

Day 91 Monday July 8, 2019

ATM Lesson #195 – Katrin Smithback

Head Circles #1

CD#19/T01 [50 min] DVD#S08-1 Scene 1 [51 min] Source: Amherst 1980 & 1981

Several Head Circle lessons from Katrin's Amherst notes.

1) SIT, legs x'd, L in front of R. Lean on hands with your chin dropped forward toward the sternum– move the R shldr forward & the L back. What happens to head? Head moves so R ear comes closer to R shldr. Lift R hip jt as move R shldr forward– R ear moves as if to lie on R shldr, L knee closer to floor. Think of eyes as do– when R ear is on R shldr could you see the R buttock as lift R hip? Do in one mvmt– chin on chest, R shldr forward, R ear to R shldr, head rolls back to see R butt. LIE ON BACK, Roll head L/R– compare sides. *Though simple mvmt, profound effects. Are dealing with the head & teleceptors– which relate us to external world – of space, other people, for seeing, listening, speaking, smelling, etc. In this lesson, relating head to internal feeling– mixing up internal/external world.* SIT, legs x'd, R leg in front, hands in back supporting you. Have chin on chest. Turn R shldr forward, L back, let head roll to R, R ear on R shldr, think of looking at R buttock, head rolls back, L knee moves toward floor. Do mvmt, and think of standing on R foot (don't do). LIE ON BACK (Because many people have difficulties in hands & wrists leaning on them) Lift both shldrs off the floor– *head remains on floor.* Lift C7T1 also– *ribs, chest collapses.* Do same mvmt w/ pelvis– roll it so pelvis tilts & lower part lifts– *don't press on feet to do.* Lift shldrs & tilt pelvis as if they were going to meet. *Is flexor mvmt.* Continue mvmt & press heels to floor. Press w/ R heel only, diagonal from R to L, as if R hip jt will meet L shldr. *What happens w/ head?* Lift both shldrs & tilt pelvis– *feel spine on floor, extensors lengthen, let go.* Move L hip jt & R shldr tog. Lift shldrs & tilt pelvis– don't use legs. Extend R leg & do– is L leg participating? As do mvmt of shldrs/pelvis tog, slowly tilt L leg to L and slide it down to straighten w/out stopping mvmt. Alternately bring R shl'/L hip joint tog, then other diagonal. As do mvmt, think of rolling head. Then actually roll head. Keep making mvmt smaller. Slowly bend knees and slide feet up so feet come to standing. Interlace hands behind head. Bring shlders/pelvis tog. And lift head tiny bit as do. Do diagonal– R shldr to L hip jt as lift head. Then other diagonal. *Sit, lean on hands behind– Different?* SIT, legs x'd L in front of R, lean on hands. Move R shldr forward & L back, lifting R hip joint. Think of putting L knee on floor as hip lifts, as if to stand on L knee, pelvis comes forward. Let head move so R ear & R shldr come closer tog. LIE ON BACK, Roll head L/R– compare sides. Do on other side. Move one shldr forward, other back to roll head from side to side– ear closer to one shldr then other LIE ON BACK, Roll head, compare sides.

2) SIT ON TABLE/CHAIR (not Amherst) Roll pelvis backward so spine flexes. What happens to head? Let head drop forward. Roll pelvis forward, spine extends. Head? Let head hang back. Lift R hip, wt shifts to L hip– what happens to head? (Depends on what you do with spine– like stick, or bending– compare). Let R ear come close to R shldr as lift hip. Lift other hip, etc. Let head hang forward. Move R shldr forward, L back to roll head so R ear gets closer to R shldr. What happens to pelvis on table. What happens to shape of spine? Do on other side. Let head hang forward. Move R shldr forward, L back to roll head so R ear gets closer to R shldr. Continue to roll head until is hanging back in middle, then go back same way– head makes half circle. Notice mvmt of pelvis– also makes half circle. Go slowly so can figure out how to move shldrs, spine, pelvis so can go over difficult points easily. *Moshe says: head moves opposite spine, shldr moves spine. Mvmt of shlders is auxiliary mvmt– once n.s. learns quality of mvmt, then don't need to move shldrs.– spine will move in appropriate way.* Let head hang forward, do half circle in opposite direction. Pay attn. to mvmt of pelvis, make easy to roll over shldr.

3) SIT, LEGS CROSSED, hands behind. Hang head backwards, move shoulders alt. forward/back let head roll R/L, back of head rolling to one shoulder & other. Nose points R/L. *Mvmt of shoulders helps move head.* Continue doing mvmt of head/shldrs and change over legs without stopping. (Go back & forth w/ legs) Hand head forward, move shldrs alt for/back, head rolls so R ear to R shldr, L ear to L shldr. Continue doing mvmt of head/shldrs and change over legs without stopping. (Try not moving shoulders, see if actually rolling head.) Roll head in complete circle, moving head & shoulders. Do other direction. R LEG IN FRONT, L LEG BACK (Z sit) Roll head in circle. Change direction. *Making symmetrical mvmt in asymmetrical position.* LIE ON STOMACH, LEAN ON FOREARMS/ELBOWS. Lower head, oscillate as if it were a pendulum, going L/R– gradually increase into complete circle– note where increase speed, where not easy– make easy side difficult. What do you feel as your head– face, back of head– what's making circle? REST. Put R arm in front, leaning on R hand, R shoulder higher than L– roll head. Lean on L hand & do. Lean on both elbows, hang head, slowly increase pendulum mvmt until have complete circles. How far back should head go? Till head is looking at horizon– like baby. *Symmetry– we are not symmetrical in structure– but we can be symmetrical in functioning. Must have symmetry in action. Have to sense self, improve overall functioning to have it generalize to other actions. Importance of having head free to be able to orient in any direction. To be safe, have to have head free– if neck is stiff, causes insecurity– can't take care of self.*

4) LIE ON BACK, ON ELBOWS, SOLES TOG. Roll head in circle, change directions. *Feel where you interfere. Put elbows where they help mvmt. Chest has to move, sternum needs to move relative to the spine. Note easier to let head move back–*

because sternocleidomastoid contracted, hard to have lifted. Lift and lower your head. Do and think of moving forehead, nose, eyes toward the sex. *Why difficult- because of disrupted coordination between flexors and extensors.*
LIE ON STOMACH, ON FOREARMS. Roll head in circles- what part of head do you make the circle with? Then extend arms out and rest on hands & do. Then on forearms again- compare. LIE ON BACK, ON ELBOWS, SOLES TOG. Roll head.
LIE ON STOMACH, ON R ELBOW, L ARM LONG ALONGSIDE BEHIND YOU. Roll head in circles. Do with other arm back.
REST ON BOTH ELBOWS. Move head forward and back.

5) SIT, SOLES TOG, LEAN ON HANDS. Roll head in circles. Use entire self. Reverse. Open eyes (eyes looking far away) and do, letting eyes follow(eyes passive). Lead with eyes (head passive)- notice not as smooth. *Place where mvmt not smooth is where eyes skip, not organized.* GRASP ANKLES. Make circle with head. *Hard to move head back because can't lift chest easily- some open mouth to move head more.* Lean on hands & make circles- feel diff. Then do grasping ankles again. Compare. STAND ON KNEES, L HAND ON TOP OF HEAD. Move head/elbow in circle. *Don't make mvmts with pelvis, etc.*
Z SIT, L LEG BEHIND, LEAN ON R HAND, L HAND ON TOP OF HEAD. Make circle with head/elbow. Do reverse. *Move shldr bld, clav, upper chest with hand on head. Not about doing big mvmt with pelvis. Notice limitations in atlas/axis.* Put R hand on head, L hand on floor and make circles. LEGS TO OTHER SIDE, R hand on head- do circles. *Note how head mvmts changes with changes in configuration of rest of body.* Do circles, think of elbow doing mvmt (follow same path). Without stopping or pausing, change legs over to other side, then back. HANDS BEHIND Move legs from side to side. Do without using hands. Put R hand on head, , do circles and change legs over. Do with L hand on head. Do quickly, poorly. SOLES TOG., HOLD ANKLES. Do head circles. LEAN ON HANDS, do circles. *Circles are now more similar no matter where hands.*
With head tilted back slowly move hands to ankles- *can you keep head back as far no matter how sitting?*

Part 3

LIE ON BACK, FEET STANDING. Put hands behind back, palms down, L hand on floor, R hand on top. Lift & lower head- note difficulty when low back can't lengthen. Alt. expand chest up towards head (lift sternum, stomach contracts) & then expand lower abs. Straighten R leg, continue to expand chest, contracting abs. Note if one side of abs contract more. Change legs and hands. Do seesaw mvmt. Both knees bent. Push lower abdomen out. Put fingers by pubic bone and push fingers forward. Note if stomach muscles work symmetrically. LEAN ON BOTH ELBOWS, SOLES TOG. ON BACK. Orient head as in standing. Move R ear to R shldr. Move L ear to L shldr. Move forehead to feet, think of lifting feet as if to bring toward head. Do a few circles in one direction, then the other. LIE ON BACK, LEGS LONG. Roll head R/L. FEET STANDING. Roll head quickly. *Note mvmt of spine & sternum.* Open eyes- find pt on ceiling above you, keep looking at pt and roll head- slow, then quicker. SIT, SOLES TOG. , LEAN ON HANDS. Find pt. in front, keep eyes on it, turn head R/L- slow then fast. Turn head farther (eyes on pt)- can put thigh on floor, turn shlders, etc. Close eyes, but keep looking at pt as do mvmt- feel sensation of eyes under lids. SIT, HANDS ON KNEES. Look up/down - feel moving throughout spine, pelvis.

Part 4 (tonic neck reflexes) 7/21/80

SIT, soles tog. Lean on hands, eyes closed. Roll head in circles. Reverse. Open eyes & roll head. Let eyes follow. Then lead with eyes (jerkier?) Grasp ankles with hands. Look up & back. Roll head. (Harder). Put hands behind and look up/down, roll head. STAND ON KNEES. Put L hand on top of head. Move head & elbow in circles. SIT IN Z, L leg back, lean on R hand. L hand on head, circles. Reverse. Put R hand on head & do circles. Reverse. Change legs over & do circles w/ L/R hand on head. Reverse. Continue to do circles- w/out stopping, change legs over. Hands behind, change legs over, back and forth. R hand on head, do circles- change legs over w/out stopping. L hand on head & do. SIT, Soles tog. Hold ankles. Do circles. Lean back on hands, do circles. Tilt head back, then slowly grab ankles (head stays back)

Part 5 (rotating head with one hand) 7/21/80

TALK: Teleceptors, tonus of eyes/neck affects entire self, importance of freedom of head mvmt.
SIT, SOLES TOG, LEAN ON HANDS. Roll head in circles. Use entire self. Reverse. Open eyes (eyes looking far away) and do, letting eyes follow(eyes passive) Lead with eyes (head passive)- notice not as smooth. *Place where mvmt not smooth is where eyes skip, not organized.* GRASP ANKLES. Make circle with head. *Hard to move head back because can't lift chest easily- some open mouth to move head more.* Lean on hands & make circles- feel diff. Then do grasping ankles again. Compare. STAND ON KNEES, L HAND ON TOP OF HEAD. Move head/elbow in circle. *Don't make mvmts with pelvis, etc.*
Z SIT, L LEG BEHIND, LEAN ON R HAND, L HAND ON TOP OF HEAD. Make circle with head/elbow. Do reverse. *Move shldr bld, clav, upper chest with hand on head. Not about doing big mvmt with pelvis. Notice limitations in atlas/axis.* Put R hand on head, L hand on floor and make circles. LEGS TO OTHER SIDE, R hand on head- do circles. *Note how head mvmts changes with changes in configuration of rest of body.* Do circles, think of elbow doing mvmt (follow same path). Without stopping or pausing, change legs over to other side, then back. HANDS BEHIND. Move legs from side to side. Do without using hands. Put R hand on head, , do circles and change legs over. Do with L hand on head. Do quickly, poorly. SOLES TOG., HOLD ANKLES Do head circles. LEAN ON HANDS, do circles . *Circles are now more similar no matter where hands.* With head tilted back slowly move hands to ankles- *can you keep head back as far no matter how sitting?*

Part 6 (head sinking betw shoulders-sphinx) 7/21/80

PRONE, LEANING ON ELBOWS/FOREARMS, looking forward. Let torso sink down between shoulders & raise back, *shldr blds move tog. Shldrs over elbows, arms vertical. WHY IMPORTANT?—If arms not vertical, are using muscles to hold self up that are then not available for mvmt.* LIE ON BACK, Extend R arm to R, palm up. Slide arm R/L by lifting & sliding shldr bld. PRONE, do same thing w/ R arm. Then ON BACK, do again. Compare. PRONE, ON ELBOWS. Sink between shldrs. *Note diff's betw shldr blds.* Put L arm forward and sink. Both arms vertical and sink. PRONE, ARMS STRETCHED OUT TO SIDES Move shldr blds (& arms) apart & tog. Turn head & continue. Move both shldr blds/arms R then L – turn head, find best place for head to help arm/shldr bld which doesn't move as well. *Arm you are looking at moves easier.* Do a few mvmts with head on one side, then other. Put head in middle on chin. Move shldrs/arms apart & tog. ON BACK, bring shldrs apart/tog. *Lift a little to make room for shldr blds.* PRONE, ON ELBOWS *Note if can have eyes/head to horizon easier.* Sink torso betw. shldrs. Straighten arms, rest on hands & sink torso. Lean on R elbow & L hand, turn head so R ear faces floor and sink. Lean on L elbow & R hand, head so L ear faces floor & do. Lean on both elbows, face forward & sink torso. SIT, SOLES TOG., LEAN ON HANDS. Rotate head in circles. *How far can you take head backwards?* Grasp ankles & rotate head in circles. SIT, L LEG BACK, R HAND ON TOP OF HEAD Make circles with head/elbow. Keep moving head & change legs over to other side. Do with other hand on head.

