

Amherst Year Two 1981 Study Dates & themes beginning September 2019

Tape #	DVD # Track #	Amherst Training Day	AM / PM	Minu tes	Pages in Transcr ipt	Study Dates	Description	Deta iled sylla bus
	WEEK 1							
TP#1	DVD 1T1	June 8, 1981	AM1	93	1 (7) 16p	Mon & Wed Sep 9 & 11	Talk—Change Only in Action	
TP#2	DVD 1T2	June 8	PM1	70	17 (23) 15p	Mon & Wed Sep 16 & 18	ATM—Flexing of Right Palm / Flex Hand to Stand	
TP#2	DVD 1T2	June 8	PM2	30	32 (38) 6p	Mon & Wed Sep 23 & 25	Talk—Spatial Relationships	
TP#3	DVD 1T3	June 9	AM1	60	1 (47) 13p	Mon & Wed Sep 30 & Oct 2	ATM—Flexing of Right Palm / Press Floor to Lift Knee	
TP#4	DVD 2T1	June 9	PM1	75	14 (60) 10p	Mon & Wed Oct 7 & 9	ATM—Prone to Standing While Flexing Right Hand / Bell Hand in Hair	
TP#4	DVD 2T1	June 9	PM2	15	29 (75) 5p	Mon & Wed Oct 14 & 16	Talk—About the Previous Movement	
TP#5	DVD 2T2	June 10	AM1	75	1 (83) 15p	Mon & Wed Oct 21 & 23	Talk—About Anatomy ATM—Flexing Hands, Feet, Fingers and Toes	
TP#5	DVD 2T2	June 10	AM2	33	16 (98) 11p	Mon & Wed Oct 28 & 30	Talk—About Anatomy (cont.) A TM—Sitting, Shoulder Forward to Ear	
TP#6	DVD 2T3	June 10	PM1	58	27 (109) 13	Mon & Wed Nov 4 & 6	ATM—Rotating the Shoulders / Shoulders to Ceiling, Hips to Shoulders	
TP#6	DVD 2T3	June 10	PM2	36	40 (122) 9p	Mon & Wed Nov 11 & 13	ATM—On Back, Flexing Torso / Bell Crawl	
TP#7	DVD 3T1	June 11	AM1	65	1 (133) 20p	Mon & Wed Nov 18 & 20	Talk—Rituals ATM—Swimming Crawl / Bell Hand, Think Toes	
TP#7	DVD 3T1	June 11	AM2	43	21 (153) 4p	Mon & Wed Nov 25 & 27	Talk—Habit and Psychoanalysis ATM—Swimming Crawl / Bell Hand, Think Toes (cont.)	
TP#8	DVD 3T2	June 11	PM1	59	25 (157) p10	Mon & Wed Dec 2 & 4	ATM—Interlace Hand and Foot / Sit, Shoulder Forward, Rotate Head Talk—Survival and posture	
TP#8	DVD 3T2	June 11	PM2	32	35 (167) p8	Mon & Wed Dec 9 & 11	ATM—Interlace Hand and Foot / Sit, Shoulder Forward, Rotate Head (cont.) Talk—Thinking and speaking / talking is not thinking	
	WEEK 2							
TP#9	DVD 3T3	June 15	AM1	62		Mon & Wed Dec 16 & 18	Talk—Change Normal Behavior / To Correct is Incorrect ATM—Interlacing Fingers and Toes to Lift Foot	
TP#10	DVD 4T1	June 15	PM1	46		Mon & Wed Dec 23 & 25	ATM—Standing on all Fours / Preparation for Judo Roll	
TP#10	DVD 4T1	June 15	PM2	39		Mon & Wed Dec 30 & Jan 1	Talk—A Funny Story (Margaret Mead)	
TP#11	DVD 4T2	June 16	AM1	60		Mon & Wed Jan 6 & 8	ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee / Talk—“Go Slowly”	
TP#11	DVD 4T2	June 16	AM2	55		Mon & Wed Jan 13 & 15	Talk—Scoliosis and Habits	
TP#12	DVD 4T3	June 16	PM1	57		Mon & Wed Jan 20 & 22	Talk—The Brain and the Nervous System	
TP#12	DVD 4T3	June 16	PM2	11		Mon & Wed Jan 27 & 29	ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head (continued)	
TP#13	DVD 5T1	June 17	AM1	140		Mon & Wed Feb 3 & 5	ATM: arms crossed, fingers interlaced behind head Talk: Being straight and perception / 13 Corrections perceived as errors	
TP#14	DVD 5T2	June 17	PM1	106		Mon & Wed Feb 10 & 12	Talk—Use of Pain; Forgetting and Becoming Skeleton / ATM—Holding Ankles- 3 Ways to Roll From Lying to Sitting	

