

Amherst 1980 DVD ToC (table of Contents) & detailed syllabus

DVD # Track #	Training Day	AM / PM	Minutes	Pages in Transcript	Study Date	Description	Tape #	Detailed syllabus Transcript Weeks 1-8 / informal notes for Week 9
WEEK 1						AUDIO ONLY		
DVD 1T1	June 9	AM1	46			Introduction ATM: Sucking - life's movement	TP#1A	
DVD 1T2	June 9	AM2	90			ATM: Movement of the eyes left and right	TP#1B	
DVD 1T3	June 9	PM1	90			Talk: Pain and definitions of ATM and FI	TP#2	
DVD 2T1	June 10	AM1	55			Talk: About invariance	TP#3	
DVD 2T1	June 10	AM2	60			ATM: Elbow to the knee	TP#3	
DVD 2T2	June 10	PM1	109			ATM: Rocking and rolling ATM: Flexing the upper body, elbow to knee (continued)	TP#4	
DVD 2T3	June 11	AM1	31			Demonstration: Reference points ATM: Extensors (incomplete)	TP#5	
DVD 3T1	June 11	PM1	44			ATM: Extensor lesson (part 1)	TP#6	
DVD 3T1	June 11	PM2	32			ATM: Extensor lesson (part 2)	TP#6	
DVD 3T2	June 12	AM1	91			ATM: Minimal eye movements (part 1)	TP#7	
								Afternoon Session Tape #8 153 – ATM—Minimal Eye Movements Part 2 164 – Questions 167 – ATM—Use of Eyes and Inclusive Attention 169 – We Must Do To Understand 170 – ATM—Use of Eyes and Inclusive Attention (continued) 172 – Talk—Inclusive Attention vs. Exercise 173 – ATM—Use of Eyes and Inclusive Attention (continued)
DVD 3T3	June 12	PM1	56			ATM: Minimal eye movements (continued)	TP#8	
DVD 3T3	June 12	PM2	45			ATM: Use of eyes and inclusive attention	TP#8	
DVD 4T1	June 13	AM1	113			Talk: Chronology of movements	TP#9	
WEEK 2						AUDIO ONLY		
DVD 4T2	June 16	AM1	44			Talk: Foreground and background	TP#10	
DVD 4T2	June 16	AM2	77			ATM: Rolling with entire self	TP#10	
DVD 4T3	June 16	PM1	110			ATM: Rolling from side ATM: Swivel onbuttocks	TP#11	
DVD 5T1	June 17	AM1	53			ATM: Seated and twist left (part 1) ['Dead Bird']	TP#12	
DVD 5T1	June 17	AM2	43			Talk: About Functional Integration	TP#12	
DVD 5T2	June 17	PM1	57			ATM: Seated and twist (continued)	TP#13	
DVD 5T2	June 17	PM2	14			ATM: Seated and twist left (continued)	TP#13	
DVD 5T3	June 18	AM1	55			ATM: Seated and twist left (continued)	TP#14	
DVD 5T3	June 18	AM2	48			Talk: Importance of the head	TP#14	
DVD 6T1	June 18	PM1	66			ATM: Manipulating head with the hand	TP#15	
DVD 6T1	June 18	PM2	28			ATM: Four points personal (part 1)	TP#15	
DVD 6T2	June 19	AM1	47			ATM: Lying on stomach (part 1)	TP#16	
DVD 6T2	June 19	AM2	49			Talk: The eyes organize the body ATM: Eyes	TP#16	
DVD 6T3	June 19	PM1	75			ATM: Lying on stomach, movement of legs, eyes and head	TP#17	
DVD 6T3	June 19	PM2	28			ATM: 4 points personal (continued)	TP#17	
