

Summary

	Morning	Afternoon	Evening
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Reflections: What is changing?

What changes would you make for the next week?

SomaDiary: Weekly

Day 1

Morning	
Afternoon	
Evening	

0 2 4 6 8 10

ATM's Today:

Activities:

How You Feel:



Health is measured not by the capacity to stay standing but by the ability to be knocked down and then return to standing.

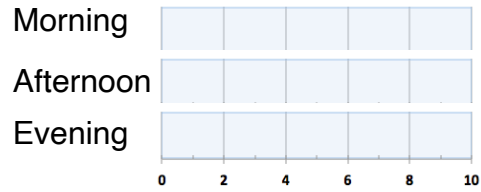


English Common Law:
"Everything which is not forbidden is allowed"



Feldenkrais Law of No Laws:
"Everything not stated is allowed"

Day 2



ATM's Today:

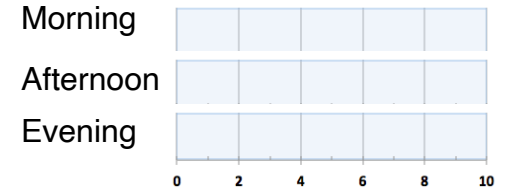
Activities:

How You Feel:



Every thought and emotion finds its expression in movement.

Day 7



ATM's Today:

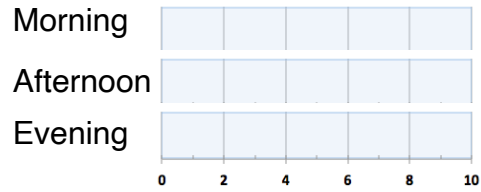
Activities:

How You Feel:



No matter how closely we look, it is difficult to find a mental act that can take lace without the support of some physical function.

Day 6



ATM's Today:

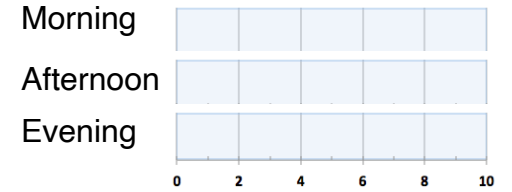
Activities:

How You Feel:



Find your true weakness and surrender to it. Therein lies the path to genius. Most people spend their lives using their strengths to overcome or cover up their weaknesses.

Day 3



ATM's Today:

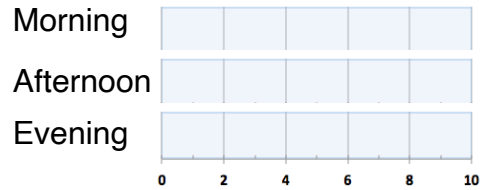
Activities:

How You Feel:



... make the impossible possible,
the possible easy,
and the easy, elegant.

Day 4



ATM's Today:

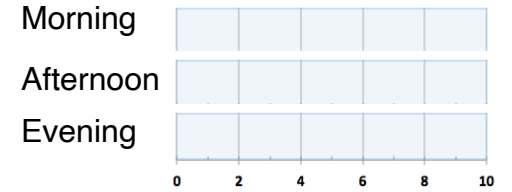
Activities:

How You Feel:



Self-knowledge through awareness is the goal of reeducation. As we become aware of what we are doing in fact, and not what we say or think we are doing, the way to improvement is wide open to us.

Day 5



ATM's Today:

Activities:

How You Feel:



Through awareness we can learn to move with astounding lightness and freedom - at almost any age -- and thereby improve our living circumstances not only physically, but emotionally and spiritually.