Discussion #137 – Katrin Smithback

About Head Circles ATM Lesson

CD#19/T02 [27 min] DVD#S08-1 Scene 2 [39 min]

Small groups. Discuss: what was happening with the different movements. How did things in the ATM possibly support the circling of the head. What do the shoulders do and how it relates to the movement of the head. Full group discussion: Shoulders helped the head move in rotation. Proximal distal relationship, shoulders initiated the movement of the head. More awareness of flexion in the rib cage, which then could support the head in its movement. How would you're your wrists more comfortable? Connection of the head through the pelvis.

FI Exploration #96 – Katrin Smithback

Support & move head to feel pelvis through spine

CD#19/T03 [59 min] DVD#S08-1 Scene 3 [63 min]

Demo with Jeffrey. First find way to sit more comfortably. Most people have their heads hanging forward. Sit forward in chair or on table. Looking at movement of looking down. Have Jeffrey look down and look up. Katrin hold head for Jeffrey to sense more clearly the connection from the head to the pelvis through the spine. Hold head at axis of ears to allow movement of head on spine. Come to front of Jeffrey with one leg forward to feel comfortable in self use and holding skull on side at 2 points. Have Jeffrey look down and follow. Then intention to help him feel his pelvis through the spine. It is a conversion between the practitioner and student. Dyads practice. Demo: Eli with Beth. It is not pushing but an invitation to move. With each person you have to find your way through. Practice with another student. Switch roles

ATM Lesson #196 – Katrin Smithback

Head Circles #2, sitting on tables

CD#19/T04 [57 min] DVD#S08-1 Scene 4 [57 min] Source: Amherst 1980 & 1981

See Head Circles #1 for notes for whole series.

Discussion #138 – Katrin Smithback

About Head Circles ATM Lesson

CD#19/T05 [17 min] DVD#S08-1 Scene 5 [17 min]

How minimal movements are a rewarding experience. To feel the movements from the head through the spine to the pelvis. Connecting internal & external. Be present in yourself as you attend to the external environment. Orientation, how you move through space. Demo/foam roller showing movement of spine. We all have rules about what we can move & not move.

FI Exploration #97 – Katrin Smithback

Support & move head to feel pelvis through spine, in extension

CD#19/T06 [47 min] DVD#S08-1 Scene 6 [59 min]

All spinal movements: flexing, extending, twisting, sidebending, length and change timing and amount to create all movement. Can always clarify these basic movements in an FI. So at the beginning of lesson, what is available for movement? So this morning we looked at flexion and now extension. Demo with Juanalee. Katrin in front holding head as Juanalee looks up. Can Juanalee sense your pelvis moving, tilting forward as she looks up. Practice in dyads. Demo with skeleton. Pelvis is ball but with triangular piece. Shows movement of flexion and extension. Practice in dyads.

Day 92 Tuesday July 9, 2019

ATM Lesson #197 - Katrin Smithback**Head Circles #3, zen sitting**

CD#19/T07 [45 min] DVD#S08-2 Scene 1 [45 min] Source: AY#98

SIT, knees open, hands resting on the legs. (Moshe doesn't specify cross-legged or soles tog.)- he suggests sitting on something to raise the pelvis up. I often do this sitting on chair/table. Arch the lower back, pelvis roll forward a little- so the chest, head, upper body moves forward a little. *The arch is at the base of the lumbar spine-no contractions of the neck, shoulders, upper back. Shoulders & neck completely quiet.* Arch the lower back, then move the spine/back from L to R. *The pelvis does not move. The pressure will increase from one buttock to the other, but the pelvis is quiet.* Arch the lower back- compare. Arch the lower back a little, then move the spine L/R- start to make it a circle- the whole spine does a conic mvmt. *The pelvis does not move, the spine does not bend. No relative mvmt in head/neck or shldrs.* Make a circle in the other direction. Arch the lower back. Turn the nose in a small circle-*as if turning the hands of a tiny clock clockwise w/ your nose.* (The clock is oriented in front of your face- the nose points up to 12, down to 6, R to 3, L to 9) Close your eyes. Turn your nose clockwise & pay attn to a point on the top of your head- feel it making a circle also. Move your nose from 12 to 3 & back- what does the top of the head do? (The clock is on the ceiling- 12 is when the top of the head is behind, 6 is when the top of the head is in front, 3 is when it is to the R, 9 to the L) Move the top of the head from 12 to 3 & back- what does the nose do? Move your attn from head to nose until you can sense both at the same time. Do w/ other quarters of the clock (like 3-6, 6-9, etc.)- also do counterclockwise. (The nose & top of head point to the same numbers at the same time) Moshe: This will show you that orientation relative to these two things is very vague. Pay attention when you lose your ability to orient. To the extent that it will be identified, you will see that the whole body changes in standing and lying, and especially the organization of the eyes relative to the head [changes]. Put your R index finger on the top of your head-*the finger carried along w/the head-* see if makes easier to feel circle. Shift your attn between the top of the head & the nose until you are able to listen to both of them relative to space, relative to the floor, relative to the body, to the walls, the ceiling, etc. Arch the lower back. Move the spine L/R. Make a circle w/ the spine-*what is it like now?* LIE ON BACK Do circles w/ the nose & top of head- (nose clock is on ceiling, head clock is on wall - notice wall clock is oriented differently, so numbers are not the same on both clocks) SIT Arch the lower back. What do you feel like now, how is it to sit?

Discussion #139 - Katrin Smithback**About zen sitting ATM Lesson**

CD#19/T08 [41 min] DVD#S08-2 Scene 2 [41 min]

Katrin read from Moshe. Elusive Obvious has chapter on FI. Then how to keep head above moving above your neck without neck moving. There is 35 degrees movement of atlas. Demo with skeleton of atlas and axis. Can turn head on axis 90 degrees without other movement of the neck.

FI Exploration #98 - Katrin Smithback**Moving head to access movement of atlas and axis**

CD#19/T09 [36 min] DVD#S08-2 Scene 3 [62 min]

Demo with Liz. Move head without moving neck to access atlas and axis. Dyads practice. Demo with Krista. Allowing, following, leading for looking up and down. Katrin demonstrates movement for head to relate to pelvis through spine.

ATM Lesson #198 - Katrin Smithback**Differentiation of the left shoulder, lying on right side**

CD#19/T10 [58 min] DVD#S08-2 Scene 4 [58 min] Source: Esalen #22 (1972)

Lie on R side, knees bent, R arm under head. L hand in front on floor. Move L shoulder forward. *Are you moving the shldr forward or up?* Lean your elbow against yourself and see if really moving forward. Stretch out hand. Slide forward as far as possible. Stop the hand (still forward), slide L knee forward/back. Slide hand again forward. Need to take anus back, let belly begin to touch floor, move chest closer to floor. Need to roll R side on floor: chest, ribs, etc. *[Ground reaction forces: Sense bottom (R) hip on floor- push hip forward into floor to roll pelvis back, then pull hip back to roll pelvis forward. Alternate push/pull to roll pelvis. Do with shoulder. Do w/ ribs]* Bring knees close to chest and slide hand forward. *Mvmt will be shorter.* Find right position for knees/legs & slide hand forward. Slide the hand forward and the hip back. Slide the hand forward - is more of self participating? Move L shldr forward as in beginning- different? Move the L shoulder back, *hand/elbow does not participate.* Put the L hand behind you on the floor, move hand backward. *Notice that movement will be in arc until you let shoulder, clavicle, etc. participate.* Move all fingers backward, not just little finger- bend wrist so all fingers pointing backwards. Put L hand overhead, palm down, and move it backwards. Keep hand stationary and move

shoulder back. Slide hand back again. Put hand in front of you and move shoulder back as before- different? Put hand in front on floor and move shoulder forward. Slide hand forward on floor. *Chest may lie on floor.* Move L shoulder up toward L ear. Put hand overhead, slide hand upward, then back toward head. *Let whole body participate.* Stop at highest point and slide hand forward and back. Do fast, whole self. Then do w/out moving whole body. Put hand in front & move shoulder up/down. Lift head as you lift shoulder. Stop head and do movement up/down. Put hand on hip. Slide hand down. Put hand on floor in front and slide down. Put hand on floor behind and slide hand down. *Two ways to do- head rolls forward w/ nose to R OR head/eyes move to L w/ shldr. Head does not lift.* Alternate two ways. Slide hand down on hip. Different? Put hand on hip with elbow bent. Move shoulder in circle, touching all cardinal points. Change direction. Do quickly. *Arm passive.* Put hand on floor behind and do circle with shoulder. Change directions. Put hand on floor in front and do circle. Change direction. Put hand above head with palm upwards. Slide hand up/down. Slide forward/back. *Use whole self.* Keep sliding hand forward til reaches knees, and back til reaches butt. Put hand in front. Move shoulder forward/back. Slide hand forward. Walk. Lift L hand overhead while walking. Then try L. Do different movements, feel diff's between sides.

Discussion #140 - Katrin Smithback

About the method

CD#19/T11 [31 min] DVD#S08-2 Scene 5 [31 min]

Read from Moshe from San Francisco training, "How is FI different from other modalities." Discussion about the method.

FI Exploration #99 - Katrin Smithback

Sitting to standing

CD#19/T12 [16 min] DVD#S08-2 Scene 6 [33 min]

Katrin demoed by asking students what you need to do/move to go from sitting to standing. Demo with Beth.

Day 93 Wednesday July 10, 2019

ATM Lesson #199 – Katrin Smithback

Head Circles #4, changing positions

CD#19/T13 [45 min] DVD#S08-3 Scene 1 [45 min] Source: Amherst 1980 & 1981

See notes under Head Circles #1 for notes for full series.

Discussion #141 – Katrin Smithback

Action of reaching

CD#19/T14 [63 min] DVD#S08-3 Scene 2 [86 min]

Katrin read from the “Elusive Obvious” about ideal function. Give time between initially observing and acting on what you see and how to move towards ideal. Small groups looking at action of reaching, a basic daily function. Each group will focus on an area and defend why your area is the most important thing for reaching. Group 1: focus on head and neck; Group 2: focus on spine and ribcage; Group 3: focus on pelvis; Group 4: focus on legs and feet. How best to use your area and how do people often interfere with this function. Task: reaching for something in front of you in sitting. Groups report: Group 1: head and neck; teleceptors, as you reach there is counter rotation in neck plus flex or side bend movements in neck; maintain mobility of neck and ability to organize. Interfere by holding stiff, slouching, shortening neck. Group 2 report spine and ribs: Rotation movement in the spine and ribs. Interference: no rotation of spine so use only arm to reach; pulling back as reaching. Sequential movement of ribs and spine important. Group 3, Pelvis. Base of support, can initiate there, facilitate for moving in any direction. Interference would be to not move pelvis as you reach. Pelvis is major mover with large muscles: workhorse of action. Group 4 report on legs and feet: necessary to be able to sit and activate the pelvis; feet connecting into the earth, the environment, help you twist all the way up. Without feet difficult to access pelvis. Crossing legs, feet wider than knees would interfere with reaching. Legs too far apart. Leg straight out in front. Keep legs together. Legs and feet behind you. Any injury to ankle or feet. Ideal: head over pelvis, orient to environment, rotation. Importance of spirals.

ATM Lesson #200 – Katrin Smithback

Lengthening arms in shoulders

CD#19/T15 [49 min] DVD#S08-3 Scene 3 [49 min] Source: AY#44

On back, arms long overhead on floor, hold L wrist w/R hand, Pull L hand to R, lift head, slide L arm behind head. Rpt w/R foot standing, R hip lifts, roll L. Cont so roll all the way to L side. Rpt, roll onto L side, stay, allow L ear to come to floor Pull L arm so elbow lifts, bent. Very slowly lower arm when rtrn to rest on back. Rpt pulling L arm to roll to L side. Rpt several times, rolling to back/side alt. Rest on back, arms by sides, compare lifting ea arm. Rpt OS. On front, forehead on floor, spread legs, arms behind head. Hold R wrist w/L hand, pull arm to L, elbow behind head. R elbow bends, comes dwn to side. Change arms, rpt. Sit, legs crossed, Hold L wrist w/R hand, pull, bring L hand to R cheek/chin. Head turns R, Place R hand on L elbow, pull to help hand to chin. Rpt OS. Side sit, R leg back, L in front, R arm behind head, R hand to chin Fold forward, elbow to floor in front, L hand on floor to help. Once elbow is touching, bring L hand to R elbow, pull. Rpt OS. On back, stand feet, R arm behind head, hold wrist w/L hand, pull. Bring hand to chin, hold R elbow w/L hand, lift head. Rpt OS. Stand, lift arms overhead. Pull one arm at wrist w/other hand, catch chin, rpt os.

FI Exploration #100

Reaching

CD#19/T16 [56 min] DVD#S08-3 Scene 4 [90 min]

Demo with Nancy. Sit in front of Nancy sitting on table. Take hold of her hand and bring it forward very slowly. Notice how Nancy moves. Bring other arm forward. What is the initial response? What movements do you see? Dyads practice. Notice your self use. Switch roles and partners. Demo with Diana, sit towards standing. Go as far as it is easy. Dyads practice. Demo with Eli.

