August 9, 2018

ATM Teaching #42 – Diana Razumny

ATM pre-practicum #3

Not recorded

Hilary, Lauri, Eli taught “Pelvic Clock” in one group; Jeffrey and Axle taught “Carriage of the Head” in second group.

Discussion #111 – Diana Razumny

About ATM teaching experience

CD#14/T17 [52 min] DVD#S05-19 Scene 1 [52 min]

ATM Lesson #157 – Diana Razumny

Judo roll prep, shoulder stand prep

CD#14/T18 [33 min] DVD#S05-19 Scene 2 [33 min] Source: AY#9

On back, feet stand, fists under pelvis, lift bent legs into air, swing spread legs overhead, knees towards shoulders. Add head lifting. Sit, arms out in front, swing whole body rolling backwards, feet overhead to floor. On back, arms by sides, swing legs up and over, arms stay on floor. Press hands on floor to help swinging legs. On back, R foot standing, L leg long, swing L leg towards overhead, R bent leg follows behind. Pause, switch legs and repeat. Hold R knee? R foot standing, lift L foot, L hand holds L foot/arch from inside, straighten L knee. Continue, thinking of heel going towards ceiling. Pause, switch legs. Hold both feet w/both hands, straighten knees, heels to ceiling. Note point along spine where you come to rest or balance when legs straighten. Sit, soles together, interlace hands behind head, elbows hang towards floor, fold/unfold spine while head continues to hang. Note lumbar. Sit, L foot standing, R long, lean on L hand, face L, hang head, R hand on L ear, R ear towards L knee, fold/unfold spine. R elbow outside L knee. Sit, L foot standing, lean on R hand, face R, L hand on R ear, L elbow towards R knee, fold/unfold spine. Rpt OS. Sit, soles together, interlace hands behind head, elbows hanging down, fold/unfold spine. Change? On back, hold feet, swing legs overhead, ease? Sit, swing back, catch pelvis w/hands, elbows support, stay up, straighten legs, feet to ceiling. Small move, lower straight legs towards floor. One leg/foot at a time. Knees stay straight. (look to side at leg, bend knee to floor?) Ref move: On back, feet standing, fists under pelvis, repeat beginning move, swinging legs overhead, note ease/difference.

Discussion #112 – Diana Razumny

Video of Anatomy of knee

CD#14/T19 [11 min] DVD#S05-19 Scene 3 [11 min]

FI Exploration #65 – Diana Razumny

Rolling pelvis from the leg

CD#14/T20 [58 min] DVD#S05-19 Scene 4 [75 min]

Start by guiding everyone in sidelying to lift/lower top foot/knee, rolling pelvis forward/backward. Then dyads practice.

ATM Lesson #158 – Diana Razumny

Softening the hip joints to side sitting & bringing the knee to one shoulder & the other shoulder

CD#14/T21 [36 min] DVD#S05-19 Scene 5 [36min] Source: AY#93

Day 70 Friday August 10, 2018

ATM Lesson #159 – Diana Razumny

Hurdling legs #3

CD#14/T22 [43 min] DVD#S05-20 Scene 1 [43 min] Source: Amherst Year 2: July 15&16, 1981

On back, diagonal scan, dots at hip/shldr joints, stand feet, tilt knees L/R. Note ease, compare R/L. Roll legs to point L, spread like for leaping. Do few times. Add sliding hands, palm down, alternately towards foot in front/back (R/L). Repeat on R side. Switch over legs so L crosses over R to the R, R reaches behind to L, scissor. Stay w/legs open, lift head to look at L hip. Hands on lower ribs, lift head on exhale, push belly out. L hand on ribs, R behind head, lift head. Original scissor legs to R, hands on ribs, help ribs w/hands. Leave legs open, reach R hand to ceiling, lift/lower shoulder blade. Lift head w/arm. Lift/lower arm/head sequentially then in opposition. Alternately press/lift head/shoulder. (Lift head/press shoulder) Scissor legs as before, stay open, reach L arm to ceiling, lift head w/arm then alternately. Legs open to R again, both arms to ceiling, reach alternately, lift head w/each arm. Repeat w/head turned to R. Spread legs wide, interlace hands, arms in hoop out in front, roll hoop R, R elbow towards floor then to L. Lift head when elbow touches floor. Scissor legs w/arm hoops. Stand feet, tilt legs. Note ease/difference.

Discussion #113 – Diana Razumny

Video of anatomy of hip

CD#14/T23 [10 min] DVD#S05-20 Scene 2 [11 min]

ATM Lesson #160 & FI Exploration #66 – Diana Razumny

Judo roll prep, lengthening through straight leg, in partners

CD#14/T24 [26 min] DVD#S05-20 Scene 3 [26 min] Source: Diana Razumny

Show Boulder training video of Diana giving instructions. Demo first with Joan. Pairs: One on back on floor, other standing overhead. Bring pelvis in air, hold with hands, bring R knee to floor to R of head, stand L hand in bridge, straight L leg long to ceiling then overhead, partners hold L heel so they can take head through gap. Go back and forth, head back through bridge to roll a little onto shoulder, reverse, head comes back to starting. On hands/knees, R knee stays on floor, lengthen L leg, L hand on floor, take head through gap/bridge of L arm, lengthen L leg, partners hold L heel/ankle, lengthening out heel as head comes out of gap. Head comes in and out of bridging L arm with no weight on the head but directed onto the shoulder.

Discussion #114 – Diana Razumny

About teaching for ATM practicums

CD#14/T25 [32 min] DVD#S05-20 Scene 4 [65 min]

Groups of 4 discuss plans for practicing ATM teaching between segments in preparation for the ATM practicum. Trios meet about possibly choosing another lesson for your practicum or keeping same lesson. About sending in your ATM certification form to the guild when finishing Year 2 on October 26th. About joining the guild as a student member.

Discussion #115 – Diana Razumny

Closure

CD#14/T26 [58 min] DVD#S05-20 Scene 5 [65 min]

ATM Lesson #161 – Diana Razumny

Holding knee and foot, circling hip joint

CD#14/T27 [23 min] DVD#S05-20 Scene 6 [23 min] Source: AY#302 Releasing the hips by holding the feet

On back, stand feet, hands hold R knee, gently pull close to chest. Rpt w/L leg. Hold R knee w/both hands, circle knee, chg dir. Rpt OS. Hold R knee, circle foot at ankle, chg dir. Attn toes/heel. Cont quick/slow. Rpt OS. Hold R knee w/L hand, R ankle w/R hand, pull ankle R, knee L. Roll L, eventually R knee touches floor to L. Rpt OS. Hold R knee w/L hand, ankle w/R hand, circle lower leg, knee stationary, chg dir. Rpt OS. Same pos. circle foot only at ankle, chg dir. Rpt OS. Sit, L leg long in front, R leg bent backwards, lean on L hand, hold R knee w/R hand. Lift/lower R knee, eventually knee up over standing foot. Continue past standing to knee open to R. Alt knee in/out. Turn torso to accommodate knee to floor front/back. Rpt OS. On back, hold R knee w/L hand, R hand hold outside edge of R foot. L hand pulls R knee to L, R hand pulls R foot to R. Cont, rolling L, touch R knee to floor on L, R foot lifted. Rpt OS. On back, bent legs touching, hold edges of both feet from outside, R hand on R, L on L. Keep knees tog, separate feet, knees can go away from head down towards floor, feet spreading apart. Same pos, feet apart, make circles w/lower legs, chg dir. Legs long note: legs, pelvis, chest, shoulders. Walk, note legs.