DVD 7T1	June 20	AM1	93			Talk: Crawling and brain functions	TP#18	
WEEK 3						Video begins June 23		
DVD 7T2	June 23	AM1	56			ATM: Lying on stomach (continued)	TP#19	
DVD 7T2	June 23	AM2	28			ATM: Standing and touching floor with left hand (continued)	TP#19	
DVD 7T3	June 23	PM1				ATM: 4 points personal (part 1)	TP#20	
DVD 7T3	June 23	PM2				ATM: 4 points personal (part 2)	TP#20	
DVD 8T1	June 24	AM1				ATM: 4 points personal (part 3)	TP#21	
DVD 8T1	June 24	AM2				ATM: Tilting legs to left, prone / Lying on stomach	TP#21	
DVD 8T2	June 25	AM1				ATM: Sucking - interlacing fingers and toes	TP#22	
DVD 8T2	June 25	AM2				ATM: Hopping on the left leg	TP#22	
DVD 8T3	June 25	PM1				ATM: Trolling head and gettin g up (part 1)	TP#23	
DVD 8T3	June 25	PM2				Rolling head and getting up (part 2) Talk: Stability and instability	TP#23	
DVD 9T1	June 26	AM1				ATM: Stability experience	TP#24	
DVD 9T2	June 27	AM1				ATM: Holding chin and rolling (part 1)	TP#25	
DVD 9T2	June 27	AM2				ATM: Holding chin and rolling (part 2)	TP#25	
WEEK 4								
DVD 9T3	June 30	AM1					TP#26	
DVD 9T3	June 30	AM2					TP#26	
DVD 10T1	June 30	PM1					TP#27	
DVD 10T1	June 30	PM2					TP#27	
DVD 10T2	July 1	AM1					TP#28	
DVD 10T2	July 1	AM2					TP#28	
DVD 10T3	July 2	AM1					TP#29	
DVD 10T3	July 2	AM2					TP#29	
DVD 11T1	July 2	PM1					TP#30	
DVD 11T1	July 2	PM2					TP#30	
DVD 11T2	July 3	AM1					TP#31	
DVD 11T2	July 3	AM2					TP#31	
DVD 11T3	July 3	PM1					TP#32	
DVD 11T3	July 3	PM2					TP#32	
WEEK 5								

WEEK 6								
WEEK 7								
DVD 17T2	July 21	AM1	58			Talk: Teleceptors. ATM: Tonic effect of head	TP#49	
DVD 17T2	July 21	AM2	55			ATM: Tonic effect of head rotating with one hand	TP#49	
DVD 17T3	July 21	PM1	56			ATM: Head sinking between shoulders	TP#50	
DVD 17T3	July 21	PM2	48			ATM: Head and knee under the gap	TP#50	
DVD 18T1	July 22	AM1	48			ATM: Lower jaw	TP#51	
DVD 18T1	July 22	AM2	51			ATM: Lower jaw - faces	TP#51	
DVD 18T2	July 22	PM1	49			ATM: Through gap on stomach and back (part 1)	TP#52	
DVD 18T2	July 22	PM2	42			ATM: Through gap on stomach and back (part 2)	TP#52	
DVD 18T3	July 23	AM1	53			Talk: On low and high grade energy	TP#53	
DVD 18T3	July 23	AM2	29			ATM Through gap, hand held	TP#53	
DVD 19T1	July 24	AM1	45			ATM: Morning prayer	TP#54	
DVD 19T1	July 24	AM2	58			ATM: Differentiation of body through gap	TP#54	
DVD 19T2	July 24	PM1	54			ATM: Onto back - moving head through gap quickly (part 1)	TP#55	
DVD 19T2	July 24	PM2	33			ATM: Onto back - moving head through gap quickly (part 2)	TP#55	
DVD 19T3	July 25	AM1	57			Talk: Weber-Fechner law. ATM: On knees flexing pelvis (part 1)	TP#56	
