

## Day 71 Monday October 15, 2018

### Discussion #116 – Diana Razumny & Thomas Farnbacher

#### Introduction

CD#15/T01 [9 min] DVD#S06-1 Scene 1 [9 min]

Diana introduces Thomas and Thomas talks a bit about himself.

### ATM Lesson #162 & FI Exploration #67 – Thomas Farnbacher

#### Lowering the head

CD#15/T02 [80 min] DVD#S06-1 Scene 2 [80 min] Source: AY#50

At 78 min moved into partners in standing looking at partner's back and then tracing with hand partner's back along the spine. Switch partners several times. Then switch roles. Then switch partners again.

### ATM Lesson #162 & FI Exploration #67 cont. – Thomas Farnbacher

#### Lowering the head continued

CD#15/T03 [41 min] DVD#S06-1 Scene 2 [46 min] Source: AY#50

At 18 min moved again into partners for same exploration. Then partners discuss exploration. Then full group discussion.

### ATM Lesson #163 & FI Exploration #68 – Thomas Farnbacher

#### Preparation for head stand, Part 1

CD#15/T04 [77 min] DVD#S06-1 Scene 4 [84 min] Source: AY#163

At 11 min demo with Axle and then partners with person on back with feet standing and practitioner with hand below knee lifting leg and letting leg fall to floor quickly into standing leg. Demo with skeleton. More practice. Then back to ATM.

**Day 72 Tuesday October 16, 2018**

**ATM Lesson #163, part 2- Thomas Farnbacher**

Preparation for head stand, Part 2

CD#15/T05 [60 min] DVD#S06-2 Scene 1 [60 min] Source: AY#163; Amherst June 23, '81 Carp jump continued

**Discussion #117 - Thomas Farnbacher**

About ATM lesson

CD#15/T06 [18 min] DVD#S06-2 Scene 2 [18 min]

**ATM Lesson #163, part 3- Thomas Farnbacher**

Preparation for head stand, Part 3

CD#15/T07 [15 min] DVD#S06-2 Scene 3 [15 min] Source: AY#163; Amherst June 23, '81 Carp jump continued

**FI Exploration #69 - Thomas Farnbacher**

Class FI with Nancy

CD#15/T08 [11 min] DVD#S06-2 Scene 4 [50 min]

**FI Exploration #70 - Thomas Farnbacher**

Lifting shoulder and connecting to ribs

CD#15/T09 [39 min] DVD#S06-2 Scene 5 [124 min]

Groups of 3 discuss and explore with what they saw in Nancy's lesson. Then demo with skeleton. Working with shoulder girdle. Then practice in dyads.

**ATM Lesson #163, part 4- Thomas Farnbacher**

Preparation for head stand, Part 4

CD#15/T10 [18 min] DVD#S06-2 Scene 6 [18 min] Source: AY#163; Amherst June 23, '81 Carp jump continued

**Day 73 Wednesday October 17, 2018**

**ATM Teaching #43 – Thomas Farnbacher & Diana Razumny**

**ATM Practicum #1**

CD#15/T11 [48 min] DVD#S06-3 Scene 1 [48 min]

Liz & Deborah teach class ATM Book #1.

**Discussion #118 – Thomas Farnbacher**

**About ATM Practicum**

CD#15/T12 [25 min] DVD#S06-3 Scene 2 [25 min]

**FI Exploration #71 – Thomas Farnbacher**

**Class FI with Krista**

CD#15/T13 [6 min] DVD#S06-3 Scene 3 [63 min]

**FI Exploration #72 – Thomas Farnbacher**

**On side, top bent leg on roller, push/pull tibia rotating spine**

CD#15/T14 [10 min] DVD#S06-3 Scene 4 [63 min]

Demo with skeleton. Trios practice.

**ATM Lesson #164 – Thomas Farnbacher**

**Right foot slides around left leg**

CD#15/T15 [18 min] DVD#S06-3 Scene 6 [18 min] Source: Amherst June 16, 1981

**Day 74 Thursday October 18, 2018**

**ATM Teaching #44 – Thomas Farnbacher & Diana Razumny**

**ATM Practicum #2**

CD#15/T16 [49 min] DVD#S06-4 Scene 1 [49 min]

Amy, Nancy and Em teach class ATM Book lesson #5.

**Discussion #119 – Thomas Farnbacher & Diana Razumny**

**About ATM Practicum**

CD#15/T17 [78 min] DVD#S06-4 Scene 2 [78 min]

Thomas demo with skeleton. Thomas demo with Amy. Thomas demo with Lauri.