Day 94 Thursday July 11, 2019

Discussion #142 – Katrin Smithback

Comparison of conventional therapies with the method

CD#19/T17 [14 min] DVD#S08-4 Scene 1 [14 min]

ATM Lesson #201 – Katrin Smithback

Reaching across chest

CD#19/T18 [46 min] DVD#S08-4 Scene 2 [47 min] Source: Katrin's Library

LOB, knees bent (or 1 knee bent) Put R arm on floor overhead, put L arm across chest, to the R. Slide L arm more to R, towards floor. Slide L arm higher, toward R hand. Then lower vector so arm slides across in middle. Then lower so sliding toward R hip. Look at L hand (can lift head a little). Do all on other side. Slide L arm to R, elongate L arm to R across chest as far as comfortably possible, press on L foot, roll pelvis to R- then stay in elongated position and do seesaw breathing. Do on other side. Cross arms across chest with palms down, hands near hips. Elongate L arm down in direction of R hip, lift head and look at L hand as do. Elongate R arm toward L hip, lifting head Alternate lengthening R and L arms toward opposite hip as lift head. Change crossing of arms and do. Put R arm on floor overhead, L arm down alongside yourself. Simultaneously lengthen R arm up, L arm down. (L shldr remains on floor). Alternately look at R arm, then L as they lengthen. Remain in lengthened position looking at R arm and do seesaw breathing. Then L arm. Change arms and do all. Put both arms on floor overhead. Push both feet against floor so movement/force travels thru spine, elongating both arms. Stay in elongated position and do seesaw breathing. Interlace fingers. Bring arms overhead and turn hands so palms face away from you. Elongate R elbow/arm. Elongate L elbow/arm. Alternate lengthening R/L arm. Elongate both arms & lift pelvis. Keep arms long as slowly lower pelvis. Knees bent, feet standing, legs wider apart. Drop L knee in toward middle. Lift R leg and place R foot, from above, about midway down L calf: Put L arm on floor overhead. Lengthen L arm. *Feel response in legs as lengthen L arm. Does your L knee move closer to or farther away from floor. Can do movement either way- one way uses abdominals, the other way uses back.* Do both ways: if you are doing so knee moves close to floor, do opposite. If your knee is moving away from floor as lengthen arm, do opposite. Elongate arm and do seesaw breathing (do with both leg options) Change leg position and do. Put R arm across chest ,over to L and lengthen R arm to L (L knee dropped to inside) **This is not a mistake in the instructions. As take R arm to L, elongate L arm overhead.*

Stay in elongated position and do seesaw breathing. Change leg position and do. Put R arm overhead, L arm across chest.. Lengthen R arm overhead as lengthen L arm to R. Look at R hand as do. Stay in elongated position and do seesaw breathing. Change leg position and do. Interlace fingers, arms overhead so palms face away from you. Alternately elongate R elbow/arm, then L- look at arm as lengthen it. Change leg position and do. LOB, knees bent. Put R arm on floor overhead. Take L arm across chest to R. Lengthen L arm. Reverse arm arrangement and do. *How does this compare to what you did/felt at beginning?*

Discussion #143 – Katrin Smithback

About ATM Lesson

CD#19/T19 [21 min] DVD#S08-4 Scene 3 [21 min]

FI Exploration #101

Exploring the shoulder girdle #1

CD#19/T20 [59 min] DVD#S08-4 Scene 4 [79 min]

Demo with skeleton. Look at shoulder joint compared to hip joint. The shoulder joint glides. Much smaller socket than hip socket. Shoulder girdle much less stable. Shape of scapula with spine. Chromium and clavicle joint. Clavicle and sternum joint (sternoclavicular joint) which is more of ball and socket. Possibility of moving scapula is huge. Ideas about stability and mobility. The job of the scapula is to move the arm in different directions. Scapula-humorous rhythm in a rotational movement to bring the arm overhead. Scapula important to organize where we put our arms. Dyads practice. How does person lie down? Find neutral position on side. Put arm on front side of ribs if possible to allow scapula to move. Hand on shoulder blade and other hand on arm. Show them shape of shoulder blade. Looking for movement of shoulder blade in different directions, down, up, front, back for each direction to be experienced. Demo with Dawne. Sit at head sitting close enough to make reaching easy. First get bony connection before moving the person.

FI Exploration #102

Bringing student up to standing

CD#19/T21 [49 min] DVD#S08-4 Scene 5 [49 min]

Demo with Beth. Katrin sitting with Beth standing Katrin's hand in front of her. Katrin side bends with little strength. With rotation Katrin has much more strength to push back against Beth's hand. Dyads practice. Then bring person to stand by

taking hand and pulling forward and up. You can move backward to bring student up to standing. Then bring student up to stand holding their head as you move backward. Learning theory of how to work with students from where they are and finding ways to bring them to new ideas, movements, options to help with their needs to learn/relearn movement and function.

FI Exploration #101 continued

Exploring the shoulder blade #1 continued

CD#19/T22 [30 min] DVD#S08-4 Scene 6 [60 min]

Demo with Hilary. First everyone in standing, lift arm up to ceiling. Much easier to lift through the midline instead of out to side. Dyads practice. Sitting at head, one hand on scapula, other hand on elbow, lifting elbow through midline. Help them feel the relation between the arm and the shoulder blade to facilitate the arm going above the head.

Day 95 Friday July 12, 2019

ATM Lesson #202 – Katrin Smithback

Arm Bar

CD#19/T23 [63 min] DVD#S08-5 Scene 1 [63 min] Source: Katrin Smithback

LIE ON BACK. Extend R hand/arm to ceiling, R hand in loose fist, *R wrist straight*, L arm extended on floor to side. R leg bent, foot standing, L leg long. Move R scap up/down. *Where is your neutral? Where do you feel strongest (for ex: if someone were to press down on your fist)?* Lift/lower R arm to ceiling, sliding scap away from/toward spine. R arm to ceiling, leave R scap on floor, roll pelvis to L, extending thru spine– Feel scap move closer to spine–then farther from spine as roll back. Lift/lower R arm to ceiling, stabilizing scap so no mvmt, rolling torso. *Push on R foot, wt shifts to L buttock.* Do w/ scap lowered (toward hip), then raised (toward ear) – compare. R arm extended to ceiling, roll to L, lifting head, sliding L arm upward, to rest head on extended L arm. Let R bent knee/leg slide in front of L leg. *Look at R hand, keep R scap down.* Do with book/pad/shoe resting on R fist. Slide L arm to side, extend as far as comfortable overhead. Roll to L side, extending L arm upward more, lifting head to rest head on L arm. Take head in front of arm, rolling toward stomach, w/ L arm behind you. Do back and forth. *Use R hand on floor in front to help.* On side w/ R leg on floor in front of L, lift/lower R scap (toward head/hip) Move R shldr forward/back. Move R shldr in arc– lift shldr, take forward & down, then lift and take back and down. *Make sure no stretch or pull. When do you feel the most stability– when could you support the heaviest object on your fist– when shldr is forward, up, back, down?* Do mvmt rolling from back to side, keeping R shldr back and down– *active stability– keeping humerous is optimal position in joint.* Do with book on fist.

On side, R arm to ceiling, slide R bent knee forward, rolling pelvis toward prone, then roll back unto back. *Make sure the R is arm vertical and straight as roll, w/ the right side lat working (do not let shldr lift).* Do w/ book resting on R fist. Do on other side. Do side to side, rolling thru back. Do w/ book on fist, switching book from fist to fist as roll thru middle on back.

Discussion #144 – Katrin Smithback

About ATM lesson

CD#19/T24 [13 min] DVD#S08-5 Scene 2 [13 min]

This lesson was created by Katrin from kettle bell exercise turned into ATM lesson. So backing off from exercise to first learn how to stabilize your shoulder.

FI Exploration #103

Improving self use

CD#19/T25 [38 min] DVD#S08-5 Scene 3 [44 min]

Each student with roller standing in front while sitting, as in giving a lesson. With bottom of roller on floor move top around in clock circle. Move with side bending or rotation to see what works as if you are working with a person on the table. How can you use your pelvis and rotation to take roller to side? Are you shifting your weight to the direction you are moving or the opposite direction? Put right hand on top of roller and take it to 9 o'clock (left) and try side bending and rotation. If rotating which knee comes forward, which back. Where is the weight? Which hip are you moving to? Groups of 4 to figure out what works in direction of movement. What happens when you use side bending or rotation? More discussion. How to turn to left or right and which hip shifts? Question from Hilary and then Katrin demo with Eli. Lift always thinking of skeleton so push through bones. Organization is crucial. If poor organization then leg or head is very heavy.

FI Exploration #104 – Katrin Smithback

Exploring shoulder girdle #2, attention to spine

CD#19/T26 [27 min] DVD#S08-5 Scene 4 [27 min]

Demo with skeleton. In side lying to access the spine. Yesterday, moved shoulder girdle and then with holding elbow for relationship between scapula and arm. Then arm overhead and can rotate shoulder girdle backwards further. Now let's look at spine to eventually connect arm to spine with stabilized shoulder girdle. First awareness of spine by palpating next to vertebrae with fingers to bring attention to relationship between ribs and vertebrae. Sensing the spine through flexion and extension with fingers in contact. Can also bring fingers together under process, shortening muscles and lift. Demo with Amy. Below spine lifting. Both sides of spine with one hand directing up towards head, slightly spiral movement. Several positions of fingers are possible.

FI Exploration #104c - Katrin Smithback

Exploring shoulder girdle #2 continued, attention to spine

CD#19/T27 [3 min] DVD#S08-5 Scene 5 [70 min]

Dyads practice from demos before lunch.

ATM Lesson #203 - Katrin Smithback

Hen Pecking

CD#19/T28 [62min] DVD#S08-5 Scene 6 [62 min] Source: AY#129

LIE ON BACK, legs long. Lift head so chin lifts first. *Top of head turns toward floor, lifts last. Top chest lifts, LB presses floor.* Lift top of chest first to lift head. LIE ON STOMACH, hands by shoulders, forearms parallel. (Sphinx) Lift the head. Move the chin forward as go back to floor, then tuck chin into throat as lift head. *Eyes/face toward the horizon. (REST)* Extend the arms forward and lift & lower the head- *don't use elbows, work is in the back.* LIE ON BACK. Lift head so chin lifts first. *(REST)*. While lifting the chin, press low back to floor, while lowering head, arch low back. Hands on lower front ribs. Lift chin, move away from throat, lift head. *Feel ribs go back toward floor.* Hands on ribs. Lift chin/head and keep ribs back toward floor as lower head. SIT, soles of feet tog. Hands behind the head. Lower the head forward, rounding the back. *Peck with chin towards floor.* Imagine a rubber band glued to chin and attached to floor between the knees. Lift the head, then let rubber band pull chin/head to spot between knees. Do 10 quick movements like this- not powerful. LIE ON STOMACH, lean on elbows/forearms. *Width of elbows and shoulders the same.* Lower the chin/head toward floor. Imagine rubber band betw hands. *Shldr blades come closer together.* SIT, soles tog. Lean on hands behind. Let the head fall backward, so you're looking at ceiling. Lift chin upward, and let it come back. *Don't use neck- head stays back. Use shldr /spine only.* Do movement with head also. Then with shoulders only. Then head only. Then head & shldr together. LIE ON STOMACH, sphinx position. Extend L arm long, do chin/head movement. Rubber band pulling chin to floor, don't lean on L arm. LIE ON BACK. Lift chin/head. Any differences between sides? *L works better than R.* LIE ON STOMACH, sphinx. Extend R arm long and do movement. Lean on both elbows again and do a few quick movements. *(REST)* LIE ON BACK. Lift head/ shoulders and lean on forearms. Take chin/head forward and return. Do with shoulders (not the head or using belly)- spine moves between blades. Climb to highest place (shldr pull together) & do with head only. Then do with shoulders and head. Arms overhead, spread the arms and legs. Imagine something falling on the abdomen- will contract the belly and the knees, elbows and chin will lift. *Don't lift the whole head. (REST)* Put hands on lower, front ribs. Lift the chin/head without the chest moving. *Are learning to differentiate the chest so it doesn't move like one lump- to move ribs and vert. relative to each other.* Hands on ribs. Lift chin/head, chest, shoulders as high as possible. Go down with the head, leaving chest lifted. Lift & lower head keeping chest lifted. Breathe as you do this. *Don't use abdominal muscles that pull chest down- are deep muscles that will lift spine so can continue to breathe.* With hands on ribs, lift chin/head, chest to come up to sitting, chin moving forward the whole time. *You are lifting with the abdominals only- very difficult.* LIE ON STOMACH. With chin, peck the floor. Do quickly. LIE ON BACK. Do pecking movement, each time going higher. Sit up like that. May use hands to push on floor to help. Go up and come down. Eventually can do in one movement with no hands.

Day 96 Monday July 15, 2019

ATM Lesson #204 – Katrin Smithback

Hands to the ceiling, on side

CD#20/T01 [49 min] DVD#S08-6 Scene 1 [49 min] Source: Katrin's Library

Discussion #145 – Katrin Smithback

About hen pecking & hands to the ceiling ATM lessons

CD#20/T02 [56 min] DVD#S08-6 Scene 2 [56 min]

First discussed Friday's hen pecking ATM lesson. Then discussed this morning's lesson, Hands to the ceiling, on side. Read from Moshe. Demo with Amy.

FI Exploration #105 – Katrin Smithback

Exploring shoulder girdle #3, reaching cont with spine & ribs

CD#20/T03 [51 min] DVD#S08-6 Scene 3 [63 min]

Demo with Krista. Organized around idea of reaching. Review, tracing the shoulder blade and cardinal directions. Rotation of shoulder blade. Connected arm to rotation of shoulder blade towards reaching. Arm overhead with elbow lifted, person involving head to look down at hip. Now can we get person to sense not moving the shoulder blade so have to rotate spine and ribs. One hand on spine pushing while other holding at elbow, forward and back while scapula is stabilized. Move down spine and movement changes. Come in from ribs, lifting to have her rotate, one rib at a time. Intention is important. Come around to front to fill out image of movement like a cylinder. Dyads practice. Demo with Liz.

