

2025 12 06 Tai Chi Walking ATM with Ann Harman captions

0/// ANN HARMAN HISTORY & PRELUDE TO LESSON ///

09:06:41 My personal history with this lesson is that

09:06:46 I believe that it was the year that I finished my Feldenkrais training in 1997.

09:06:52 And we had a Feldenkrais conference in the Poconos that year.

09:06:57 And Ralph Strouch taught...

09:07:01 a course, I think... forget if it was half a day or full-day class called Connecting with the Earth.

09:07:08 And this was an ATM that he taught then. If you all know Ralph, you know that he was...

09:07:15 very much into martial arts.

09:07:18 And it was based on the Tai Chi Walk, but he had adapted it to a Feldenkrais lesson.

09:07:25 Now, I don't have the original recording, and I've been working with this, teaching it in various different ways.

09:07:31 teaching it with clients who had issues climbing stairs.

09:07:35 Which is a really good one for.

09:07:38 And I don't know how my way of teaching, I don't know how close that is to Ralph's original way of teaching.

09:07:46 But Ralph was always someone who believed in creating your own...

09:07:51 Handwriting...

09:07:52 Taking what you learned and developing from it.

09:07:56 So, I don't think that he would object if I teach it somewhat differently from how he taught it.

09:08:02 Just understand, this is...

09:08:05 how it was inspired by him, as opposed to exactly how it was taught by him.

09:08:11 So, to start out...

09:08:16 first I'm going to... I'm going to recommend that you have a place to lie down. We'll be doing a lot of this in standing.

09:08:23 Have a mat out. And the other thing that you'll need for later in the lesson

09:08:28 is either a book or a small board.

09:08:32 something that you can step on that's a little bit higher than the floor.

09:08:38 So, take a few minutes and get whatever you need in terms of that, and

then I'll start.

09:10:50 Just take a moment to lie down on your back, relax, and just do a little bit of your body scan while you're waiting.

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LESSON ANN HARMAN

09:14:53 Please start out lying down on your back.

09:14:57 And the first part of the body scan, instead of going to a particular body part,

09:15:05 get an overall sense of how you're lying on the floor.

09:15:09 There's someone to dip you in ink and put you down on the floor.

09:15:13 what would that inkblot... how would that be shaped?

09:15:18 thinking of the whole body as a unit on the floor.

09:15:26 And now you can go to particular body parts, noticing

09:15:31 whether the pelvis is maybe heavier on one side than the other,

09:15:37, if the shoulders are contacting the floor equally...

09:15:43 is maybe one leg is turned out a little more than the other.

09:15:57 And when you've finished with that, come on up to standing, and we'll do most of this lesson in standing.

09:16:20 And when you're in standing,

09:16:23 First of all, get a sense of how your feet touch the floor.

09:16:29 ... are there differences between how your feet touch the floor? Does one have more weight than the other?

09:16:40 Are you on the front or the back?

09:16:44 of the foot, and is that different from one foot to the other?

09:16:53 Are you more on the inside or the outside?

09:16:57 of each foot, and are your two feet different?

09:17:10 And with your knee slightly bent,

09:17:13 If your feet from side to side,

09:17:19 And feel this in your feet.

09:17:22 Feel one foot get heavier as the other one gets lighter.

09:17:27 then vice versa, as you shift your weight to the other foot.

09:17:36 And when you shift your weight,

09:17:39 Is the weight...

09:17:41 The same...

09:17:43 on one foot during the whole time.

09:17:46 Or does the weight shift?

09:17:48 Maybe from the right to the left, or the left to the right.

09:17:53 And vary across the foot as you shift.

09:18:06 And just come back and find your fitter again.

09:18:09 Standing on both feet, Notice18:13 That it changed a little bit. There might be a different redistribution of weight on the foot.

09:18:19 Or there could be other changes. Just notice...

09:18:22 How are your feet standing now.

09:18:38 So now put one foot in front of the other. Your choice, just whatever feels right to you.

09:18:45 Bring one foot just a few inches in front of the other one.

09:18:54 And in this position, notice how your weight has shifted on your feet.

09:18:59 Now, your feet may be touching the floor differently.

09:19:05 And then go back and forth, shifting your weight between the two feet.

09:19:12 And feeling how does the weight shift from one to the other?

09:19:18 Does it go through maybe different parts of the feet that didn't have so much weight on the floor before?