**FI Exploration #73 – Thomas Farnbacher**

**Class FI with Jeffrey**

CD#15/T18 [9 min] DVD#S06-4 Scene 3 [59 min]

At beginning a note about Charles Sherrington.

**FI Exploration #74 – Diana Razumny**

**Sidebending, on side, lifting foot & head**

CD#15/T19 [18 min] DVD#S06-4 Scene 4 [29 min]

Following Jeffrey's FI.

**ATM Lesson #165 – Thomas Farnbacher**

**Right foot slides around left leg cont. & Roll over with hands on head**

CD#15/T20 [53 min] DVD#S06-4 Scene 5 [53 min] Source: Amherst June 16, 1981

**Day 75 Friday October 19, 2018**

**ATM Teaching #45 – Thomas Farnbacher & Diana Razumny**

**ATM Practicum #3**

CD#15/T21 [52 min] DVD#S06-5 Scene 1 [52 min]

Lauri, Hilary and Eli teach class ATM Book #6

**Discussion #120 – Thomas Farnbacher & Diana Razumny**

**About ATM Practicum**

CD#15/T22 [22 min] DVD#S06-5 Scene 2 [23 min]

Lauri, Hilary and Eli shared about their experience of teaching and preparing.

**FI Exploration #75 – Thomas Farnbacher**

**Sidebending, on side cont, from shoulder with support from table side**

CD#15/T23 [23 min] DVD#S06-5 Scene 3 [72 min]

Demo with Lauri following up on Jeffrey's lesson. Demo with skeleton. Practice in groups of 3.

**ATM Lesson #166 – Thomas Farnbacher**

**Mouth, tongue, palate plus humming**

CD#15/T24 [57 min] DVD#S06-5 Scene 4 [57 min] Source: AY#23

**ATM Lesson #167 – Thomas Farnbacher**

**All fours, crossing heels**

CD#15/T25 [58 min] DVD#S06-5 Scene 5 [58 min] Source: Amherst, June 23 1981

**Day 76 Monday October 22, 2018**

**ATM Teaching #46 – Thomas Farnbacher & Diana Razumny**

**ATM Practicum #4**

CD#16/T01 [55 min] DVD#S06-6 Scene 1 [55 min]

Dawne, Juanalee and Beth teach class ATM Book #10

**Discussion #121 – Thomas Farnbacher & Diana Razumny**

**About ATM Practicum**

CD#16/T02 [56 min] DVD#S06-6 Scene 2 [56 min]

**ATM Lesson #168 & FI Exploration #76 – Thomas Farnbacher**

**Leaning over the table, defining hip joints**

CD#16/T03 [75 min] DVD#S06-6 Scene 3 [93 min] Source: Jerry Karzen

At 37 min demo with skeleton. Demo with Beth. Lifting right angle leg on side opening hip joint. Move each hip joint depending upon how you lift leg. Dyads practice, then back to ATM.

**ATM Lesson #168 & FI Exploration #76 cont – Thomas Farnbacher**

**Leaning over the table, defining hip joints continued**

CD#16/T03 [26 min] DVD#S06-6 Scene 3 [33 min] Source: Jerry Karzen

At 16 minutes demo with Amy to find the hip joint. Then dyads practice.

**Day 77 Tuesday October 23, 2018**

**ATM Teaching #47 – Thomas Farnbacher & Diana Razumny**

**ATM Practicum #5**

CD#16/T05 [53 min] DVD#S06-7 Scene 1 [53 min]

Krista, Jeffrey & Axle teach class ATM Book #11

**Discussion #122 – Thomas Farnbacher & Diana Razumny**

**About ATM Practicum**

CD#16/T06 [28 min] DVD#S06-7 Scene 2 [28 min]

**FI Exploration #77 – Thomas Farnbacher**

**Class FI with Axle**

CD#16/T07 [2 min] DVD#S06-7 Scene 3 [53 min]

**ATM Lesson #169 – Thomas Farnbacher**

**Preparation for head stand, caterpillar, Part 1**

CD#16/T08 [63 min] DVD#S06-7 Scene 4 [63 min] Source: Amherst June 25, 1981

**FI Exploration #78 – Thomas Farnbacher**

**Exploring the hip joint, on the back**

CD#16/T09 [28 min] DVD#S06-7 Scene 5 [68 min]

Demo with Eli. On back with legs standing. Position of legs, position of feet and toes, arches. Which leg is more stable? Which knee could take more weight? Thomas put weight on each knee and see what you find for stability. Move leg to access hip joint in the more stable leg first. Dyads practice. Demo with Em. How do we test the stability of the standing leg? Can lift lower leg and then push through thigh to hip joint. Practice with new partner.