FI Exploration #106 – Katrin Smithback

Lifting head in sidelying, where is the movement happening

CD#20/T04 [32 min] DVD#S08-6 Scene 4 [64 min]

Go over movements from this morning's ATM lesson. What did you discover? With one handhold and do the movements from the ATM lesson. Demo with Ev. Good reference, can I stand up anytime? Katrin stands to hold Ev's head and arm with Ev on side, Katrin lifts head to position where Ev can rest on his own arm, Katrin has one hand on elbow and other hand supporting hand and head. Then all the movements, sidebend, rotate at different levels so rotation moves. Demo with Jeffrey. Reach under head and take his hand like in handshake so Jeffrey is cradling his own head. His nose is near the crotch of his elbow. Katrin lifts herself as she lifts Jeffrey to sidebend. Then rotation with nose towards floor, nose towards ceiling. Then rotation holding elbow and spine stabilizing scapula like in this morning's practice. Move together slowly and small. Katrin needs to stay over herself to be using ground forces to keep the movement light. Use this morning's movement as pre and post reference.

ATM Lesson #205 – Katrin Smithback

Head circles #5

CD#20/T05 [44 min] DVD#S08-6 Scene 5 [44 min] Source: Katrin's Library

See notes under Head circles #1.

Day 97 Tuesday July 16, 2019

ATM Lesson #206 – Katrin Smithback

Push on straight leg, lengthening

CD#20/T06 [62 min] DVD#S08-7 Scene 1 [62 min] Source: Gaby Yaron

Discussion #146 – Katrin Smithback

About ATM lesson and questions about giving FI lessons

CD#20/T07 [40 min] DVD#S08-7 Scene 2 [41 min]

How to work with people. Broader principles: What do you want to do? When do you have the problem? When don't you have the pain? Don't go to or emphasize the pain. What are they really good at? Good to do reference movement so can compare before and after lesson.

FI Exploration #107 – Katrin Smithback

Exploring shoulder girdle #4, reaching cont with pelvis

CD#20/T08 [34 min] DVD#S08-7 Scenes 3 & 4 [57 & 40 min]

Demo with Eli. Review shoulder girdle movements, stabilizing the scapula so spine can move, lengthening along spine, rotation and side bending with hand under head and hand on elbow with arm on head, turning head to accommodate to facilitate rotation. Now focusing on the pelvis. How does pelvis relate to reaching, by rotation. Side bending. Creating length. Start with flexion moving through the pelvis which he is already doing. Demo with ball how to roll the pelvis. Hands on side with one hand on pelvis and other on ribs or spine, twisting, rolling. Hands on top of pelvis and on sit bones for different direction of movements. What is stopping movement? Dyads practice. Switch roles after lunch.

ATM Lesson #207 – Katrin Smithback

Reaching from pressing on the foot

CD#20/T09 [39 min] DVD#S08-7 Scene 5 [39 min] Source: Katrin's Library

FI Exploration #108 – Katrin Smithback

Pushing through the foot for extension/length

CD#20/T10 [39 min] DVD#S08-7 Scenes 6 [43 min]

Long discussion about gluts. Demo with Juanalee. Push from foot to support reaching. Put foot against hip joint holding with hand on knee. Push into Katrin's hip joint and rotating pelvis forward. Juana push against Katrin back so can roll forward, lengthening. Practice in dyads. Group discussion. So the reaching has been accessed from the shoulder girdle, spine, ribs, hips, legs and feet.

Day 98 Wednesday July 17, 2019

ATM Lesson #208 – Katrin Smithback

Buttocks

CD#20/T11 [68 min] DVD#S08-8 Scene 1 [68 min] Source: AY#13

Sit, legs forward, knees soft, hands on knees, contract buttocks, note whole body elevates a little, heels shorten. Quickly. Rest on back. On back, legs long, spread, contract buttocks. Which contracts more? Contract only right buttock. Note contact point of buttock when contracted, note lumbar and chest. Contract only left buttock. Note knees, foot, turning in/out? R buttock only then L only, note knee/foot on contracting side. Both buttock again, sense legs open sideways. Contract both quickly, note belly w/increased speed, now pelvis tilts. On belly, hands on buttocks, contract both, note if equal. Heels together/apart? Knees? Which leg responds faster? Contract the side that does better, switch to other. Do both and hold. Rest on back. Stand on knees, feet close, toes extended, hands on buttocks, contract and hold both. Release, contract and hold. Feel what happens to tilt of pelvis, lumbar, belly, navel, pubic bone. Contract both quickly. Contract and hold. , not breath. On knees, right foot standing, hand on butt, contract both. Note right buttock doesn't contract. Note pelvis and right knee moving forward. Change legs, repeat, note differences on this side. Stand on both knees, knees together, hands on buttocks, contract both quickly. Compare knees, heels. Rest on back. On knees, spread, big toes together, hands on buttocks, contract both, hold, release. Note pelvis, lumbar, pubic bone, navel, belly. Which knee takes more weight? Does weight shift during contraction? Contract both quickly. Stand, weight on R leg/foot, L leg limp, just toes touching for balance, contract R buttock several times. Note knee turns out, arch of foot lifts, weight to heel and outer border of foot, no weight on big toe. Lift arch intentionally if doesn't happen spontaneously. Contract R buttock quickly. Rest, repeat everything on other side. Stand on both feet, toes pointing out, legs spread, contract both buttocks, feel weight shift to outer edge of feet. Knees turn outward. Note pelvis, belly, pubic bone. Intentionally lift arches so weight shifts to outer edge of feet. Intentionally lift belly so pubic bone moves forward as you contract buttocks and lift arches. Knees straighten. Rest on back. Sit, feet together, hands on feet, contract both buttocks, note body lifting. Both hands on floor behind, spread legs, bend knees out to sides, contract both buttocks. Contract only R buttock several times. Quickly. Contract and hold. Switch to L buttock. Sit, hands on floor behind, knees bent to sides, lift both legs into air, balance on butt. Shift weight onto R butt, step forward with L. Repeat with R butt and continue to walk forward then back. Balance on butt again, walk forward in large steps, reverse Rest on back. Sit, R hand on floor behind, shift to R side, lift L leg into air, move left hip forward/back while in air. Quickly. Think of lengthening through heel. Repeat on other side. Sit, knees bent open, hands on floor behind, walk forward/back in large steps. Quickly. Hands at shoulder height in front with elbows bend, arms form circle, lift both legs, butt walk. Repeat walking with arms and legs up in front, make it beautiful and simple, everything soft except the pelvic muscles and butt. Sit, contract butt to hop back/forward. Stand on knees, wide, big toes together, contract both butts, note pelvis, belly, lumbar. Quickly Stand on feet, legs spread, contract both butts, lift arches of feet, belly lifts, pubic bone goes forward. Walk.

FI Exploration #109 – Katrin Smithback

Review of yesterday's practice

CD#20/T12 [54 min] DVD#S08-8 Scenes 2 [87 min]

Groups of 3 review FI Explorations from yesterday.

ATM Lesson #209 – Katrin Smithback

Taking your back back

CD#20/T13 [70 min] DVD#S08-8 Scene 3 [70 min] Source: Esalen #16

Stopped after 5 minutes into groups of 3 to discuss possibilities of moving the pelvis backward. Then back to ATM. Then at 41 min groups of 3 again with rollers. With a spotter, one person stand on roller, bending head forward with hip joint back bending knees all at same time and maintaining balance. Exploring relationship between head and pelvis. Back to ATM lesson.

FI Exploration #110 – Katrin Smithback

Rolling person over through their arms and legs & supine to standing through head

CD#20/T14 [21 min] DVD#S08-8 Scenes 4 [32 min]

Demo with Beth. Lying on back with arms overhead you will roll person over and back. Combination of length and rotation. Find the spiral. Practice in dyads. Then roll from legs. Then demo with Jeffrey holding head Katrin walks backward to bring Jeffrey to standing.

Day 99 Thursday July 18, 2019

ATM Lesson #210 - Katrin Smithback

Lifting the elbows with a loose hand

CD#20/T15 [62 min] DVD#S08-9 Scene 1 [62 min] Source: AY#99

PRONE, PULL UP R KNEE, 90o angle. Hands above head, fingers touching. Head turned to R. Lift R elbow, hand stays on floor, *as if to rest on hand*. Lift L elbow. *Notice if lifting or rolling head- means muscles that connect head and arm are working unnecessarily*. Do 10 quick lifts with one arm, other. Then lift both tog. then both quickly, then slowly again. Turn head to L (R ear on floor), with R leg pulled up. Lift L elbow-*easier? Allow chest to move to make easier*. Lift L elbow quickly- like a wing flapping. Then R- slow then fast. Both tog. lift high. Lift both elbows twice- then turn head slowly - cont. to turn head after 2 mvmts. *Do so no diff. in elbow height whether head to R or L*. Lift both elbows & lean on hands. Keep lifted and lift head 20 x. Turn head and lift. *No effort in neck, lengthen spine to bend at upper part*. Lift head small, quick mvmt. PULL L KNEE UP, HEAD TO L. Lift both elbows- *to same height*. Lift L elbow, *high, close to head*. Do quickly. Keep elbow high & do fast mvmts around high place, *don't take back to floor*. Do with R elbow. Lift both elbows. Do quick mvmts at high place. Turn head & do. Head to L. Lift both elbows. Lift head as is, on side. *Try to decrease use of hands & arms*. Head to R & lift. Then do quickly. Lift both elbows high. Lift the head & turn- every time you lift elbows, turn head. Do quickly- *just touching head on ea. side, keep close to floor*. PULL UP R KNEE, HEAD TO R. Lift L (straightish) leg, knee also. *Which elbow presses more?* Extend R arm a little, elbow still bent. Lift R elbow & L leg simult. Slowly start to lift hand, wrist soft so hand hanging down. Lift head with arm & leg, *lift only as high as the place where you could stay for long time*. Extend L arm, lift L arm & L leg, then add lifting head. Alternate lifting one arm, then other- with L leg & head. *Free wrist, hand hangs down, have to lift shoulder & shldr bld*. Put head on other side & do. Pull up L knee, head to L. Do mvmts. PULL UP R KNEE, HEAD TO R. Lift both elbows. Then add head. *Easier?* Turn head to L & lift. Change legs & do.

Discussion #147 - Katrin Smithback

About ATM Lesson

CD#20/T16 [26 min] DVD#S08-9 Scene 2 [26 min]

Discussion #148 - Katrin Smithback

Interview at beginning of FI Lesson

CD#20/T17 [33 min] DVD#S08-9 Scene 3 [33 min]

What questions do you ask? What are you feeling right now and what do you want to do?

FI Exploration #111 - Katrin Smithback

Practice interviewing

CD#20/T18 [31 min] DVD#S08-9 Scene 4 [79 min]

Groups of 3 interview process. Interviewer, student and observer. Student has dilemma/problem. Interviewer, keep them in the present, find out what you can, focus on activities, actions. Observer then offers what they saw and other options. Then switch roles. Full group discussion. Katrin read Moshe from Amherst training about working with person in pain. How much movement is enough? Stay playful and not serious.

FI Exploration #112 - Katrin Smithback

Lifting heads

CD#20/T19 [62 min] DVD#S08-9 Scene 5 [76 min]

Demo with Liz. By looking at Liz's head, is it heavy or light when I lift it. Holding skull, not the neck. Lifting head thinking hen pecking going slowly. Moving head at atlas. Demo with Krista. Demo with Juanalee. Dyads practice rotating around room so each person moves several heads. Group discussion about experience. Switch roles. Group discussion. Demo with Dawne. Finally with partner in sitting on table, stand in front and lift head in movement of atlas and bring them to standing if available.

Day 100 Friday July 19, 2019

ATM Lesson #211 – Katrin Smithback

Sliding sternum & softening ribs #1: head & shoulders twisted to back from side

CD#20/T20 [60 min] DVD#S08-10 Scene 1 [60 min] Source: AY#217

On R side, knees bent, R arm straight forward, L hand standing near chest, lift head, turn head/eyes to look to R shoulder. Repeat, Other Side. On R side, L knee on floor in front/above R, L hand on floor near chest, turn to look along floor to R. Repeat, OS. On R side, knees bent one on other, take L arm to L, eyes/head look L, without lifting knee. Stay looking L, R hand wrapped over top of head to L temple, take R ear towards R shoulder. R hand helps head lift and look L. On R side, turn shoulders L, stay, fingers on sternum, push sternum L. Trace sternum, feel pairs of ribs connecting to sternum, fingertips press each set of ribs to slide sternum L. Repeat, OS. On R side, L hand on floor, look along floor to R and behind, note change. Roll shoulders L, return to looking around to R. Stay looking to floor, L palm holding forehead, roll head with L hand to look more to R. Repeat, OS. On R side, turn shoulders L, fingers on sets of ribs at sternum, press down, flattening chest from all 9 sets of ribs, exhaling, softening chest. Change legs to other side, continue. Then while lying on back. On R side, L hand on floor, R arm straight out in front, look along floor to R/behind. Put L palm on forehead when looking down to floor, take head to look more to R and lift head, belly out. Repeat, OS

Discussion #149 – Katrin Smithback

About ATM lesson

CD#20/T21 [8 min] DVD#S08-10 Scene 2 [8 min]

FI Exploration #113 – Katrin Smithback

Give reaching FI

CD#20/T22 [7 min] DVD#S08-10 Scene 3 [72 min]

In dyads give complete FI. Walking in door, interview, looking, reference movement, actions, and give a reaching FI as a template. Reaching action applied to your student. Process at end.

FI Exploration #113 cont – Katrin Smithback

Give reaching FI cont.

CD#20/T23 [4 min] DVD#S08-10 Scene 4 [67 min]

Katrin talked about the experience. Really about your learning to give the lesson. Then the learning of the student. And for the teachers to watch you and see where the class is at. Switch roles.

