Feldenkrais® Week Special class May 9, 2020

TRADITIONAL ATM® LESSON

This year the ATM will be on Saturday, May 9, 2020
We have been following a tradition set in 2012 by the UK Guild inviting Feldenkrais practitioners to participate in a 'rolling' ATM on the second Saturday, we teach the same ATM at 11:00 am local time wherever you are!
The chosen ATM in 2012 was from Moshe Feldenkrais's *Awareness Through Movement®* Book**, Lesson 5, Coordination of the Flexor Muscles, and of the Extensors.**

At *Thinking in Movement Studio*, we revisit this timely lesson each year. This year we include a study from J.C. Hannon: "The ischial rock - an exploration of ease, unstable equilibrium, and skeletal poise", J.C. Hannon, page 11, The Physics of Feldenkrais, Part 5, Unstable equilibrium and its application to movement therapy, Journal of Bodywork and Movement Therapies, July 2001.
Fig. 7 The ischial rock: an exploration of ease, unstable equilibrium, and skeletal poise.

"Two symbols are borrowed from electronics for this illustration. The sign for '**ground**' will designate a solid anchoring of the skeleton at that location. The sign for '**resistance**' will denote motor tone sufficient to restrict the desired joint movement.
(A) The exercise is seen in the starting position and in (B) the range of forward and backward excursion is seen for the trunk.
(C) This view shows the alignment of joint centration from the

hip to the toe on the support leg. (D) Here is seen the small but important pendulum motion of the clasped, yet dangling, leg. Notice that the rounded ischial tuberosity is ideal for rocking. With suitable relaxation of the spinal extensors and anterior spinal muscles, (iliopsoas, scalenes, deep neck flexors), the entire rocking unstable equilibrium is controlled and powered by head nodding."

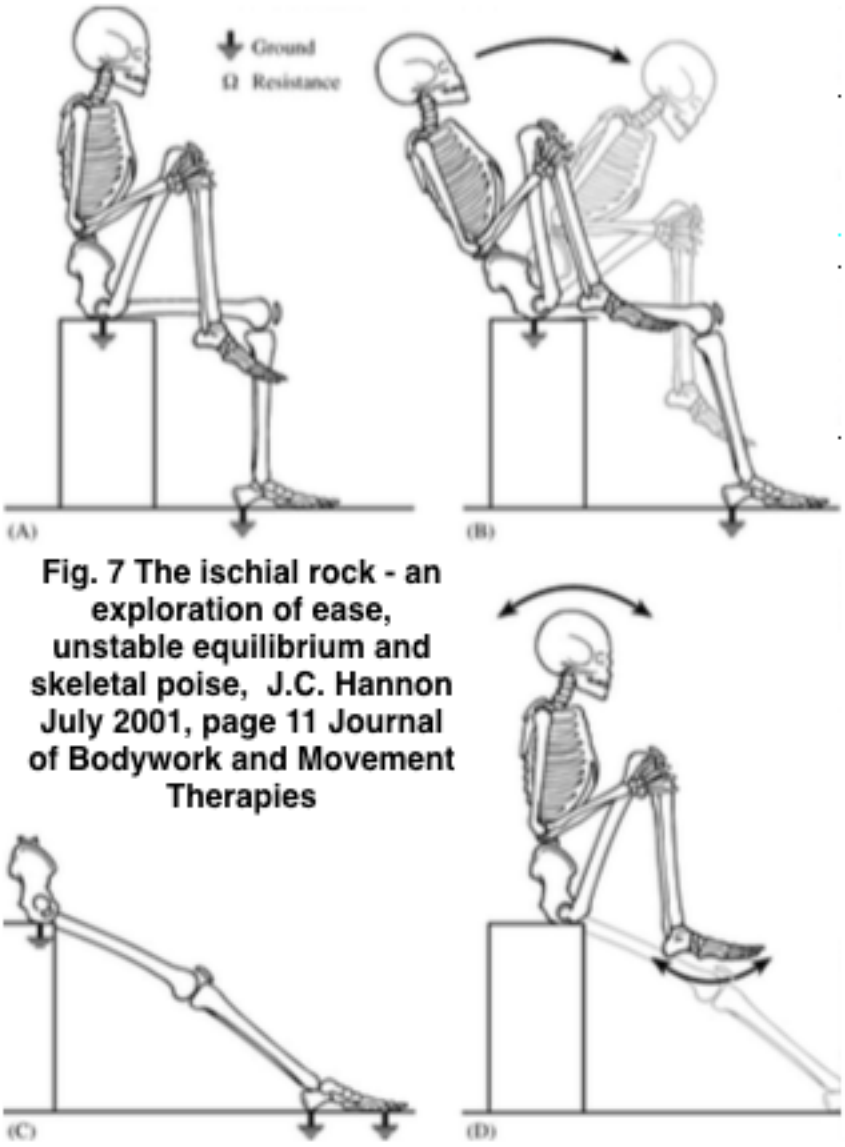

Fig. 7 The ischial rock - an exploration of ease, unstable equilibrium and skeletal poise, J.C. Hannon July 2001, page 11 Journal of Bodywork and Movement Therapies