

Study of Amherst Year Two Week One JUNE 8-11, 1981 (with overview of Weeks Two to Nine)

Tape #	DVD # Track #	Amherst Training Day	AM / PM	Minu tes	Pages in Transcript ~ Starting page# for day ~ (starting page in transcript) ~ page count for session	STUDY Pacific Time Mon 10:45am Wed 4:30pm Fri 6:30am Study Dates	Description	
						Study of Amherst Year 2 WEEK 1 June 8, 9, 10, 11, 1981		
	Study of Amherst Year 2 WEEK 1 day 1							
TP#1	DVD 1T1	June 8, 1981	AM1	93	1 (7) 16p	Mon & Wed & Fri Sep 9 & 11 & 13	Talk—Change Only in Action	
	“ “ “ “					Mon & Wed & Fri Sep 16 & 18 & 20	“ “ “ “	
TP#2	DVD 1T2	June 8	PM1	70	17 (23) 15p	Mon & Wed & Fri Sep 23 & 25 & 27	ATM—Flexing of Right Palm / Flex Hand to Stand	
	“ “ “ “					Mon & Wed & Fri Sep 30 & Oct 2 & 4	“ “ “ “	
	“ “ “ “					Mon & Wed & Fri Oct 7 & 9 & 11	“ “ “ “	
TP#2	DVD 1T2	June 8	PM2	30	32 (38) 6p	Mon & Wed & Fri Oct 14 & 16 & 18	Talk—Spatial Relationships	
	Study of Amherst Year 2 WEEK 1 day 2							
TP#3	DVD 1T3	June 9	AM1	60	1 (47) 13p	Mon & Wed & Fri Oct 21 & 23 & 25	ATM—Flexing of Right Palm / Press Floor to Lift Knee	
TP#4	DVD 2T1	June 9	PM1	75	14 (60) 10p	Mon & Wed & Fri Oct 28, 30 & Nov 2	ATM—Prone to Standing While Flexing Right Hand / Bell Hand in Hair	
	“ “ “ “					Mon & Wed & Fri Nov 4 & 6 & 8	“ “ “ “	
TP#4	DVD 2T1	June 9	PM2	15	29 (75) 5p	Mon & Wed Nov 11 & 13 & 15	Talk—About the Previous Movement	
	Study of Amherst Year 2 WEEK 1 day 3							
TP#5	DVD 2T2	June 10	AM1	75	page 1 for day 3 (page 83 in transcript) 15 pages total	Mon & Wed & Fri Nov 18 & 20 & 22	Talk—About Anatomy	
	“ “ “ “					Mon & Wed & Fri Nov 25 & 27 & 29	ATM—Flexing Hands, Feet, Fingers and Toes	
TP#5	DVD 2T2	June 10	AM2	33	16 (98) 11p	Mon & Wed & Fri Dec 2 & 4 & 6	Talk—About Anatomy (cont.) ATM—Sitting, Shoulder Forward to Ear	
TP#6	DVD 2T3	June 10	PM1	58	27 (109) 13	Mon & Wed & Fri Dec 9 & 11 & 13	ATM—Rotating the Shoulders / Shoulders to Ceiling, Hips to Shoulders	
TP#6	DVD 2T3	June 10	PM2	36	40 (122) 9p	Mon & Wed & Fri Dec 16 & 18 & 20	ATM—On Back, Flexing Torso / Bell Crawl	