ATM Lesson #212 – Katrin Smithback

Candelabra arms

CD#20/T24 [47 min] DVD#S08-10 Scene 5 [47 min] Source: inspired by AY#18

Scan on back, sit legs in front, scratch back. Compare arms. Sit, soles tog, knees open, arms at shoulder height, elbows 90 degrees, palms forward. Open close arms, palms/elbows touch, lift arms towards ceiling, look up. ROB. On back, R arm out at shoulder height, bend elbow 90, back of hand on floor overhead, stand the L foot, lift L side of pelvis to bring R arm/hand to floor. Switch arm/leg, rpt. Both arms/legs at same time, lift pelvis to bring arms closer to floor overhead. Feel connection between pelvis lifting to shoulder blades and arms. Lower pelvis, lift arms, forearms vertical when pelvis is down. Lift head to lower palms to floor, pivoting over elbows. Alt. up/down with pelvis/arms, pivoting over shoulder girdle. ROB Note thoracic spine, arms connected to torso. Sit, soles tog, arms out at shoulder height, soft fists, roll arms down/up, when look up/down? Exaggerate looking up/down. Rest sitting. On back, stand feet, arms straight out to sides on floor, soft fists, roll fists on floor up/down, note base of neck lifts/flattens. Allow back of head to slide, looking up/down combined with arm rolling, note combo. Switch combo. Roll one arm up, one down, note head. If head rolls, which direction? Pause, repeat and switch direction of head rolling. Stand feet, arms out to sides, roll fists, one up, one down, look towards one rolling up, add lengthening the arm that's rolling up. Rest. Sit, legs comfortable, on sitbones, arms out at shoulder height, roll soft fists up/down, look up/down with arms rolling. Pause, arms down, shift onto one sitbone then other. Arms out, turn one up, one down, feel shoulders, one forward, one back. Pause. Repeat, turn R arm up, L down, shift weight onto the R sitbone, lengthening R arm as turn up. Pause, everything the same except shift onto L sitbone, compare to shifting R. Return to R sitbone, lifting L. ROB, note shoulder blades. Lift shoulders alternately, note ease, compare sides. Sit, repeat on other side. Then alternate L/R. ROB. Feet standing, arms out to sides, roll arms up/down. Roll up, leave up, lift pelvis to roll up spine, roll arms more as pelvis comes high. Arms roll down as pelvis is coming down and lift head. Alt head/pelvis lifting w/arms rolling up/down. Rest. Rtrn to candle arms, lift/lower pelvis, palms/back of hands to floor. Pause, push one foot to roll pelvis, then other side. Note head. Pause, roll head, feel spine. Sit, soles tog. Note ease. Arms at shoulder height, bend

elbows, bring forward, touch palms and elbows in front, take hands up, note spine. Check for reaching back to scratch like beginning. Stand, note arms, look around.

Day 101 Monday July 22, 2019

ATM Lesson #213 – Diana Razumny

Sidebending on all fours

CD#21/T01 [68 min] DVD#S08-11 Scene 1 [74 min] Source: Esalen #15

STAND ON HANDS & KNEES – Flex/ext both feet. R ft only. L ft only. Alternate. Take R foot to side, knee pivot. Leave ft outside, look at it w/ head, bending neck. Move leg/head simultaneously. Flex foot & do. Shorten R side to look at foot. Take R foot to R & head to L, spine like stick. Do w/ flexed foot. Take R foot to R, head moves as it wants. Do fast. Eyes/face look to floor. Flex/ext both feet. R ft only. L ft only. Compare. Sit back onto your heels, ft extended. Compare R/L. Stand R foot near R hand. Take it back. Do w/ L. Compare. Do all mvmts w/ L foot. STAND ON ELBOWS/FOREARMS & KNEES – Flex/ext both feet. R ft only. L ft only. Alternate. STAND ON HANDS & KNEES – Take each (extended) foot out to side, alt. Both feet to outside. Take both to R/L. Note Head moves? Flex feet, RPT. Then do moving body as stick, head in opp direction. STAND ON ELBOWS/FOREARMS & KNEES – Flex feet & try to touch buttocks w/them. Pelvis back/down. Keep feet close to butt, flex/ext both feet. Alt. Flex/ext both fast. W/feet flexed, pelvis to/from heels. Do w/feet stretched– compare. Pelvis to heels, alt. both feet flexed/ext. STAND ON HANDS & KNEES – Flex/ext both feet. R ft only. L ft only. Alternate. Join legs tog, move flexed feet to R. Do moving head/eyes to R w/ feet. Then moving head, spine like stick, to L as feet move R. RPT to L. Alt. moving feet L/R– Explore both ways of moving head. Join legs, feet stretched, feet to R, leave there, sit back on floor, facing forward. Move feet to other side & sit back. Alt. Hands always return to same spot, head stays in same direction all the time. Knees open comfortably. Flex/ext both feet. Take both feet to in/out– flex one way, stretch the other. Do opp. way. HANDS/KNEES comfortable distance. Lengthen R leg behind, arc to R, slide R foot on floor. Bring R foot to stand by R hand, rtn. RPT w/L foot, Alt R/L foot. Leave one foot standing and bring other up (squat). Stand Return to Trios for Squatting observations.

ATM Teaching #50 – Diana Razumny

Using Katrin's ATMs to create workshops/series

CD#21/T02 [11 min] DVD#S08-11 Scene 2 [58 min]

Overview of next 2 weeks. Want to bring in sidebending these 2 weeks following emphasis on the other spinal movements, especially rotation in the last 2 weeks. Lengthening, look at it as something to add to all of the 4 spinal movements. Use the lessons from first 2 weeks, how would you teach a 1-day, 2-day workshop based on those lessons. How would you get people into the room, who would you market it to? Now talk about it in groups of 4. What 3 ATMs do I want to teach in a day, what 2 ATMs in 3 hours, what 5 or 6 ATMs in a weekend or in a series? What rests in between the ATMs as you are teaching. First try to remember what ATMs you did in the first 2 weeks to use in one of those scenarios.

ATM Teaching #51 – Diana Razumny

Creating notes from AY transcripts

CD#21/T03 [21 min] DVD#S08-11 Scene 3 [41 min]

Trios use AY transcripts for lessons #44, 99, 18, 217 to create BareBones notes. Diana, Jeffrey and Krista described their makeup process. Diana handed out the 4 lessons to the class to form groups for each lesson. Spend this week with your group and alone out of class to work on this process of making notes.

FI Exploration #114 – Diana Razumny

Leaning over the table #1, set up and sidebending

CD#21/T04 [43 min] DVD#S08-11 Scene 4 [57 min]

Demo with skeleton. Mostly setting up your student to be comfortable in this position using pads, towels, etc. Once set up then start by moving pelvis into sidebending based on which way their head is positioned. First have student sitting and lift one sitbone and observe which one. Then dyads practice.

ATM Lesson #214 – Diana Razumny

Book on the foot #1

CD#21/T05 [46min] DVD#S08-11 Scene 5 [46 min] Source: various

Scan: On back, bend knees, stand feet, sense/listen to floor contact of soles/toes, imagine tracing feet. Size/shape, fluffy/dense, hard/soft, light/dark. Lift/lower slowly, note part that returns to floor. Note ankle angle changing. Lift L foot in air, bend/straighten leg, foot to ceiling, note orientation of sole, imagine book on bottom. Rpt w/book on bottom of foot. Note contact of sole/toes/tracing, bend/straighten knee. Rpt, add R hand behind head, L behind L knee, lift head/straighten knee. Pause, switch hands, rpt. Rpt w/head turned to side. Then interlace hands behind head to lift w/straightening. Note direction of face/chin, back pressing, timing, when/if lengthening is easier. Leave head on floor, do few bend/straighten,

note diff. Pause w/feet standing, note contact of L foot with floor, note toes, heel, arch, outer edge. Book on L foot, feel for contact of toes to board. Bring toes towards board, pressing/curling so that ball of foot lifts, then reverse so ball presses, toes lift. Feet standing, repeat movement of ball/toes lifting/pressing on floor. Pause compare feet. Press/lift ea toe of L foot individually. Compare feet. Book on L foot, take toes away from book then touch book w/toes. Leave toes quiet, bend/straighten ankle while bend/straighten leg. Note if toes stay in contact or lift from book. Intentionally keep toes lifted while bend/straighten ankle/leg. Then repeat keeping toes on book. Leave toes quiet, bend/straighten ankle/leg. Rest w/legs long, compare. Book on L foot, bend/straighten leg, note how. Add lifting/curling toes w/leg bending. Which combo is easy? Do opposite. Which way is easier to straighten leg? Bend/straighten leg at different angles. Think of pushing through heel, like Karate Kick, as leg straightens, different angles. Rest, legs long, compare. Stand feet, compare. Stand, walk, note diff through sides. Imagine OS. Roll

Day 102 Tuesday July 23, 2019

ATM Lesson #215 – Diana Razumny

Book on the foot #2

CD#21/T06 [57 min] DVD#S08-12 Scene 1 [57 min] Source: various

On back, stand feet, both legs in the air, book on one of them, straighten/bend. Pause, rpt, roll away from leg that has book. Switch book to other foot. On R side, head on R arm, L arm straight out to L. Twist arm around itself, note palm starts facing forward, turns down towards feet then behind, return. Twist other direction, counterclockwise, palm towards overhead then back a little. Clock on ceiling ref. Rpt, twist only clockwise, rtn to starting point. Cont, add head movement. Pause. Twist counter, rtn to start point, include head. Both directions, expand, note shoulder blade towards spine/floor behind. Rtn to twisting clockwise, take head opp. Rtn to head going with. Pause, Twist counter, head opp. Rtn to going with. Arm out to side, twist clockwise/neutral. Pause, counter/neutral. Do full range of twist allowing head to go along, shoulder blade towards floor in back, nose to floor in front. Full range using whole self. Rpt OS. On back, book on L foot, take book to/away, gradually start to roll R. On R side, stand L hand, think of arm mvt/homologous leg mvt. L leg out to side, twist leg, feel rolling for/back. Note ribs if shoulder doesn't go forward. On R side, L arm/leg out to side, twist both clockwise, roll towards front, twist other way, roll towards back. Rpt but twist arm/leg in opp directions to each other. Just twist arm, w/o pelvis moving, note ribs. Switch to only leg twisting, shldr quiet, ribs twist. Rolling forward/back. ROB, compare sides. On R side, book on L foot, bend/straighten knee, roll towards back, sense foot on book, foot in space. Roll for/back. Rpt, roll towards front, return to side. Pause, roll to back, return to side. On side, roll small amt for/back, comfortable range. On back, both feet up, book on L foot, take book to/away from you, start to roll R, onto side, rtn to back. Rpt on L side – R arm out to side, imagine twisting/rolling. Pause, leg up, imagine twist/roll. Book on foot, twist/roll.

Discussion #150 – Diana Razumny

Video of diaphragmatic breathing

CD#21/T07 [7 min] DVD#S08-12 Scene 2 [7 min]

Super graphic example: <https://www.youtube.com/watch?v=5L3dM3hinuo&index=3&list=PL58FAOD24C2E5D132>

French – respiration showing diaphragms: <https://www.youtube.com/watch?v=9JqFWUjxIIQ>

ATM Lesson #216 – Diana Razumny

Pelvic floor #1, breathing to relax NS

CD#21/T08 [45 min] DVD#S08-12 Scene 3 [46 min] Source: Deborah Bowes Pelvic Floor ATMs

On back, one hand on lower belly below button. Note mvt of belly with breath. Other hand on chest to feel mvt. Which moves more. Hands to sides of ribs below breasts, feel sideways mvt of ribs. Rest hands, sense backwards mvt of ribs towards floor. Define dimensions for/back, sides, up/down. Feel for mvt into pelvic floor. Genitals? Feel swelling there, widening at hip joints. Lung/pelvic floor diaphragm, mv up/down tog. Focus on exhalation, both hands on lower belly. On exhale make 'sh' sound until sound changes. Pull lower belly in w/sh sound a little, activating pelvic floor, then allowing relaxation. Do 7 times, feeling the springiness of the inhale in the lower belly. Hypertonic state of muscles weakens the muscles. Hands on sides of ribs, 's' sound on exhale – 7 times. Hands on upper chest, elbows on floor, upper lung lobes, exhale on 'ha' (shorter) chest goes down – 7 times jaw/mouth relaxed. Hands down, feel mvt of ribs in all directions w/inhale/exhale, armpits. Feel expanding in pelvic floor on inhale, swelling genitals then reverse. Feel globally all directions of inhale/exhale. 7 times. Feel space between inhale/exhale.

Discussion #151 & FI Exploration #115 – Diana Razumny

About breathing ATM & Leaning over the table #2, bony landmarks, pelvis, sitting on rollers

CD#21/T09 [26 min] DVD#S08-12 Scene 4 [39 min]

First discussion about ATM lesson of breathing. Demo with skeleton. Start w/palpating own pelvis. Pelvic Palpation: hands on hips, define 'wing' bones, fingers forward, thumbs back, rock; switch direction of hands, fingers pointing back, thumbs forward, middle fingers to spinous processes, rock pelvis, define top of sacrum meeting L5, fingers travel down sacrum to tail. Hands on cress, fingers forward finding hip joints down to pubic bone, feel thickness, travel along one side to sitbone. One hand in back, other in front, define rocker bone and connection to pubic bone. Sit behind student who is sitting on flat side of sliced roller, first watch then ride along as they rock for/back. Leaning over table, sit at pelvis, revisit identifying iliac crest, sacrum, find sitbones and trochanter – Rotation to feel 3 pelvis.

FI Exploration #115 cont - Diana Razumny

Leaning over the table #2, bony landmarks, pelvis, sitting on rollers cont.