Day 78 Wednesday October 24, 2018

**ATM Lesson #170 - Thomas Farnbacher**

Preparation for head stand, caterpillar Part 2

CD#16/T10 [46 min] DVD#S06-8 Scene 1 [46 min] Source: Amherst June 25, 1981

**Discussion #123 - Staff**

ATM Certification, Guild membership and more

CD#16/T11 [37 min] DVD#S06-8 Scene 2 [37 min]

Efrem handed out guild packet for students finishing Year 2 of their training. Talked about sending in ATM Certification Form, joining the Guild as a student member, necessary to study use of Guild trademarks, and functions of Guild. Also then discussed obtaining sets of FI props, moving blankets, mats and more.

**FI Exploration #79 - Thomas Farnbacher**

Class FI with Eli

CD#16/T12 [5 min] DVD#S06-8 Scene 3 [48 min]

**FI Exploration #80 - Thomas Farnbacher**

On front, lifting shoulders, connecting spine and ribs

CD#16/T13 [29 min] DVD#S06-8 Scene 4 [81 min]

First 5 minutes not recorded. Demo with Liz. Lying on belly. One arm up, one arm down. Difficult for many to be comfortable on their front. Lifting and rolling (hinging) shoulder of arm that is down along side. Then to shoulder on side where arm is above head. Then lifting shoulder so Liz can turn her head to other side. Can do with either flexion or extension. Demo with skeleton.

**ATM Lesson #171 - Thomas Farnbacher**

Head rotated by pelvis & partial judo roll

CD#16/T14 [56 min] DVD#S06-8 Scene 5 [56 min] Source: Amherst June 25, 1981 & Thomas

Partners at end standing with hand on head feeling the weight going through the skeleton. Switch roles.

**Day 79 Thursday October 25, 2018**

**ATM Lesson #172 - Thomas Farnbacher**

Side roll, exploring left eye

CD#16/T15 [66 min] DVD#S06-9 Scene 1 [66 min] Source: Amherst June 29, 1981

**FI Exploration #81 - Thomas Farnbacher**

Class FI with Hilary

CD#16/T16 [4 min] DVD#S06-9 Scene 2 [54 min]

**FI Exploration #82 - Thomas Farnbacher**

Based on Hilary's FI, accessing the spine through the hip & shoulder

CD#16/T17 [34 min] DVD#S06-9 Scene 3 (no video 14-35) [98 min]

Demo with skeleton. Orientation in standing and how to translate to lying down on belly.

**ATM Lesson #173 - Thomas Farnbacher**

Headstand preparation, judo roll revisited

CD#16/T18 [57 min] DVD#S06-9 Scene 4 [57 min] Source: Amherst June 29, 1981

**Day 80 Friday October 26, 2018**

**ATM Lesson #174 - Thomas Farnbacher**

Head and anus

CD#16/T19 [74 min] DVD#S06-10 Scene 1 [74 min] Source: AY#524

**Discussion #124 - Diana Razumny & Thomas Farnbacher**

About studying and teaching ATM between segments

CD#16/T20 [60 min] DVD#S06-10 Scene 2 [60 min]

Tadd from SFe5 training shares his process of starting to teach ATM classes. Good sources for teaching to the public: Esalen Training, Gaby & Mia San Francisco Evening Notes and Moshe San Francisco Evening Notes. Idea of students teaching an ATM before class next segment. Eli's idea of group doing a lesson once a month on Zoom and discuss structure.

**ATM Lesson #175 - Thomas Farnbacher**

Headstand preparation, rolling out of headstand

CD#16/T21 [31 min] DVD#S06-10 Scene 3 [31 min] Source: Amherst July 1, 1981

**Discussion #125 - Diana Razumny & Thomas Farnbacher**

Closure

CD#16/T22 [8 min] DVD#S06-10 Scene 4 [8 min]

**ATM Lesson #176 - Thomas Farnbacher**

Headstand preparation, worm on front, falling out of headstand

CD#16/T23 [43 min] DVD#S06-10 Scene 5 [43 min] Source: Amherst July 1, 1981