09:19:35 And now, continue the same movement.

09:19:38 But initiated from the pelvis.

09:19:42 So that you're allowing your pelvis...

09:19:46 to...move

09:19:50 and create 52 the leg movement and the weight shift in the feet

09:19:56 from the pelvis.

09:20:00 And feel how that might change the movement.

09:20:03 somewhat. When you change the initiation.

09:20:30 And then stop, come back to standing with your feet together, more or less together.

09:20:34 I mean, hip-width apart, but not one in front of the other.

09:20:41 And feel your feet now.

09:20:44 And notice if the way you carry your weight on your feet has shifted.

09:20:53 There might be a different distribution of the weight on your feet.

09:20:59 And now bring your other leg forward.

09:21:04 Shift your weight, again, between

09:21:07 the left and the right foot.

09:21:09 So you'd be moving forward and back with this?

09:21:14 And feeling what's happening in the feet.

09:21:18 And initiating, not with the pelvis, but initiating with the lower body.

09:21:22 With your attention on your feet,

09:21:25 And how the weight shifts

09:21:27 From one foot to the other,

09:21:29 And how the weight changes on your feet.

09:21:32 As you do this shift.

INITIATE FROM PELVIS

09:21:57 And now shift your attention to your pelvis, and initiate the movement

09:22:02 From your pelvis. And notice how the movement changes.

09:22:06 When your attention goes to the pelvis,

09:22:09 And you're thinking of initiating this in the pelvis, not the lower body.

09:22:52 And then bring your, foot back so your two feet are beside each other.

09:23:00 Sense through your feet.

09:23:02 what your feet are feeling now, and where your weight is on your feet.

09:23:16 And then shift your movement... shift your weight from side to side,
right foot to left foot.

09:23:26 And feel how the movement goes now. Is it smoother now, or not?

09:23:31 It may or may or may not be.

09:23:33 Are you feeling the weight on different parts of your feet,

09:23:37 that didn't get some weight before?

09:23:49 And now, go back to your mat, take a rest.

09:23:59 And we will be having knees up in a moment, so if you want to rest with
your knees up, you'll be prepared for the next movement.

09:24:29 And notice this...

09:24:30 There's a difference between how you were on the floor before and how
you are now.

09:24:38 If your knees were up and you want to straighten your legs in order to
check that, that's fine.

09:24:53 Then bring your knees back up if they were down.

09:24:57 And we're going to do the 12 to 6 on the pelvic clock .

09:25:01 So have your feet in a comfortable position.

09:25:05 Where you can do the 12 to 6, and...

09:25:09 I'm assuming everybody here knows what I mean by the pelvic clock,
and that...

09:25:15 12 would be flattening your low back.

09:25:18 And 6 will be moving your tailbone toward the floor, so you get a little more arch under your low back.

09:25:26 And just do a slow, small, easy.

09:25:30 12 to 6 a few times.

// COMFORT ZONE & SMALLER MOVEMENTS //

09:25:33 Making sure you're staying in your comfort zone.

09:25:37 Making it a smaller movement, if there's any discomfort anywhere in your body with this.

09:25:44 And as you do this,

09:25:47 Notice where the most comfortable point

09:25:53 is in this movement.

09:25:58 And you will probably have to go very slowly.

09:26:02 To figure this out, and if you're not right, that's fine.

09:26:06 The first approximation.

09:26:11 And when you've found

09:26:14 that part of the movement where your pelvis is the most comfortable.

09:26:18 where it feels like, oh Yes, this would be a really good resting point.

09:26:28 And maybe pushing on the floor a little bit, but the pelvis feels...

09:26:32 like it's in a comfortable spot.

09:26:35 When you're in this spot,

09:26:38 create a tiny little movement of the pelvis, maybe just a few millimeters.

09:26:43 If you're not sure what a millimeter is, there's 25 of them to the inch.

09:26:47 So it's a very small movement.

09:26:50 Create that movement there.

09:26:53 And if it doesn't feel good to you, maybe...

09:26:57 you need to experiment a little bit and find a different starting place.

09:27:01 a different place where your pelvis is comfortable.

09:27:06 And just do tiny, tiny movements.

09:27:09 Breathing with them, making them very slow and very small.

09:27:22 And by the way, this is something that was not... I'm pretty sure it was not in Ralph's original teaching.

09:27:28 is something that I find useful.

09:27:30 that I've put in.