CD#21/T10 [138 min] DVD#S08-12 Scene 5 [151 min]

Demo with Beth. Review set up for leaning over the table FI. Then finding and moving sit bones. Sidebending from sit bones and from several places in lower spine. Dyads practice. At end demo with Ami on half roller sitting tilting pelvis. Then sit to stand. Watch for neck shortening and help with horseshoe hand on neck as they rise. Suggest length. Dyads practice at wall for balance playing with standing on half roller and squatting.

Day 103 Wednesday July 24, 2019

ATM Lesson #217 – Diana Razumny

Book on the foot #3, knee to floor on side

CD#21/T11 [46 min] DVD#S08-13 Scene 1 [46 min] Source: various

On R side, L arm out to side, twist slowly ea way, gradually head rolls, increase, feel arm lengthen/shorten, from front, side, back. Pause, rpt w/leg. Track knee arc through space. Arm/leg twisting opp directions, slowly, staying on side, note between hip/shoulder. Arm twisting, head rolling on floor, feeling through, add leg. ROB sides? Rpt OS – L side, R arm out, twist, add leg. Twist leg a few times allowing shoulder to move then w/o shld mvt. Add arm.

Add head/eyes looking up/down. R arm over top of head, hold L ear, cont mvt of leg. Look at leg in front and imagine could see leg behind you as roll for/back. On L side, book on foot, roll towards back/front. Pause, rpt w/book on hand. Add leg w/imaginary book. Have two books, on hand/foot, roll for/back. Look up/down? On back, book on R foot, roll to side/back. On back, explore rolling to R and how might cont to front. On back, book on L foot, bend/straighten, roll to side. If stuck, chg angle of leg, bend knee, chg torso. Stay w/area of comfort. Cont, go to the edge of the next transition point for you and hang out with it, figuring out what you can do to cont onto front. If you can do that already, smooth it out. Book on L foot, roll L. End w/book on easy foot, roll both directions. Bring it to an easy range, smooth, no question of book falling.

Discussion #152 – Diana Razumny

Video of pelvic floor

CD#21/T12 [19 min] DVD#S08-13 Scene 2 [20 min]

FI Exploration #116 – Diana Razumny

Balloon exploration of pelvic floor

CD#21/T13 [25 min] DVD#S08-13 Scene 3 [25 min]

ATM Lesson #218 – Diana Razumny

Pelvic floor #2, left & right sides

CD#21/T14 [38 min] DVD#S08-13 Scene 4 [38 min] Source: Deborah Bowes Pelvic Floor ATMs

On back, feel the weight of head, shoulders, back, pelvis, legs, arrangement of arms. Roll head L/R, down/up hill? Sense back of head on floor. Imagine point between eyes, draw line down middle of face, throat, breastbone, belly, belly button, L/R sides of genitals, continue around to back between buttocks, sacrum, low back, on up to neck, head over top to between eyes. Since the division of R/L sides of body. Feel R side from top to bottom to heel. Rpt on L side. Compare sides. Muscular habits are different on the sides, including pelvic floor. Rib cage diff? L/R. Note area above breasts, noting rise/fall on R/L sides of chest. Pelvic floor R/L? Breath mvt into pelvic floor, or flush of sensation into the tissue around genitals. Contract pelvic floor, the deep muscles. Silk scarf up into vagina and floating out. Feel coordination of breath. Feet on floor, hip width, heels near sitbones for easy support of lower legs. Feel change of back against the floor. Tilt legs R/rtrn, feel weight shift of feet (1 outside/1 inside). Weight of pelvis – R side heavier, L lighter. R/L sides of ribcage/shoulders. Allow head to roll R as knees tilt R, rtrn to center. Note breath, in or out with tilt? Rest w/legs long. Full skeletal movement makes easier to feel deep muscles of pelvic floor. Stand feet, tilt knees R, rtrn. Feel through whole torso. Layer in contractions of pelvic floor. Legs to R, pull legs back by contracting pelvic floor, pause in middle, rest, rpt. Pull up from inside. Image for women is pulling marble up into tube of the vagina. Men imagine pulling testicles up and a little inside yourself. Pausing with breath in middle before doing it again. Small amount, 6-8 reps enough. Rest w/legs long. Sense breath in lower belly between belly button and pubic bone, feel softness, fingertips on lower belly, resting elbows on floor, feel soft rise/fall of belly w/breath. Stand feet, tilt legs L, rpt on this side, notice differences. Lesson designed to balance differences in the sides. Rest w/legs long. Rtrn to mvt, adding contraction of PF. Stand R foot, let R leg open to R a little, note weight shift on foot, note weight moves to R side of pelvis. Bring knee back to middle by using deep inside pelvic floor, rpt few times. Rest, note R hip, imagine breathing into R hip, diaphragm moving down can create little pressure down into lower pelvis, creating sense of widening. Rpt above w/L leg. Can use the image of scarf or marble. Allow both legs to open to the sides a little, bring knees back together drawing the marble, scarf, testicles up. Pause in middle, breathe letting go. Rpt. Note jaw. Rest w/legs long. Feel breath going down into hip joints, groin, lower belly. Scan contact with floor. Contract pelvic floor as in beginning and note if easier, more awareness of movement. Feel the phases of contracting and relaxing. Sit, stand, feel standing on legs and balance, walk.

Discussion #153 – Diana Razumny

Moshe Video on breathing

CD#21/T15 [27 min] DVD#S08-13 Scene 5 [28 min]

Dr. Steven Langer interviewing Moshe on Medicine Man series in 1982. Then video showing anatomy of singers.

FI Exploration #117 - Diana Razumny

Leaning over the table #3, review & connection of ribs to spine

CD#21/T16 [21 min] DVD#S08-13 Scene 6 [79 min]

Demo with Krista. Review then new piece, sitting at side of table on side away from her face, with hand on face side of spine palpating. Then reach around to ribs also on far side. Follow curve/arc of ribs. Other thumb on other side of spine to feel pressure as palpate rib(s) on face side. Demo with skeleton. Dyads practice. Then switch roles. Then switch partners.

Day 104 Thursday July 25, 2019

ATM Lesson #219 – Diana Razumny

Bring elbows forward, wrists bend, on back & sitting

CD#21/T17 [54 min] DVD#S08-14 Scene 1 [55 min] Source: AY#45

On back, feet stand, fingers under chest, elbows on floor, lift elbows. Lift elbows with head. Just elbows. Note shoulders/chest. Lift R elbow, lift R shoulder with elbow, rolling L. Repeat on L. Feet stand, R hand behind back, lift R elbow/shoulder. Hold R elbow /L hand, pull. R hand slides behind so elbow can come forward. Repeat with L hand behind. Feet stand, both hands behind, palms on floor, lift head/shoulders/elbows. Bring elbows together in front. Feet stand, hands behind, lift elbows, backs of hands slide onto belly, fingers pointing down. Lift head to help. Use R hand to help back of L to lie on belly so fingers point down towards feet. Reverse hands. Have backs of both hands on belly, little fingers touching. Bring elbows together/apart. Use head lifting to help. Repeat, stand R foot, L leg long, roll L so L elbow touches floor. Touch R elbow to L. Shoulders round forward. Repeat to other side. Bend head forward, elbows touch head/face, nose between arms. R foot standing, back of R hand on belly, hold R elbow with L hand, slide it up along face, forehead/nose are between elbow/hand. Hand in contact with forehead, nose enters crease of elbow. Change over hands/legs, repeat. Feet stand, hands behind, lift elbows. Lift head, hands slide as elbows come together then return hands behind. Feet stand, R palm on belly, L index finger on wrist, lift elbow, bend wrist. Lift head to help. Same angle in wrist as when leaning on hand on floor. R hand behind back, lift elbow so wrist bent at right angle. Sit, hold hand with right angle at wrist in front of face, maintain the angle and put hand on belly. Note what needs to adjust. Repeat with L hand. Sit, both hands on belly, one on top of other, bring elbows together in front, pull in belly, sink chest, lower head. On back, fingertips of each hand close together and standing on floor near to sides. Stand feet, lean on fingers, lift elbows/head. Lean on fingers until lift legs and sit without swinging up. Sit up using only fingertips of R hand. Elbow lifts. Repeat with L hand. Return to both at same time, lift elbows, head, slowly sit up. Rest on back, note shoulders/chest, stand, note arms and use of.

Discussion #154 – Diana Razumny

About ATM Teaching, check in on highlighting AY lessons

CD#21/T18 [29 min] DVD#S08-14 Scene 2 [30 min]

Work on highlighting tomorrow in trios and the weekend. On Monday follow up activity teaching from your notes.

Discussion #155 – Diana Razumny

Structure of FI lessons

CD#21/T19 [27 min] DVD#S08-14 Scene 3 [27 min]

Looking at FI lesson as 3 parts, beginning, middle and end. Interview: how they come into lesson, phone interview. Student pitfalls: caught with their diagnosis, pain, part. Listening vs. advice, fixing, correcting. Languaging: cause/effect, negative description, explaining. Then movement observation and reference movement. Middle of lesson: body of lesson, more reference movements, following your curiosity from what you observed in interview. Theme develops. End of lesson: come to sit to stand. Reference movements. Function.

FI Exploration #118 – Diana Razumny

Interview in trios, observe movement

CD#21/T20 [21 min] DVD#S08-14 Scene 4 [65 min]

Practitioner interview student. Observer watch from afar the movements of the other person. Practitioner use interview sheet from Diana as needed. Rotate through roles.

ATM Lesson #220 & FI Exploration #119 – Diana Razumny

Edges of the feet

CD#21/T21 [63 min] DVD#S08-14 Scene 5 [63 min] Source: AY#433

Back and forth between ATM lesson and FI Exploration.

Day 105 Friday July 26, 2019

ATM Lesson #221 & FI Exploration #120 – Diana Razumny

Book on the foot #4

CD#21/T22 [73 min] DVD#S08-15 Scene 1 [73 min] Source: various

On back, roll legs in/out feeling hip joints, lower leg bones, knee, femur. Stand feet, R foot in air, bend/straighten, as straighten, roll L, direct foot to ceiling. Rpt, prop onto L elbow, bend R knee towards floor in front while foot stays facing ceiling, continue onto front side. Rest on front. Prop up on elbows, bend R knee, foot to ceiling, lift lower knee few times, look at foot, circle foot by moving ankle. Forehead on hands, bend R knee, foot to ceiling, bend ankle as if standing on floor, look at foot to check. Same position, foot facing ceiling, bend ankle side/side, inner/outer edge of foot lift/lower, look at foot moving. Legs straight, tuck R toes for pushing against floor, lifting R knee, roll across toes. Bend R knee, foot faces ceiling, take front of foot side/side, rotating around lower leg bones. Sit, R foot standing on floor, wrap hands around lower leg to feel bones, pivot front of foot around heel which stays in place, pause, lift/lower inner/outer edge of foot, feeling lower leg bones again. Rest on front, bend both knees, knees/feet touching, bend/straighten ankles, attn to heels up/down, pause w/feet flat like standing, take soles together/apart, small mvt of ankles. On back, stand feet, straighten R leg to ceiling, rolling to L, prop head on L hand on side, bring R knee to floor while foot orients to ceiling. Rpt w/board on foot, rolling back to side rtn. Prop on L elbow on side, R knee on floor in front of L, hold board on foot. Partners, 1 on back w/board on foot, partner stands and place little pressure on board and stay with them to feel the board. Switch then return to doing it alone. Try L side to compare. Use easy leg, roll towards side that has board on foot. Without boards, both legs in the air, bend/straighten, rolling side/side

FI Exploration #121 – Diana Razumny

Bring back of hand to chest

CD#21/T23 [24 min] DVD#S08-15 Scene 2 [86 min]

Demo with Juanalee on back. First make comfortable. Circling of wrist. Then at side hold wrist with elbow on table. Bring hand to belly and extenuate the wrist bending pressing into belly as lift elbow. Palpate ribs to move around diaphragm. Two ways to bring hand up to opposite shoulder. Sitting at head, stand up to reach to hold wrist, other hand on elbow and keeping arm in contact with her chest bring arm up to opposite shoulder, rotating wrist and arm as moving. Back of her hand on sternum, making contact with her ribs.

Discussion #156 – Diana Razumny

Video about fascia

CD#22/T24 [33 min] DVD#S08-15 Scene 3 [33 min]

Fascia is a sensory organ by Robert Schleip from Feldenkrais Summit.