TP#15	DVD 5T3	June 18	AM1	103		Mon & Wed Feb 17 & 19	Talk—Thinking Means New Means of Action / Function as Measure of IQ ATM—Three Ways to Roll From Lying to Sitting
TP#16	DVD 6T1	June 18	PM1	46		Mon & Wed Feb 24 & 26	ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)
TP#16	DVD 6T1	June 18	PM2	41		Mon & Wed Mar 2 & 4	ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued) Talk—Neuroses, Schizophrenia, and the Chemist Who Saw Midgots
	WEEK 3						
TP#17	DVD 6T2	June 22	AM1	51		Mon & Wed Mar 9 & 11	ATM—Supine: Holding Behind Left Knee and Straightening Leg / Flex Leg Roll-up, Supine
TP#17	DVD 6T2	June 22	AM2	51		Mon & Wed Mar 16 & 18	Talk—Relationship of FI to other methods
TP#18	DVD 6T3	June 22	PM1	55		Mon & Wed Mar 23 & 25	Talk—FI and Knowing What To Do
TP#18	DVD 6T3	June 22	PM2	44		Mon & Wed Mar 30 & Apr	ATM—Preparation for Headstand – Carp Jump
TP#19	DVD 7T1	June 23	AM1	64		Mon & Wed Apr 6 & 8	ATM—Preparation for Headstand / Talk—Freud and Intuition
TP#19	DVD 7T1	June 23	AM2	57		Mon & Wed Apr 13 & 15	FI Demonstration: Ronnie
TP#20	DVD 7T2	June 23	PM1	59		Mon & Wed Apr 20 & 22	Talk—Functional Integration as Improvisation
TP#20	DVD 7T2	June 23	PM2	44		Mon & Wed Apr 27 & 29	Talk—Grades / Levels of Vitality (Hubbard)
TP#21	DVD 7T3	June 24	AM1	42		Mon & Wed May 4 & 6	Talk—Fitting Reality to One’s Self – Carnegie and Kruger
TP#21	DVD 7T3	June 24	AM2	70		Mon & Wed May 11 & 13	ATM—Preparation for Headstand and Carp Jump
TP#22	DVD 8T1	June 24	PM1	38		Mon & Wed May 18 & 20	ATM—Preparation for Headstand and Carp Jump
TP#22	DVD 8T1	June 24	PM2	68		Mon & Wed May 25 & 27	Talk—Continuation of Previous Talk
TP#23	DVD 8T2	June 25	AM1	70		Mon & Wed Jun 1 & 3	ATM—Body Like a Wave / Caterpillar Wave
TP#24	DVD 8T3	June 25	PM1	48		Mon & Wed Jun 8 & 10	Talk—About the Brain
TP#24	DVD 8T3	June 25	PM2	59		Mon & Wed Jun 15 & 17	ATM—Fast Movements ATM—Exploring Eye Structure in Relationship to Spine
	WEEK 4						
TP#25	DVD 9T1	June 29	AM1	67		Mon & Wed Jun 22 & 24	ATM—Carp Jump Review, Finding Your Hip Joint, Shoulder Roll Review
TP#25	DVD 9T1	June 29	AM2	52		Mon & Wed Jun 29 & Jul	Talk—Growth is Painful
TP#26	DVD 9T2	June 29	PM1	52		Mon & Wed Jul 6 & 8	Talk—Continuation of talk—About FI
TP#26	DVD 9T2	June 29	PM2	61		Mon & Wed Jul 13 & 15	Video—Riassa’s FI lesson—Using a Board to Reorganize the Feet
TP#27	DVD 9T3	June 30	AM1	52		Mon & Wed Jul 20 & 22	Talk—Questions and Answers About Raissa
TP#27	DVD 9T3	June 30	AM2	39		Mon & Wed Jul 27 & 29	ATM—Preparation for Headstand / Extensions-On Stomach
TP#28	DVD 10T1	June 30	PM1	87		Mon & Wed Aug 3 & 5	FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’
TP#28	DVD 10T1	June 30	PM2	14		Mon & Wed Aug 10 & 12	ATM—Preparation for Headstand: Turn the Head
TP#29	DVD 10T2	July 1	AM1	58		Mon & Wed Aug 17 & 19	ATM—Prone Worm Movements
TP#29	DVD 10T2	July 1	AM2	35		Mon & Wed Aug 24 & 26	ATM—Preparation for Headstand / Falling Out of Headstand

TP#30	DVD 10T3	July 1	PM1	49		Mon & Wed Aug 31 & Sep	ATM—Jumping on Buttocks	
TP#30	DVD 10T3	July 1	PM2	36		Mon & Wed Sep 7 & 9	ATM—Preparation for Headstand / Walk on Head	