09:27:35 And now, very slowly and gradually,

09:27:39 start to increase.

09:27:42 The range of this 12 to 6 movement.
09:27:45 Staying in your comfort range...
09:27:47 But letting it be a little bit larger, and then a little bit larger.
09:27:56 breathing with it?
09:28:02 If you find any...
09:28:05 discomfort at all, make it smaller again.
09:28:13 Letting the breath be slow and easy with this.
09:28:20 And now bring that to the largest movement you can do that feels good.
09:28:26 The moment you go into any... any discomfort, or...
09:28:30 just doesn't feel ideal.
09:28:33 Back off.
09:28:35 But the largest movement you can do within that easy range of motion.
09:28:40 And as you do this, feel how the rest of the body might be participating.
09:28:45 Or might not.
09:28:47 whatever's happening is okay.
09:28:52 is your spine participating?
09:28:55 Now, your lumbar spine has to participate to make this movement.
09:28:59 But if that movement going up in your thoracic spine?
09:29:04 Is your head moving with it a little bit?
09:29:09 And just gently invite those other parts of the body.
09:29:14 to move in cooperation.
09:29:16 With this 12 to 6 movement, so that it's...
09:29:19 A full body movement, not just a...
09:29:22 Pelvic movement.
09:29:25 With general invitations, not commands.
09:29:44 And then you can stop that movement and take a rest.
09:29:49 Knees up, knees down, just whatever position's more comfortable for you.
09:29:55 But a nice rest on the back, because we're going to be coming back up to standing. So enjoy the floor.
09:30:24 And now, when you're ready, come on back to standing.
09:30:52 And when you're back in standing, feel your feet on the floor.
09:30:57 Notice if the weight
09:31:00 Distribution through the feet may have changed after what we just did.
09:31:05 May or may not have if it didn't change.
09:31:08 Not a problem.

09:31:18 And go back to shifting weight between your feet, side by side.
09:31:25 And notice...
09:31:28 there's a way it's shifting a little bit differently now that we've been down on the floor
09:31:35 working with some pelvic movements, even though we work with different pelvic movements.
09:31:40 Has that changed how you shift side to side? Has it shifted the weight distribution on your feet?
09:31:58 And now come back to a more balanced standing.
09:32:05 Let your knees bend just a little bit.
09:32:08 If they're not already bent.
09:32:11 Field weight distribution in your feet again.
09:32:26 And now move one foot forward, so it'll be just a few inches ahead of the other foot.
09:32:33 And go back to shifting...
09:32:35 Your weight front and back.
09:32:41 Take it slow and easy.
09:32:44 And if you do this,
09:32:46 Imagine that your feet are on a line,
09:32:50 And it may not be exactly on a line, but get that idea anyway.
09:32:54 And think of the weight shifting smoothly through that line.
09:33:00 And yes, the line will be a little bit discontinuous when you shift from one foot to the other, but that's okay. Just get the idea.
09:33:08 of how your feet... the weight on your feet can shift
09:33:12 So that the weight is first weighting the back of the line,
09:33:16 And then more in the middle, and then all the way to the front.
09:33:20 So this is working with an entire unit.
09:33:41 And now, shift your attention from your feet to your pelvis.
09:33:46 and initiate this movement with your pelvis.
09:33:51 And notice how the movement changes
09:33:53 When the attention comes off of the feet,
09:33:56 and moved into the pelvis, and you purposely
09:34:00 Initiate with the pelvis.
09:34:05 And when you initiate with the pelvis, how does the rest of your body move with this?
09:34:48 And then go back to bringing your attention to your feet.