ATM Lesson #222 – Diana Razumny

Pelvic floor #3, engaging abdominals

CD#21/T25 [19 min] DVD#S08-15 Scene 4 [19 min] Source:

On back, sense breathing, hands on lower belly to feel mvt of the breath. Exaggerate the rise/fall a little with the inhale/exhale. Hands on floor to sides, sense back, shoulder blades L/R, rib cage, low back, pelvis. Stand feet, interlace hands behind head, elbows tog/apart, sense pressure of palms on head for support when elbows are forward so you can lift head w/help of hands, look between legs, lower head. Note changing pressure along floor as head lifts. Feel changing shape of back. Feel lower belly muscles pull inward. Feeling full skeletal movement first coordinating breath, feel the folding of front, sternum lowering, backside rounds and presses floor. Pause w/arms down feeling for differences. Interlace hands behind head, elbows tog, palms cradling head, lift to look between legs, low back presses floor, belly contracts, add PF muscles contract w/mvt then letting them go as you return to floor. Taking time to notice all parts in coordination. Rest Stand feet hip width, tilt knees to R, return to middle. Note weight shift on feet, the pelvis against the floor, R shoulder against floor. Knees in middle, cradle head w/hands again, tilt knees to R, stay, lift head as knees return to middle, exhaling as knees return to middle. Add contracting PF with head lifting, knees returning to mid. Imagine silk scarf or pulling testicles inside. Rpt OS. Stand feet, allow knees to open to sides then closing, use PF contracting to bring knees tog, imagine marble being sucked up into the tube then rolling out as knees move out to sides. Cradle head w/hands, knees little open, exhale, lift head, bring knees together, rvs. Coordinate breath, exhale pulling belly in w/PF pulling up when lifting head, bringing knees tog then reverse on inhale. Rest. Note contact with floor, breathe w/PF contracted on exhale. Stand knees, contract PF, feel belly contract while exhaling. Rest noticing width of: pelvis, low back, shoulders, ribs. Where feel breath moving in you. Stand, feel breath, belly. Sway side/side, for/back. (inhale on both feet, exhale when shifted to one foot/leg, engage pelvic floor pulling up when on 1 leg – my addition)

Day 106 Monday July 29, 2019

ATM Lesson #223 – Diana Razumny

Circling foot, leaning on elbow, plus bridge on 1 side

CD#22/T01 [62 min] DVD#S08-16 Scene 1 [62 min] Source: AY#247

Sit, legs spread wide, lean on L elbow, R hand/arm over top of head, tilt head side/side. Repeat with R foot standing. Repeat OS. Lean on L elbow, R knee standing, R hand on R knee, circle R knee, each direction, smaller quicker. Repeat OS Lean on L elbow, stand R foot, hold ankle with R hand, slide foot circling, knee stays up, foot circles under, switch hand, fingers inside, thumb outside. Switch arms/legs, reach with L hand to L ankle, this time from between the legs. Play with fingers inside/outside. Lean on L elbow, stand R foot, R forearm behind back, twist/turn to look L, knee stays up, roll pelvis, belly forward, explore opposition move of head then return to looking behind. Repeat OS. Lean on L elbow, stand R foot, hold L foot with R hand, circle foot. Repeat OS. Lean on L hand, R foot standing, lift pelvis to come onto R foot, bring R hand to floor near L hand, lift pelvis higher than R knee, L leg slides, continue, slide the L leg behind R foot and sit then, reverse. Continue to swivel all the way to 4 points. From 4 points, rather than take leg through, direct bent knee through gap to come to sit. Alternate taking straight/bent leg through gap between R arm/leg. Repeat OS. Continue quicker, add hop.

FI Exploration #122 – Diana Razumny

Bridging ATM into FI

CD#22/T02 [83 min] DVD#S08-16 Scene 2 [30 min] & Scene 3 [51 min]

Start as ATM then dyads explore. (Note: video off between 30 and 32:30 min) Group discussion at end. How to move between ATM and FI.

Discussion #157 – Diana Razumny

About ATM Teaching project

CD#22/T03 [27 min] DVD#S08-16 Scene 4 [28 min]

FI Exploration #123 – Diana Razumny

Using bridging ATM

CD#22/T04 [51 min] DVD#S08-16 Scene 5 [72 min]

Demo with Jeffrey. Based on bridging ATM. On table one foot standing, lifting hip of standing leg to lengthen. Bring Jeffrey into bridging position. At head bring arm over face. Hand to hand bending wrists to land Jeffrey's hand in bridging position next to head. Lift hip with hand next to head. Other hand behind head and moving head in sidebending, pushing through standing foot in all positions. Dyads practice.

ATM Lesson #224 – Diana Razumny

Leg swing with footprint #1, flexing ankles and toes

CD#22/T05 [24 min] DVD#S08-16 Scene 6 [25 min] Source: AY#378

On back, bend knees, stand feet, lift R leg/foot in air, bend toes up/down. Note: breath, jaw, neck, chest. Repeat w/L leg/foot. R leg in air, bend ankle w/o bending toes. Repeat w/L leg/foot. R leg in air, bend ankle and bend toes up. Bend toes down, straighten ankle. Attn: breath, jaw, mouth, neck, chest. Repeat w/ L leg. On belly, legs spread, bend knees, inside edge of feet touching, bend toes up/down. Face L, stand hands, bend toes up/down. Attn: hands, neck, chest, face, breathing. Same position, bend ankles w/o bending toes. Attn: same parts. Add bending toes. Quicker. Repeat last 2 steps with face to R. Attn: face, neck, jaw, hands, shoulder blades. Rest on back. On back, R leg in air, bend/straighten R knee w/o ankle/toe bending. Attn: breath, chest, face, jaw, neck making no changes there. Repeat w/L leg in air. R leg in air, bend knee, ankle and toes up and then straighten, bend toes down. Attn: breath, face, eyes, mouth, neck, chest, hands. L leg. On belly, face L, spread/bend knees, touch inside edges of feet, straighten/bend legs. Stay w/feet near floor, bend/straighten ankles w/o toes. Same position, stand hands, bend/straighten ankles, add toes bending up/down. Attn: breath, face, jaw, mouth, neck, chest. On belly, face R, knees bent, inside edge feet touch, bend/straighten knees, stay straightened, bend ankles, add bending toes up, add bending knees, so everything bends/straightens. Attn: breath, neck, arms. Same position, stand hands, bend/straighten everything. On belly, face R, legs long and joined, roll pelvis R/middle. Attn: breath, neck, hands. Extend R arm, continue. Quickly. Repeat w/L hand standing, then pelvis swings R/L Face L, extend L arm long, stand R hand, roll pelvis L. Stand both hands, face L, roll pelvis. Face R, roll pelvis. Quickly w/o disturbance to breath. Stand, walk.

Day 107 Tuesday July 30, 2019

ATM Lesson #225 – Diana Razumny**Leg swing with footprint #2, flex/extend toes/ankles, on side**

CD#22/T06 [46 min] DVD#S08-17 Scene 1 [46 min] Source: AY#380 pillows and swings

Start with intro to footprint and lesson needing concentration to details, creating a contrast.

On L side: (ref: swing R leg for/back); think of R little toe then big toe; then other toes (more difficult). Touch little toe pad; then big toe. Touch each toe/s. Think pad of R heel circle. Trace circle of bottom of heel. Think of heel and toes. Think along outside edge of foot. Sense line, start w/heel circle, come around bottom of heel pad, up outside edge up to toes, across top of toes, circle around big toe to trace back along bottom of pads to little toe. Stand, compare R/L legs, circle over R/L hip, sense R finger/toes, walk. On L side, think of the print of heel, edge and toes of R foot. Lift R leg and think of print of sole. Flex/ext ankle/toes sensing "print". Quickly. Split attention between print/moving. Lift/straighten R (down), think sole: Flexed/hold ankle; Add toes flex/ext; quick/slow; Extended/hold ankle, flex/ext toes; Flex/ext ankle. Stand. Walk. On L side, lift/straighten R leg (in front), think sole: ankle flexed, think "footprint", flex/ext toes; Note breath, effort in neck, face; Repeat, toes quickly, slow, pause. Lift leg in front, note ease/range. ROB. Hold ankle extended, flex/ext toes, quick/slow. Flex/ext ankle/toes. On L side, stand R hand, R leg straight (in front), think sole: flex/ext ankles/toes; add swinging leg backward/forward, knee soft; leg swing w/ankle flexed only then extended only. Stand, walk. Stand on R leg, swing L leg forward/back; repeat w/R leg, compare.

FI Exploration #124 – Diana Razumny**Review sit to stand holding head**

CD#22/T07 [14 min] DVD#S08-17 Scene 2 [14 min]

After lesson, come to tables, trios, rotate bringing someone up from sitting to standing, over the R foot that ATM lesson focused on. Sense diff. OR - 1/2 people sit in circle at tables, other half explore sit to stand holding head.

ATM Lesson #226 – Diana Razumny**Pelvic floor #4, dynamic sitting side/side**

CD#22/T08 [52 min] DVD#S08-17 Scene 3 [63 min] Source: Deborah Bowes #5

Showed video of pelvis first. Then sitting on tables for ATM lesson.

Sit, sense sitbones, rock side/side. Diamond shape of PF, imagine R/L halves. Define pubic bone, top rim and drop over to feel inside edge where PF muscles attach. Contract PF a few times, sensing effect on sitting. Think belly button to spine. Towel under L sitbone, lift/lower R, R hand under when lifted, press R foot/L sitbone. Towel out, sense, Rpt OS Rpt above using PF contractions to lift one side. Part 2, sustain PF contraction while lift/lower one side. Lips/eyes/mouth/face. Rpt sustained contraction w/lift/lower quickly. Sit w/o towel, sense width between sitbones into hipjoints.

Then dyads watch movement of each other. At end 15 minutes trios meet about ATM Teaching project.

From SFe5 Seg9 Pelvic floor #5 from Deborah Bowes

Sit on flat chair seat. Small hand towel. Sit on front of chair seat, feel sitting bones of pelvis, rock side/side feeling sitting bones to define R/L sides of PF. Hands on hips, rock pelvis side/side. Rest hands on thighs. Notice where eyes are looking. Look at the horizon. Note breath. Pull in belly on exhale between belly button and pubic bone, expand on inhale. Find easy space between feet/knees. Rest when needed. Contract PF a few times. How feel different in sitting, working against gravity to pull up inside of you. Relax between contractions. Note up/down mvt at perineum or genitals. Stand, walk for rest. Sit, balanced on sitbones, feet comfortable distance. Place folded towel under L sitting bone so you sit lopsided. Lift R side of pelvis, pressing L sit bone. Lower, feet stay flat, knees apart. Reach R hand under buttock when R sitbone lifts, take out as lower sitbone. Start mvt by pressing L sitbone. Push w/R foot, lifting R sitbone. Pause, take out towel, both sitbones on seat, observe sensation of sitting. Rest, rpt OS. Note sitting then stand to rest in walking. Sit again, feet flat/apart, lower leg bones vertical, knees over feet, place towel under L sitbone, lift/lower R side, hands on thighs, contract PF when lifting, relax when lowering side. R foot can help. Note if abdominals are helping lift then relax when lowering. Imagine contraction of PF lifts the hip the reverse. Rest w/towel out. Stand, walk few steps. Sit, supported by sitbones, looking forward at horizon, towel under R sitbone. Rpt above. Rest. Sit, towel under L sitbone, mvt same but more sustained contraction, lower/lift hip few times while maintaining contraction. Note sphincters of mouth/face tightening, let go. Cont few times. Rest, walk few steps. Sit, rpt OS, towel under R hip. Rest. Sit, towel under L side, a little faster, as if running, riding horse or dancing. Contract PF, hold, lift/lower R side like bouncing. Pause, relax, rpt 3-4 times. Rest. Rpt OS. Rest.

Sit on sitbones, hands on thighs, sense contact with chair, note if perineum has dropped down, wider between sitbones? Contract/relax PF, noting if more sensation than beginning. Feel the rising and lowering with contraction/relaxation. Stand, note balance, PF sensation, walk.

FI Exploration #125 - Diana Razumny

Review leaning over the table, working from the head & shoulders

CD#22/T09 [124 min] DVD#S08-17 Scene 4 [142 min]

Demo with Alex. Added on working in shoulder area. Lifting under shoulder joint. Trios practice. Discussion at end.

Day 108 Wednesday July 31, 2019

ATM Lesson #227 - Diana Razumny

Leg swing with footprint #3

CD#22/T10 [56 min] DVD#S08-18 Scene 1 [56 min] Source:

On back, join legs/feet, interlace hands on low belly: Attend to: breathing; little toe pads, all toes, footprint; each toe; breath. Legs joined, trace L sole few times: heel pad, along outer edge to little toe, along top of toes to big toe, around to bottom of pads back to little toe, return to heel pad. Repeat w/R foot. Repeat w/ both. Pause, note breath. Trace line along root of toes between little/big toe, sense length of line. Repeat w/other foot. Join feet, sense distance between little toes. Note breath. Join legs/knees, sense soles, note breathing: Flex ankles many times, Sense length of line from one little toe to other. Flex/extend ankles, quickly, feel through spine to head, Feet/knees/big toes stay joined whole time Without digging heels into floor. Keep ankles flexed, flex/extend toes only, note back of neck. On R side, L leg straighten down lifted a little, straight line from shoulder to foot. Trace sole as above. Pause. Flex ankle/toes, swing straight leg a little forward/back. Pause, Extend ankle/toes, swing leg. Swing different flex/ext? Again w/foot flexed, do quickly. Same on L side. Rest on back. On R side, straight L leg, bring straight leg forward, stay, attn sole: Foot flexed, flex/extend toes. Quickly. Pause, note breathing. Repeat w/ankle extended. Flex/ext ankle/toes. Quickly. Pause, think it fast. Repeat all on L side, start w/trace sole, toe pads, distance between little/big toes. Pause. Repeat flex/ext ankle, reverse coordination of toes flex/ext. Curl toes under when flexing ankle. Repeat on R side. Pause, swing whole leg forward/back. Faster/smaller. On L side, same w/R leg. On R side, bend L knee, take leg behind, think sole, stay: Flex/ext ankle. Quickly. Pause, note breathing. Flex/ext toes. Note-breathing, back of neck, belly. Pause, Ankle flexed - flex/ext toes. Ankle extended - flex/ext toes. flex/ext ankle while flex/ext toes opposite, quickly. Swing leg forward/back. Rest on back. Repeat on L side. On back, interlace hands on belly, feel breath under hands. Join legs/feet. Flex/ext ankles/toes together, without interrupting the breath. Note differences from beginning of lesson.

ATM Teaching #52 - Diana Razumny

ATM Teaching project working with AY notes continued

CD#22/T11 [22 min] DVD#S08-18 Scene 2 [95 min]

Trios teach each other from AY notes they created from 4 AY lessons (#44, 99, 18, 217). Each of you will read the first step. Other students on floor or watch so rotate through that step. Then next step. Diana handed out her and Katrin's notes of that lesson.

Discussion #158 - Diana Razumny

Video of underwater dancer

CD#22/T12 [10 min] DVD#S08-18 Scene 3 [11 min]

Discussion #159 - Diana Razumny

About leg swing ATM lessons

CD#22/T13 [15 min] DVD#S08-18 Scene 4 [15 min]

FI Exploration #126 - Diana Razumny

Artificial floor

CD#22/T14 [86 min] DVD#S08-18 Scene 5 [108 min]

Demo with Ev. How do you decide which foot to use the board? Supporting leg or other leg? Demo with Krista. Dyads practice the set up and tomorrow will continue the process.