TP#31	DVD 11T1	July 2	AM1	69		Mon & Wed Sep 14 & 16	FI—Demonstration and Practice-Rolling the Head Talk—About the Skeleton; Risk is Instability (pt 1)	
TP#31	DVD 11T1	July 2	AM2	28		Mon & Wed Sep 21 & 23	ATM—Rolling to Side While Lengthening the Other Side	
TP#32	DVD 11T2	July 2	PM1	68		Mon & Wed Sep 28 & 30	Talk—About the Skeleton (continued)	
TP#32	DVD 11T2	July 2	PM2	31		Mon & Wed Oct 5 & 7	ATM—Rolling to Side While Lengthening the Other Side (continued)	
	WEEK 5							
TP#33	DVD 11T3	July 6	AM1	122		Mon & Wed Oct 12 & 14	FI—Demonstration and Practice: Lifting, Rolling Heads; Lifting Rotating Heels	
TP#34	DVD 12T1	July 6	PM1	57		Mon & Wed Oct 19 & 21	ATM—Prone-Hands in Bridge, Rotate Body	
TP#34	DVD 12T1	July 6	PM2	30		Mon & Wed Oct 26 & 28	ATM—Arching Back to Bridge	
TP#35	DVD 12T2	July 7	AM1	47			Talk—Thinking Genius / Context, Playing and FI	
TP#35	DVD 12T2	July 7	AM2	60			FI Practice: Press on Head Talk—Effects and Pressures	
TP#36	DVD 12T3	July 7	PM1	101			ATM—Bridging on Back and Walking on Shoulders	
TP#37	DVD 12T4	July 8	AM1	58			Talk—Meaning of Words	
TP#37	DVD 12T4	July 8	AM2	48			ATM—Bridging on Back and Walking on Shoulders (continued) Talk—When to Stop FI Lessons / When to Quit	
TP#38	DVD 12T5	July 8	PM1	56			FI Practice: Moving Head from Kneeling, One Leg Standing	
TP#38	DVD 12T5	July 8	PM2	48			FI Practice: Moving Head and Pelvis from Kneeling, One Leg Standing	
TP#39		July 9	AM1	60			ATM—Preparation for Headstand (cont.)	
TP#39		July 9	AM2	60			Talk—Knowledge, story of wolves, sex and society	
TP#40	DVD 14T1	July 9	PM1	82			FI-Demonstration and Practice: Rolling from Hands and Feet	
	WEEK 6							
TP#41	DVD 14T2	July 13	AM1	50			FI—Demonstration and Practice: Exploring Ilium, Sacrum, Coccyx	
TP#41	DVD 14T2	July 13	AM2	54			ATM—Supine: Interlacing Fingers Talk—Pain & movementL inter-relationships in the body	
TP#42	DVD 14T3	July 13	PM1	61			Talk—Pain and Movement	
TP#42	DVD 14T3	July 13	PM2	51			ATM—Supine: Interlacing Fingers (cont.) Talk—Equalizing Tonus	
TP#43	DVD 15T1	July 14	AM1	71			Video—Jonathan H's FI Lesson-Rolling to Sitting to Crawling Talk—More About Jonathan's FI Lesson Video—Kimberly E's FI Lesson, Sitting on Moshe's Knee	
TP#44	DVD 15T2	July 14	AM2	41			Talk—More About Jonathan's FI Lesson (cont.) Video—Kimberly E's FI Lesson (cont.) Video—Hazel B's FI Lesson-Dancing at 65 Years Video—Jennifer T's FI Lesson-Rolling on the Floor	
TP#45	DVD 15T3	July 15	AM1	30			Talk—Student Use of Trademarks ATM—Bridging on Right Side / Side Wave (Under Gate)	
TP#45	DVD 15T3	July 15	AM2	79			Talk—Excitation and Inhibition	
TP#46	DVD 16T1	July 15	PM1	66			ATM—Back Like a Bridge	

TP#46	DVD 16T1	July 15	PM2	23			ATM—Beginning of Scissoring Legs on Floor
TP#47	DVD 16T2	July 16	AM1	64			Talk—Effect of Blood Pressure From Standing on the Head FI—Demonstration and Practice: Work with Head While Kneeling
TP#47	DVD 16T2	July 16	AM2	49			ATM—Scissoring Legs on Floor (continued)
TP#48	DVD 16T3	July 16	PM1	54			ATM—Walking on Your Stomach (Includes Telescope Eyes)