09:34:52 Shifting your weight with the attention on
09:34:56 the weight of the feet on the floor,
09:34:59 And then notice how the rest of your body moves with this movement
09:35:03 Now that we've invited the pelvis and upper body.
09:35:06 to be more of the movement, is this?
09:35:10 becoming more just naturally part of the movement, even when your
attention is on your feet.
09:35:26 And bring your foot back.
09:35:28 Just rest in standing for a moment.
09:35:35 Notice your feet on the floor as you're resting.
09:35:39 Notice whether you rest with your knees locked or your knees slightly
bent.
09:35:58 And now bring your other leg in front.
09:36:00 Let's do the same thing, shifting your weight.
09:36:04 From front to back, focusing on your feet,
09:36:08 While your feet are touching the floor, how the weight shifts through your
feet,
09:36:12 Imagine that line going from the front foot to the...
09:36:17 to the back foot, and how the weight shifts along that line, even though
the line's a little discontinuous.
09:36:23 Just ignore that discontinuity.
09:36:25 And...
09:36:28 feel the smoothness that you can create.
09:36:31 in this movement.
09:37:11 And now initiate with the pelvis.
09:37:17 And feel how that changes the movement.
09:37:21 Allow your entire body to participate in this.
09:37:27 If it becomes natural to lean forward with us a little bit, go ahead and lean
forward. When you shift your weight to your front foot.
09:37:38 And then coming more upright as you shift your weight to your back foot.
09:37:50 Can you invite other parts of your spine to participate?
09:37:55 Because as the pelvis moves, as the spine has to create that...
09:38:00 has to participate in that pelvic movement.
09:38:02 And can those movements...
09:38:05 go on up the spine.
09:38:27 Then go back to focusing on your feet.

09:38:34 Notice that this is different now, the movement might be a little smoother.
09:38:38 is more of your body participating?
09:38:41 Even though your attention is mainly on your feet,
09:38:44 Can you spread your attention out?
09:38:47 You feel how the whole body participates in this.
09:39:07 Then come back to having your feet...
09:39:09 You know, side by side.
09:39:14 Feel your feet on the floor.
09:39:16 How the weight is distributed now.
09:39:20 And I'll take another rest on your back.
09:39:24 If you'd rather rest in standing, that's okay, but...
09:39:27 I think most of us enjoy our time on the back.
09:39:31 And we'll be spending the rest of the lesson in standing.
09:39:38 So, if you're on your back,
09:39:40 Again, get a sense of your whole body, how it lies on the floor, notice...
09:39:46 If that has changed...
09:39:48 If you feel inclined to check into those different parts of your body,
09:39:54 You know, the pelvis and the shoulders, the legs...
09:39:59 See, notice if those are any different, you may do so.
09:40:03 And if you want to just rest your mind, you can do that, too. It's your choice.
09:40:17 Notice your breathing, let it be very full and easy while you're resting.
09:40:48 Come up to standing.
09:41:06 Put one foot in front of the other, your choice.
09:41:12 Go back to shifting your weight front to back.
09:41:17 And emphasize the pelvic movement as you do this.
09:41:20 initiate with the pelvis.
09:41:23 And feel what this movement is like now.
09:41:28 Moving the pelvis only within its comfort zone, but letting that be the initiation of no matter how small the movement is.
09:41:37 After you've done that a few times, bring your other leg forward.
09:41:43 The other foot in front of
09:41:46 the other foot, and then do shift like this a few times.
09:41:53 And now let's take this into a slow walk.
09:41:57 start out just putting...
09:42:00 do a few weight shifts, and then move a foot forward. A few more weight

shifts,

09:42:05 another foot forward. Start out with this so that you're not walking.

09:42:09 With every weight shift.

09:42:25 And when you feel ready,

09:42:29 then take a step with each weight shift so that this shifts this into a slow walk.

09:42:36 A very slow, mindful walk.

09:42:39 With the pelvis initiating the movement.

09:42:41 But yet, being mindful of your entire body as you do this.

09:42:47 Feeling the weight shift on the feet.

09:42:49 Feeling how the rest of the spine participates.

09:42:53 Feeling how your legs participate.

09:42:57 Taking all the time you need

09:43:00 To be able to tune into these different things. You may not tune into everything on every step, that's okay.

09:43:07 But over the course of a few steps, make sure that you've...

09:43:11 paid attention to everything while still keeping the pelvis

09:43:16 primary in the initiation of the movement.

09:43:31 And when you're ready, continue this slow walk.

09:43:35 Until you're in front of your book, or your board, or whatever you got to step onto.

09:43:43 And I can't see anybody moving.

09:43:46 So, I'm just going to trust everybody to pace everything for themselves.

09:43:53 And when you get to your book or your board,

09:43:57 put one foot on top of it.

09:44:01 Shift your weight between your front and your back foot.

09:44:05 letting the pelvis initiate the movement.

09:44:14 And now, as you do this...

09:44:18 Notice how you're doing it. Now, keep your back foot on the floor.

09:44:22 But shift the weight with the one leg elevated.

09:44:26 Now, when you do this,

09:44:29 Notice how you do this.

09:44:32 The way that we... the most of us...