DVD 20T1	July 25	AM2	88			ATM: On Knees flexing pelvis (part 2)	TP#57	
DVD 20T1	July 25	AM3	32			ATM: On the voice [hangs around 135 recovers later]	TP#57	
WEEK 8								
DVD 20T2	July 28	AM1	55			ATM—Opening the Legs (Part 1)	TP#58	
DVD 20T3	July 28	AM2	74			ATM—Opening the Legs (Part 2)	TP#59	
DVD 21T1	July 28	AM3	63			ATM—Voice	TP#60	
DVD 21T2	July 29	AM1	40			Talk: Awareness, consciousness, paying attention	TP#61	
DVD 21T2	July 29	AM2	60		Mon AM 190224	Talk:On posture	TP#61	
DVD 21T3	July 29	AM3	94		Mon AM 190304	ATM Voice	TP#62	
DVD 22T1	July 30	AM1	53			ATM: Scanning dimensions	TP#63	
DVD 22T1	July 30	AM2	58			ATM: Mobility of hip - lying down	TP#63	
DVD 22T2	July 30	AM3	52			ATM: Hand below kneecap, sidelying	TP#64	
DVD 22T2	July 31	PM1	43			ATM: Mobility of the hip - hand under kneecap (part 1)	TP#64	
DVD 22T3	July 31	PM2	76			ATM: Mobility of the hip - hand under kneecap (part 2)	TP#65	
DVD 22T3	July 31	PM3	13			ATM: Sitting up with hands under kneecap (part 1)	TP#65	
DVD 23T1	Aug 1	AM1	43		Mon AM 190415	ATM: Sitting up with hands under kneecap (part 2)	TP#66	
DVD 23T1	Aug 1	AM2	26			Talk: Mr. Tel-Oren's story (Israeli flutist who was shot, recovered using the Method)	TP#66	
DVD 23T2	Aug 1	AM3	91			ATM: Rolling to sit up	TP#67	
WEEK 9 Amherst Year One 1980								
DVD 23T3	Aug 4	AM1	49		Mon & Wed May 27 & 29, 2019	Talk: Sense of inferiority	TP#68	
DVD 23T3	Aug 4	AM2	35		Mon & Wed June 3 & 5, 2019	ATM: Hand movement differentiation	TP#68	
DVD 24T1	Aug 4	AM3	43		Mon & Wed June 10 & 12, 2019	ATM: Playing fiddle with the elbows (part 1)	TP#69	
DVD 24T1	Aug 4	AM4	42		Mon & Wed June 17 & 19, 2019	ATM: Playing fiddle with the elbows (part 2)	TP#69	
DVD 24T2	Aug 5	AM1	43		Mon & Wed June 24 & 26, 2019	ATM: Differentiation of arms - sitting	TP#70	
DVD 24T3	Aug 5	AM2	81		Mon & Wed July 1 & 3, 2019	ATM: Differentiation of arms - lying (part 1)	TP#71	
DVD 24T3	Aug 5	AM3	25		Mon & Wed July 8 & 11, 2019	ATM: Differentiation of arms - lying (part 2)	TP#71	
DVD 25T1	Aug 6	AM1	57		Mon & Wed July 15 & 17, 2019	Demonstration: The dance ATM: Pelvic lift with arms right and left	TP#72	
DVD 25T2	Aug 6	AM2	77		Mon & Wed July 22 & 24, 2019	ATM: Right side arm and leg to to ceiling	TP#73	
DVD 25T2	Aug 6	AM3	44		Mon & Wed July 29 & 31, 2019	ATM: Full circles holding the legs	TP#73	
DVD 25T3	Aug 7	AM1	49		Mon & Wed Aug 5 & 7, 2019	Talk: What is health?	TP#74	
DVD 25T3	Aug 7	AM2	69		Mon & Wed Aug 12 & 14, 2019	Summary of lessons and principles (part 1)	TP#74	
DVD 26T1	Aug 7	AM3	53		Mon & Wed Aug 19 & 21, 2019	Summary of lessons and principles (part 2)	TP#75	
					Mon & Wed Aug 26 & 28, 2019			