Day 109 Thursday August 1, 2019

ATM Lesson #228 – Diana Razumny

Pelvic floor #5, dynamic sitting with front/back of pelvic floor

CD#22/T15 [34 min] DVD#S08-19 Scene 1 [34 min] Source: Debra Bowes Pelvic Floor ATMs #6

Sit at forward edge of chair, feet flat on floor, hands on thighs, sense sitbones, knees same distance apart as feet, feet hip width apart. Notice if looking up/down/forward ahead in middle. Look forward, place hands on lower belly to feel breath moving there. Contract PF, drawing up marble or scarf deep into vagina then let it go down, flow out, inhaling. Hands on pubic bone, slide hand under pubic bone. Sense distance between pubic bone and chair seat. Move pubic bone towards chair then away. Facilitate by pushing with hand against pubic bone, rocking forward. Smooth/easy. Place hands at top of pelvis just below waist. Cont movement of pubic bone moving down towards chair, feeling hands on top of pelvis moving forward. If it was a bowl, water would flow forward out of bowl. Rtrn. Place hands on sternum, come to the bottom, feeling where muscles attach along ridge of ribs on this end, on the pubic bone on the other end. Again, mv pubic bone towards chair, note spine arching. Note space between sternum and pubic bone, allow face/eyes to look up towards ceiling then return to horizon when pelvis returns. Rest. Sitting, note if on front or back of sitbones. Explore front/back, lifting pubic bone rounding back backwards, then return. Feel distance between sternum/pubic bone, head/eyes lower. Pulling belly button back towards spine. Rest. Sitting, take pubic bone towards chair, eyes look up, distance between pubic bone and sternum move apart, back arches, reverse and repeat previous movement of rounding back backwards, sternum/pb coming together. Pause, rest. Attn to tailbone, back of PF, rpt mvt of pelvis rocking forward/back, noting tailbone. Attend to pubic bone and tailbone as you rock, noting the mid point of sitbones that supports restfully, easy breathing. Pause at that place, feel pelvis expands in all directions with breath. Rest. Sit at that mid point on sitbones, round back back, roll towards tailbone, contract PF, pulling in, rtrn to balance point in middle, let PF go. The belly pulls in and lets go with PF pulling in, letting go. Imagine pulling pelvis back, pulling tailbone under, contracting PF, then return, letting go, inhaling. Can you feel that in your mouth or throat? Rest. Now reverse, pubic bone towards chair, back arching, looking up with head/eyes. Imagine PF pulling from inside of the pubic bone, pulling pubic bone towards chair. Rtrn to middle. Rpt few times. Sit supported on mid of sitbones, so head is easy on spine, breath is easy. Combine mvt forward/back, looking up/down w/spine arching/rounding. Go ea direction then pause in middle. Contract PF, hold it gently while rocking forward/back once, pause in middle letting PF go. Feel if PF gets wider in all directions. Rest on supportive sitbones. Contract PF, note if you go forward/back. Now staying balanced in middle, contract on exhale, belly comes in, rvs on inhale. Start to make a mvt as if coming to stand to bring weight forward onto feet, do few times, slowly begin to lift pelvis, rvrs. Just as you lift, notice if the PF jumps in to help. Rtrn to sit, rpt. Since a liveliness of the PF to come in to help. Eventually come to stand up. Go back down, note when PF kicks in to help, then when it can let go to sit all the way. Discussion at end of lesson.

FI Exploration #127 – Diana Razumny

Sit to stand observation

CD#22/T16 [56 min] DVD#S08-19 Scene 2 [73 min]

Roller under pelvis and feet. Dyads sitting, one sitting on round roller with half roller under feet. Stand up and balance on half roller. 3 ways of rolling pelvis on roller: rolling with pelvic neutral, flex and extend. Switch roles. Now practice having partner sit without roller and go through movements using hands on sternum and spine to suggest flexing and extending. Squatting on sliced roller at wall.

ATM Lesson #229 – Diana Razumny

Leg swing with footprint #4, on side

CD#22/T17 [49min] DVD#S08-19 Scene 3 [50 min] Source: AY#382

On R side, stand L hand in front of chest on floor, lift L leg, move forward/back, knee bends when leg goes back, note torso response. Repeat on OS. ROB. On R side, lift L leg: Attn to toe pads of L foot, the heel pad, the outer edge of foot Trace footprint. Repeat with L knee bent, foot behind. Swing leg back, L hand on floor in front of chest, Allow head and L shoulder to go forward. Attend to sole of foot. Quicker. Switch sides, repeat above on OS. On R side, L hand on floor in front, lift L leg, attn to sole of foot: Swinging leg back, take head and L shoulder back. Quicker, Attn to even distribution along back side. ROB. Repeat OS. Return to R side, swing leg forward, head/shoulder goes backward. Quicker, lighter, ROB, OS (bottom arm under head bent?) Return to R side, swing leg forward, head/shoulder forward. Quicker, lighter, OS, ROB. On R side, stay with L leg back bent backwards, attn sole: Ankle flexed, curl toes down several times. Quickly. Ankle extended and lift toes. Quickly. Flex/extend toes/ankle in opposite directions. Slowly increase speed. Make circles with heel. Change direction. If not clear, lie on back to circle heel on floor. ROB, Repeat OS. On R side, swing leg forward/back, attn to sole: head goes towards leg in front the head goes back when leg swings back. Repeat OS. On back, bend both knees, stand feet, lift front of foot and curl toes under, make circles with both heels, legs moving in opposite directions. Change direction. Repeat with toes bent up.

Partners with board on foot practice at end of lesson.

Discussion #160 - Diana Razumny

Reading from Elusive Obvious & About AY ATM teaching project

CD#22/T18 [14 min] DVD#S08-19 Scene 4 [14 min]

Liz read from the "Elusive Obvious" about artificial floor (page 140-142). Then Diana talked about trios sending to her their ATM notes created from AY lessons.

FI Exploration #128 - Diana Razumny

Artificial floor continued

CD#22/T19 [70 min] DVD#S08-19 Scene 5 [77 min]

Dyads continue practicing continued from yesterday.

ATM Lesson #230 - Diana Razumny

Leg swing with footprint #5, on side, hold/lift bent leg

CD#22/T20 [42 min] DVD#S08-19 Scene 6 [42 min] Source: AY#383

On back, legs joined, hands on belly, note breathing: Contract legs, note: breath, chin to/away from throat; Flex/ext toes/ankle, neck/breath ease; Continue, tighten legs, note neck/breath ease; Soften easier so won't disturb breath; Flex/ext toes/ankle in opposition, Quickly; Only R foot, only L, both, quick/sloppy. On R side, L hand in front on floor, extend L leg long, swing back/forth: Head/shoulders towards leg, so torso flex/ext bends; Change direction of head to move opposite leg; Add ankle/toes flexed; Ankle flexed, toes curled under; Ankle/toes extended. Leave ankle extended, bend toes up; Continue, change head/shoulders towards leg again; Swing light/easy, ankle/toes free. ROB. Repeat OS. On R side, L hand on floor, bend L knee, swing leg keeping it bent: Head/shoulders same direction as leg. Repeat on other side. Breath: inhale-leg back/exhale-leg forward. Quicker. On R side, lift/bend L leg: Foot behind, heel towards butt; Straighten/bend knee, heel to/away from butt, Faster; Flex/ext ankle/toes w/foot behind. Faster; Heel close to butt, circle w/heel; On back, circle heel, return to side, note leg bones; Straighten/bend knee, add ankle flexed, careful knee; Continue, ankle extended, Quickly. ROB. Repeat OS. On R side, take leg back, bend/straighten knee: Ankle flexed. Faster. Careful w/knee; Add toes curled down; Ankle extended/toes curled down; Ankle extended/toes lifted up, Faster. ROB. On R side, legs bent, R arm extended above head, L hand holds L ankle, lift/lower leg/head. Knee/foot stay at same height when lifting. L elbow must bend. Faster. ROB. Repeat OS side. Swing leg freely forward/back.

Played with 2 pads at end of lesson turning from stomach to back and to stomach.

Day 110 Friday August 2, 2019

ATM Lesson #231 & FI Exploration #129 – Diana Razumny

On right ischium & observing sidebending in walking and sitting

CD#22/T21 [90 min] DVD#S08-20 Scene 1 [109 min] Source: AY#508

FI – Partners-walking observation for sidebending & in sitting before/after sidebend in sitting lesson-

Sit R sit bone on L edge of chair, feet spread equally on floor, facing forward w/L sit bone off chair, R hand on chair. Tilting head/body to R, note torso/spine bending, L sit bone drops down, L side gets long. As head comes up, L sit bone comes back up. Stand, walk, what's different? Compare sides. Sit, same position, extend L arm straight forward. Take L arm/head forward. Add taking L hip joint/knee back when arm/head goes forward. Continue, change so head goes back w/hip, with chin going forward away from throat few times then back towards throat. Repeat but change so shoulder comes back w/hip and head goes forward. Sit, same position, take just arm/shoulder forward/back. Now take shoulder back and hip forward. Stop, tilt head to R, L hip drops, compare to before. Stand, walk. Attn to pelvis, shoulders, weight on each leg. Sit as before, lift L arm to ceiling, R hand on chair, turn head and arm to look to R, arm starts to lengthen to ceiling w/turning. Switch to looking L. Note L sit bone. Alternate turning L/R. Arm to ceiling is like axis to turn around. Pause, tilt head to R, note difference. Continue tilting head R, lower L shoulder, return both to middle, start bringing L shoulder up to L ear when return to sitting up, arm stays hanging. Stand, walk. Sit same way, extend L arm to ceiling, leave it long and turn head to look under arm to L, note L sit bone. Then turn to look R, alternate. Change head to look over L arm instead of under armpit. Note R sit bone. Stand, walk. Sit on R sit bone again, hold chair w/R hand, L arm up, lower head forward, then lift head to look up/back, arm goes w/head a little. Attn to L sit bone. Repeat but take head/arm opposite directions. Walk, turn R/L, note differences. Sit on R sit bone, R hand holds chair, head tilted to R shoulder, L arm extended up, palm faces in, turn nose to L (to ceiling? 9a. rotating around R arm w/head resting on shoulder, L hip/shoulder goes back?) Leave L arm back as when turned L and take head to look R/down. Alternate looking L/R with arm going opposite head. Head stays resting on shoulder. Stand, walk. Sit on R sit bone, R hand on chair, do first move to bending to R. Note L sit bone going up/down compared to beginning. Add lifting L shoulder towards head as bend to R. Quickly. Repeat last move except take L shoulder forward/back instead of up/down. Stand, walk.

Return after lesson to sitting on roller with half & full small and large rollers for FI possibilities in dyads or trios. Group discussion at end.

AY#509 Sitting on chair, one cheek off for future studies

Sit on chair, just on R sit bone, legs spread, feet/knees symmetrical & forward, take L knee forward/back. Pause. R hand on chair, take head L/center. Add lifting L shoulder to L ear, L hip lifts, shortening L side. Pause. Put L hand over head to R temple, continue shortening L side. Stand, walk. Switch to sitting on L sit bone, L hand on chair, bend head to R, R ear to shoulder/shoulder to ear, face stays forward. Pause, R hand to L temple, shorten side again. Stand, walk. R sit bone on chair, bend head to R, L side lengthens. Add R hand on chair, L shoulder lifting, bend R elbows. Stand, walk. L sit bone on chair, repeat OS. Stand, walk. R sit bone on chair, R hand on chair, take L foot back and stand on toes, bend R/L, L arm hangs, lowers when head goes L. Return to sitting w/legs spread, feet flat, repeat bending R/L. Add L arm lifting while bending. Continue but w/L leg back resting on toes. Note L arm goes lower to floor. Stand, walk. Sit on L sit bone, repeat OS. Stand, walk. Sit on R sit bone, R hand on chair, take L foot back, reach L hand to hold middle of lower leg, take head R/L again. Note when you lift leg. Lift L arm/leg, keeping arm straight as head bends to L. Stay w/head in middle, take arm/leg forward/back. Return to head tilting L while lifting L arm/leg. Stand, walk. Repeat OS. On R sit bone, R hand on chair, L leg back, leaning on toes, extend L arm to side, turn back, head and arm to R. Continue but with both feet standing. (bend arm to go farther to R 9b.?) Repeat w/L leg bent back on toes. Stand, walk. Sit on L sit bone, repeat OS. Sit on R sit bone, R hand on chair, L arm up, turn everything R while taking head/eyes L. Repeat w/L leg back on toes. Return to feet equally on floor. Stand, walk. Sit on R sit bone, R hand on chair, hold L lower leg w/L hand, lift leg. Pause, w/o R hand on chair, bend R/L, head/leg, all go together. Continue but take head to opposite side. Repeat OS. Return to same thing, let head go w/everything else R/L, bending side/side. Then switch so head goes opposite again. Stand, walk.

Discussion #161 – Diana Razumny

Strategies for entering into an FI

CD#22/T22 [12 min] DVD#S08-20 Scene 2 [13 min]

Handout on strategies for entering into an FI.

ATM Lesson #232 - Diana Razumny

Lying on roller, reaching arms/legs forward

CD#22/T23 [31 min] DVD#S08-20 Scene 3 [32 min] Source:

Discussion #162 - Diana Razumny

Video of book on the foot & practice with 2 boards

CD#22/T24 [44 min] DVD#S08-20 Scene 4 [44 min]

Started with short discussion about lying on roller ATM. Then Tiffany Sarkaty with 4 boards/books and Leah Hoffman with 4 boards on hands and feet videos. Then baby rolling over video: www.first25years.com