09:44:35 walk up a hill, or we climb stairs, is we'll take our front leg

09:44:40 We push ourselves up with it.

09:44:42 The point on this is to do it differently.

09:44:46 And allow the pelvis to simply roll your weight up.
09:44:50 on this book or this board.
09:44:52 It helps to lean forward a little bit as you do this, because as you lean forward,
09:44:58 then it helps the weight just, you know, shift onto that front foot.
09:45:07 So that you're doing this with that same weight shift we've been doing.
09:45:12 Rather than pushing with the front leg,
09:45:16 That is why this...
09:45:19 helps you walk up a hill or walk up stairs more efficiently
09:45:24 Because you're not pushing, you're just rolling.
09:45:28 Like, the difference between lifting something and rolling it along the floor.
09:45:35 So, just experiment with this concept.
09:45:40 Can you roll and not push?
09:45:49 And when you're ready, you can shift to the other foot, do exactly the same thing.
09:45:54 Of course, adapted to being the other side, so it may not be exactly... may not feel the same.
09:46:01 Shifting the weight front and back,
09:46:07 And the foot that's on the floor should be behind the foot.
09:46:18 And keep tuning in. Are you pushing with that foot that's in front, or are you rolling into it?
09:46:25 Just easily practice with that role, and if you can't do it with one foot elevated,
09:46:30 Bring the foot back to floor level.
09:46:33 And practice it there, then bring the foot back on
09:46:36 the book or the board, and see if that made it easier.
09:46:50 Now, I'm going to give you all a couple more minutes to play with this, and if you happen to be in a house
09:46:57 that has a stairway,
09:46:59 Or a few steps up to it...
09:47:03 Feel free, if you feel ready for it. If not, do it another time.
09:47:07 go over to those stairs.
09:47:09 And try it on a set of stairs.
09:47:13 I'll give you all a couple minutes to practice that. If you feel inclined.
09:47:18 If you feel like you need to practice it on something lower,

09:47:21 For a while first, you are perfectly welcome to do that.
09:47:25 Take this one at your own pace.
09:47:32 And this is a very different concept of weight shifting from how we normally walk up and down.
09:47:40 And remember that leaning forward helps with this one.
09:47:44 And you can experiment with that.
09:47:46 doing it strictly upright, or leaning forward,
09:47:50 letting your weight...
09:47:53 come forward so that you're practicing...
09:47:54 more or less like you're falling onto the other foot.
09:47:57 But a control fall for you.
09:48:00 stay upright and don't fall down the mountain.
09:48:18 And whenever you're... whenever you're ready, come back to your...
09:48:23 Mat for just one final rest.
09:48:28 I know everybody loves
09:48:30 ATMs where you get to lie down, and I'm afraid this is not one of them.
09:48:37 So, treat yourself to lying down
09:48:39 on your back, or however you're comfortable, if you prefer another position.
09:48:45 And take a moment, do whatever body scan you feel like doing on your own.
09:48:53 paying attention to whatever you paid too... attention to before, and noticing if things are different.
09:49:01 Noticing if your breathing has changed.
09:49:18 And then when you're ready, come on up to standing.
09:49:24 Take your time coming up to standing, and whenever you're there,
09:49:28 Walk around the room not doing a Tai Chi walk,
09:49:31 But just a normal walk, like you're walking into your kitchen or something.
09:49:36 And just get a sense of how your regular walk may have changed from doing this.
09:49:42 And then when people are ready, we'll have time for questions and a little discussion.
09:49:46 But no hurry about this. Take all the time you need.
09:49:51 And I can only see one person, so I'm not...
09:49:54 getting a real good sense

09:49:56 I'm not going to have a good sense of when people are back at their computers.
09:49:59 So I'll just give you a couple minutes, and...
09:50:02 start talking again.
09:50:32 Okay, I'm going to try turning my video back on again, and...
09:50:37 see if that works.
09:50:40 Okay, I got the internet unstable sign when I did this before.
09:50:47 Okay, um, if you want to experiment with this a little more on your own, you're welcome to do that. If you have questions, comments, feedback,
09:50:56 Feel free to come back to your computer.
09:50:59 And I'm open for any questions or comments.