TP#48	DVD 16T3	July 16	PM2	26			ATM—Walking on Your Stomach (Includes Hopping on Buttocks)
	WEEK 7						
TP#49	DVD 17T1	July 20	AM1	76			ATM—Improving Bending of the Wrist
TP#49	DVD 17T1	July 20	AM2	23			ATM—Pressure on the Shoulders
TP#50	DVD 17T2	July 20	PM1	52			ATM—Lengthening the Right Side / Look Inside
TP#50	DVD 17T2	July 20	PM2	40			FI Practice—Developing Sensitivity Within Yourself
TP#51	DVD 17T3	July 21	AM1	57			ATM—Supine Rotating Around Feet, Pelvis and Neck
TP#51	DVD 17T3	July 21	AM2	34			FI Practice—Moving Head Right and Left, on Stomach
TP#52	DVD 18T1	July 21	PM1	48			Talk—How to Help a Baby Learn to Lift its Head
TP#52	DVD 18T1	July 21	PM2	42			ATM Demonstration and Discussion—Crawling like a Baby
TP#53	DVD 18T2	July 22	AM1	75			Demonstration—How to Touch Your Toes (Lengthening the Hamstrings) ATM—Holding the Ankle and Straitening the Leg
TP#54	DVD 18T3	July 22	PM1	70			ATM—Holding the Ankle and Straitening the Leg (cont.) Demonstration—Blackboard and Pelvis
TP#54	DVD 18T3	July 22	PM2	14			ATM—Holding the Ankle and Straitening the Leg (cont.)
TP#55	DVD 19T1	July 23	AM1	62			Talk—How to See Movement
TP#55	DVD 19T1	July 23	AM2	37			Questions and Discussion
TP#56	DVD 19T2	July 23	PM1	43			Talk—About Pain Experienced in Previous ATM Lesson
TP#56	DVD 19T2	July 23	PM2	34			FI Demonstration—Rolling the Leg From the Great Trochanter
	WEEK 8						
TP#57	DVD 19T3	July 27	AM1	77			Talk—Introduction of Flutist, Mr. Tel-Oren ATM—Rolling Forward, Flip Heels to Squat Talk—Parental Love ATM—Rolling Forward, Flip Heels to Squat (continued)
TP#58	DVD 20T1	July 27	PM1	104			Talk—Teaching and Learning Video—Rachel’s FI
TP#59	DVD 20T2	July 28	AM1	58			Demonstration—Beginning ATM Lessons (Directing Attention Inwardly to the Muscular Sensation)
TP#59	DVD 20T2	July 28	AM2	44			Sample ATM Class—Knee to Elbow
TP#60	DVD 20T3	July 28	PM1	60			ATM—Leg Flop to Squatting
TP#60	DVD 20T3	July 28	PM2	21			FI Demonstration—Squatting
TP#61	DVD 21T1	July 29	AM1	70			ATM—Hands Slide Down Thighs
TP#61	DVD 21T1	July 29	AM2	12			ATM—Hands Slide Down Thighs (continued)
TP#62	DVD 21T2	July 29	PM1	78			FI Video—Elizabeth’s Lesson, Elizabeth Says ‘No’
TP#63	DVD 21T3	July 30	AM1	92			Talk—Gravity and Functional Integration
TP#64	DVD 22T1	July 30	PM1	124			FI Practice: Review of Everything Learned Up to Now
	WEEK 9						
TP#65	DVD 22T2	Aug 3	AM1	70		Mon & Wed	ATM—Folding Like a Cat
TP#65	DVD 22T2	Aug 3	AM2	37		Mon & Wed	Talk—Move Without Increasing Pressure on Floor

TP#66	DVD 22T3	Aug 3	PM1	49		Mon & Wed	ATM—Weight Shifting to Dancing	
TP#66	DVD 22T3	Aug 3	PM2	19		Mon & Wed	Talk—Improving Eyesight	
TP#67	DVD 23T1	Aug 4	AM1	52		Mon & Wed	ATM—Flop Knees to Circle	
TP#67	DVD 23T1	Aug 4	AM2	30		Mon & Wed	ATM—Leg Tilt-Elbow Press	
TP#68	DVD 23T2	Aug 4	PM1	47		Mon & Wed	ATM—Leg Tilt-Elbow Press (continued)	
TP#68	DVD 23T2	Aug 4	PM2	29		Mon & Wed	ATM—Circle Crossover in Bridge	
TP#69	DVD 24T1	Aug 5	AM2	12		Mon & Wed	ATM—Walk on Heels	
TP#70	DVD 24T2	Aug 5	PM1	66		Mon & Wed	ATM—Irradiating the Knee	
TP#70	DVD 24T2	Aug 5	PM2	24		Mon & Wed	Talk—Conclusion, than k you, farewell	