/// LOUISE ///

09:51:05 Uh, Yes, Louise.
09:51:07 So, I have a quick question, is...
09:51:10 Um, it seemed to me that when we were practicing the shift forward,
09:51:15 We were initiating
09:51:19 with a pelvic anterior tilt and posterior tilt.
09:51:23 Yes.
09:51:24 And then when we would walk,
09:51:27 It seems to me there would be a little bit more of a spiraling.
09:51:32 sort of a spiraling back.
09:51:36 And as far, like, forward, so...
09:51:36 Yes, and I think that's... I think that is generally true.
09:51:41 Okay.
09:51:41 But whatever you're doing, I want to, you know, whichever way you're doing it for this lesson, I want the pelvis
09:51:48 to be, like, really prominent.
09:51:50 And it's initiating the movement, and initiating the movement doesn't mean it has to be a strict 12 to 6.
09:51:56 You can have twists, spirals...
09:51:58 all kinds of things with part of it.
09:52:00 Okay, thank you.

/// ANN HARMAN HISTORICAL NOTE ///

09:52:03 To give you all my history on this one,

09:52:07 After studying this one with Ralph at the conference in the Poconos,
09:52:11 I went on a vacation in West Virginia, and I was doing a lot of hiking.
09:52:15 I found that by doing this, I could climb up those mountains with about
half the effort.
09:52:21 that it took before.
09:52:22 I've used this one extensively with any of my clients.
09:52:27 who have trouble climbing stairs.
09:52:31 It's been really, really good for them.
09:52:33, if I... if I'm doing a lessons about climbing stairs, I'll do part of it on the
table.
09:52:41 making sure that they've got good pelvic movement.
09:52:45 working with their feet a little bit, you know, to wake up the feet, wake
up the sensation of the feet.
09:52:51 thinking in terms of getting the whole body from the feet to the head
functionally, working together.
09:52:57 And with those thoughts in mind on the table, then carry those
09:53:02 all those ideas that we used in this
09:53:06 ATM into the FI,
09:53:08 And then...
09:53:12 do a less detailed.
09:53:13 ATM with them on the, , on the stairs.
09:53:18 the level of detail in this is such that...
09:53:21 I mean, it's fine for practitioners, but it might...
09:53:23 might be a bit much for people that are...
09:53:26 relatively new to Feldenkrais.

09:53:29 So, other questions, comments?

/// MISHA ///

09:53:35 Okay, Yes, Misha,
09:53:40 Of course. So my question is, I heard you say that as you were... we were
09:53:45 kind of falling forward.
09:53:48 Mm-hmm.
09:53:48 tilting the pelvis, that the back, the sole of the back foot was still
completely on the floor,
09:53:55 As opposed to lifting the heel.
09:53:59 And I wanted to ask you about that mechanism.

/// ANN HARMAN RESPONDS ///

09:53:59 Okay, thanks for clarifying that, because

09:54:02 That's actually not what I meant to say. At one point, one of the people that I could see

09:54:09 was lifting his whole foot off the floor,

09:54:13 So I gave that instruction for that person.

09:54:17 So, I'm glad you clarified that, because...

09:54:20 That might have confused other people, too.

09:54:28 Yes, you're certainly allowed to lift your...

09:54:28 heel...

09:54:30 The heel lifts.

09:54:31 You know, the heel gets to come up. Yes, the heel lifts.

09:54:33 Exactly. Good.

09:54:33 There's one person who was lifting the foot several feet... several inches off the floor,

09:54:38 And that was... and I... that was not what I was looking for.

09:54:41 Okay, good. Thank you very much.

09:54:46 Anybody else?

/// OLIVER ///

09:54:52 Yes, I've got a question.

09:54:58 Yes, I was lifting my whole foot from the floor.

09:55:02 Because I was ready to take a step.

09:55:07 I was just feeling how, if you're gonna walk up the stairs, you got to...

09:55:11 Lift your foot in.

/// ANN HARMAN RESPONDS ///

09:55:14 And you were getting ahead of me in the lesson. You accurately predicted where we were going.

09:55:20 But we simply weren't there yet.

09:55:21 And I didn't know what was going through your mind, so I just...

09:55:26 You know, I didn't know if it was a misunderstanding of the directions, or if you were...

09:55:31 intelligent enough to know where we were going.

09:55:37 Okay, anybody else?

/// REQUEST FOR RECORDING ///

09:55:43 Yes, um, I got...

09:55:46 to the lesson later, I'm wondering if you have a recording, if we could get a recording?

ANN HARMAN Yes, KATARINA did make a recording, and she's going to make that available to you.

09:56:03 Great.

09:56:01 Yes, yes, yes. You could email Katarina if you don't find it.

09:56:07 on the Ralph Strouch tribute page.

in the invitation, we have the Ralph Stroud tribute page.

09:56:19 Great.

09:56:24 Thank you.

/// ANN HARMAN ASKS ///

09:56:33 Anybody either love or hate this lesson?

09:56:36 I was interested if there were really strong reactions to it.

/// JIM ///

09:56:39 We have a question from Jim.

09:56:42 Would you like to speak, Jim?

09:56:43 Oh, yes, Jim, go ahead.

09:56:52 Oh, you're muted, Jim.

09:56:59 Uh, I don't do a lot of standing. I get very tired standing.

09:57:02 I find walking easier than standing still.

09:57:05 And I realized that I was standing, that it was a lot of work to...

09:57:10 keep track of my balance, and often I was adjusting my feet on the floor to keep my balance.

09:57:18 Is that...?

09:57:18 Mm-hmm.

09:57:20 Can you address that, or...?

09:57:24 In any way?

/// ANN HARMAN RESPONDS ///

09:57:24 Yes, well, a lot...

09:57:25 Sure, a lot of people get tired in standing. This one does involve a lot of standing.

09:57:30 If you're having trouble with your balance,

09:57:32 You could separate your feet a little farther apart on the floor.

09:57:36 That's what I did.

09:57:37 Yes, okay, good, you knew the right thing to do.

09:57:42 And...

09:57:41 I didn't know I was allowed to, but I did it.

09:57:46 Okay. You know, as OLENA NITEFOR said one time in one of her...

09:57:51 ATMs. She said something to the effect of anything that is not prohibited is allowed.

09:57:59 And that's really, you know, how I feel about

09:58:01 these things, you will most likely go back and do this one from the recording, since you came in late.

09:58:10 No, I didn't... I was here all along.

09:58:11 So, when you're doing...

09:58:13 What?

09:58:14 I didn't... the other person came in late, I didn't come in late.

09:58:18 Oh, okay, I'm sorry.

09:58:19 If you do this one by the recording, then what you could do would be just

09:58:24 stand for short periods of time,

09:58:27 Pause the recording, go lie down.

09:58:30 Get all the REST that you need, maybe you don't even try to do the whole lesson in one go.

09:58:35 I also find, uh,

09:58:36 Just do as much of it as you're comfortable with.

09:58:38 I also find that even though it's resting to lie down,

09:58:43 Uh, it's a lot of work to lie down and stand up.

09:58:46 But in some sense, it's...

09:58:47 I end up less rested because I had to lie down and stand up than if I stayed standing,

09:58:56 Well, do you have a Feldenkrais table where you might be doing this, or any kind of massage table or anything?

09:59:01 No, I just have a pad on the floor.

09:59:04 Yes.

09:59:06 Okay, one thing that you could do would be

09:59:10 Have the mat on the floor,
09:59:13 beside your bed.
09:59:14 So that you can just roll onto the bed and then roll back up.
09:59:18 Right.
09:59:18 And you don't have to get it... do a complete...
09:59:21 Lie down to stand.
09:59:24 Got it.
09:59:25 Okay, thank you.
09:59:24 I mean, in anything we do in the Feldenkrais Method, you are allowed to
09:59:30 adjust to whatever your body needs.
09:59:33 Great.
09:59:34 So, Yes, thank you for asking that.

/// ANN HARMAN ///

09:59:42 Anybody else?
09:59:47 Well, let me turn it back over to you, Katarina, in case you...
09:59:52 have any...
09:59:55 comments to people about the logistics and where to find this, or...
10:00:00 When we're having our next meeting or anything like that.

/// KATARINA /// Yes, well, we meet.

10:00:05 The first and fourth Saturday of each month,

/// ANN HARMAN ///

10:00:14 Now, the fourth Saturday of this month is during, um,

10:00:18 between Christmas and New Year's, will we meet that Saturday?

/// KATARINA /// Well, some people will, and we have Lesson Christmas day at
ten in morning Pacific time which will be one o'clock afternoon New York Time.

10:00:39 If you... if you wish to put your email in the chat,

10:00:43 Then I could send you a note.

10:01:26 And thank you for coming,...

10:01:29 Beautiful lesson, Ann.

10:02:04 We'll post the recording and...

10:02:08 You could be on the mailing list if you'd like to put your...

10:02:12 Email in the chat if you are not already on the mailing list.

////////////////////////////////////

LESSONS EACH DAY ...

10:02:19 Almost Every day,

☆ [Feldenkrais® Inclusion Initiative](#)

☆ Feldenkrais daily. [Feldenkrais Daily Calendar](#)

has lessons on Thursdays, Saturdays, and Sundays

☆ And there are many, many more listed.

At the Feldenkrais Guild, and...

The International Feldenkrais places as well.

You're welcome to put a note in the chat if you...

wish to say about your lessons, or...

keep in touch with us.

// GRATITUDE //

10:03:03 And we'd like to especially thank...

10:03:07 Misha Forrester, who has been

10:03:10 Encouraging our endeavors.

10:03:12 In so many ways. Thank you, Misha.

10:03:35 Oh, see you next time!

10:03:39 Bye-bye.

10:03:39 And thank you, thank you for hosting, Katarina.

10:03:42 And thank you for inviting me.

10:03:45 Oh, yes, thank you.

10:03:50 Beautiful.

10:03:53 Bye-bye.

//////// FELDENKRAIS //////////

For this December festive season we have **12 Feldenkrais classes**, including **Christmas Day** (thank-you [Katarina](#))

- **Thu Dec 4: Barbara Kronsteiner**
- **Sat Dec 6: Yaelle Kesten**
- **Sun Dec 7: Yaelle Kesten**
- **Thu Dec 11: Stéphanie Ménasé**

- **Sat Dec 13: Ulla Heusler**
- **Sun Dec 14: Dirk Hauska**
- **Thu Dec 18: Uwe Mester**
- **Sat Dec 20: Dirk Hauska**
- **Sun Dec 21: Carmen Llerenas**
- **Thu Dec 25: Katarina Halm**
- **Sat Dec 27: Norma Leistiko**
- **Sun Dec 28: Carmen Llerenas**

All classes at **10 am Pacific**

Zoom link (feel free to share with friends and students):

[Feldenkrais Daily Zoom Classroom](#)

Meeting ID: 871 4633 7049

Passcode: Moshe

In case you miss the live class, you can listen to or download recordings from our archive. Here's the link:

[Feldenkrais Daily Recordings](#)

And you can view the full calendar on the web:

[Feldenkrais Daily Calendar](#)

//////// INITIAL INVITATION WITH LINKS //////////

♡ **ZOOM LINK (4th & 1st Saturday)** [https://us06web.zoom.us/j/](https://us06web.zoom.us/j/88441345151?pwd=tyzdE0hHumnDOB953IVeqFhEGHOANv.1)

[88441345151?pwd=tyzdE0hHumnDOB953IVeqFhEGHOANv.1](https://us06web.zoom.us/j/88441345151?pwd=tyzdE0hHumnDOB953IVeqFhEGHOANv.1)

Meeting ID: 884 4134 5151 Passcode: Saturday

Meeting ID: 884 4134 5151 Passcode: Saturday

Feldenkrais® Inclusion Initiative (1st Saturday) Lesson with Ann Harman:

THIS WEEKEND: ☆ [December 6, 2025 \(1st Saturday\) 9 a.m. PST ~](#)

[please click for your time](#) BIO: Ann Harman is a retired osteopathic physician who was board certified in osteopathic manual medicine (hands-on work). She completed her Feldenkrais training with Frank Wildman in Miami Beach in 1997. Ann Harman works mostly with people with chronic pain, and some with scoliosis or cerebral palsy.

ABOUT THE LESSON: Tai Chi walk A Feldenkrais® Lesson with Ann Harman. "I first learned Ralph Strauch's ATM approach to the Tai Chi walk during his "Connecting to the Earth" presentation at a conference in the 90's, I found afterward that I could walk up a mountain with about half the effort by using this approach. I found it invaluable for clients who had issues climbing stairs. One client whom I taught this to, who was having difficulty climbing stairs, developed the ability to climb up and down 100 stairs for exercise within about two months after I taught this to her. I have also taught this to massage therapists during an ergonomics class to help them include their pelvis and legs in their massage strokes" — Ann Harman

HOST: <https://feldenkraisinclusioninitiative.org>

– A project of the [Feldenkrais Legacy Forum](#) (FLF)

Warmest greetings, welcoming questions or wishes

Katarina, Volunteer

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