	Study of Amherst Year 2 WEEK 1 day 4							
TP#7	DVD 3T1	June 11	AM1	65	1 (133) 20p	[Mon & Wed & Fri Dec 23 & 25 & 27 for those who wish to meet this week and to be repeated first week in January 2020]	Talk—Rituals	
TP#7	DVD 3T1	June 11	AM1	65	1 (133) 20p		Talk—Rituals	
	Study of Amherst Year 2 WEEK 1 day 4							
TP#7	DVD 3T1	June 11	AM1	65	1 (133) 20p	Mon & Wed & Fri Jan 6, 8, 10, 2020	Talk—Rituals	
TP#7	“ “ “ “	“ “ “ “	“ “ “ “	“ “ “ “	“ “ “ “	Mon & Wed & Fri Jan 13, 15, 17	ATM—Swimming Crawl / Bell Hand, Think Toes	
TP#7	DVD 3T1	June 11	AM2	43	21 (153) 4p	Mon & Wed & Fri Jan 20, 22, 24	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 & Fri Jan 27, 29, 31	ATM—Interlace Hand and Foot / Sit, Shoulder Forward, Rotate Head	
	“ “ “ “					Mon & Wed & Fri Feb 3, 6, 7, 2020	Talk—Survival and posture	
TP#8	DVD 3T2	June 11	PM2	32	35 (167) p8	Mon & Wed & Fri Feb 10, 12, 14, 2020	ATM—Interlace Hand and Foot / Sit, Shoulder Forward, Rotate Head (cont.)	
	“ “ “ “					Mon & Wed & Fri Feb 17, 19, 21, 2020	Talk—Thinking and speaking / talking is not thinking	
						Study of Amherst Year 2 Week 2 June 15, 16, 17, 18, 1981		
	Study of Amherst Year 2 WEEK 2 day 1							
TP#9	DVD 3T3	June 15	AM1	62	1 (183) 25p	Mon,Wed,Fri Jan 13, 15	Talk—Change Normal Behavior / To Correct is Incorrect ATM—Interlacing Fingers and Toes to Lift Foot	
TP#10	DVD 4T1	June 15	PM1	46	26 (208) 10p	Mon,Wed,Fri Jan 20, 22,24	ATM—Standing on all Fours / Preparation for Judo Roll	
TP#10	DVD 4T1	June 15	PM2	39	36 (218) 6p	Mon,Wed,Fri Jan 27,29,31	Talk—A Funny Story (Margaret Mead) ATM—Standing on all fours / prep for judo roll (cont.)	
TP#11	DVD 4T2	June 16	AM1	60	1 (229) 22p	Mon,Wed,Fri Feb 3,5,7	ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee / Talk—“Go Slowly”	
	Study of Amherst Year 2 WEEK 2 day 2							
TP#11	DVD 4T2	June 16	AM2	55	23 (251) 4p	Mon,Wed,Fri Feb 10,12,14	Talk—Scoliosis and Habits	
TP#12	DVD 4T3	June 16	PM1	57	27 (255) 6p	Mon,Wed,Fri Feb 17,19,21	Talk—The Brain and the Nervous System	
TP#12	DVD 4T3	June 16	PM2	11	33 (261) 8p	Mon,Wed,Fri Feb 24,26,28	ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head (continued)	

	Study of Amherst Year 2 WEEK 2 day 3							
TP#13	DVD 5T1	June 17	AM1	140	1 (271) 26p	Mon,Wed,Fri Mar 2,4,6	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	27 (296) 24p	Mon,Wed,Fri Mar 9,11,13	Talk—Use of Pain; Forgetting and Becoming Skeleton / ATM—Holding Ankles- 3 Ways to Roll From Lying to Sitting	
	Study of Amherst Year 2 WEEK 2 day 4							
TP#15	DVD 5T3	June 18	AM1	103	1 (325) 22p	Mon,Wed,Fri Jan 13, 15	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	23 (347) 10p	Mon,Wed,Fri Jan 20, 22,24	ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)	
TP#16	DVD 6T1	June 18	PM2	41	33 (357) 9p	Mon,Wed,Fri Mar 16,18,20	ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued) Talk—Neuroses, Schizophrenia, and the Chemist Who Saw Midgets	
						Study of Amherst Year 2 WEEK 3 June 22, 23, 24, 25, 1981		
	Study of Amherst Year 2 WEEK 3 day 1							
TP#17	DVD 6T2	June 22	AM1	51		Mon,Wed,Fri Mar 23,25,27	ATM—Supine: Holding Behind Left Knee and Straightening Leg / Flex Leg Roll-up, Supine	
TP#17	DVD 6T2	June 22	AM2	51		Mon,Wed,Fri Mar 30, Apr 1,3	Talk—Relationship of FI to other methods	
TP#18	DVD 6T3	June 22	PM1	55		Mon,Wed,Fri Apr 6, 8.10	Talk—FI and Knowing What To Do	
TP#18	DVD 6T3	June 22	PM2	44		Mon,Wed,Fri Apr 13,15,17	ATM—Preparation for Headstand – Carp Jump	
	Study of Amherst Year 2 WEEK 3 day 2							
TP#19	DVD 7T1	June 23	AM1	64		Mon,Wed,Fri Apr 20,22,24	ATM—Preparation for Headstand / Talk—Freud and Intuition	
TP#19	DVD 7T1	June 23	AM2	57		Mon,Wed,Fri Apr 27,29 May 1	FI Demonstration: Ronnie	
TP#20	DVD 7T2	June 23	PM1	59		Mon,Wed,Fri May 4, 6,8	Talk—Functional Integration as Improvisation	
TP#20	DVD 7T2	June 23	PM2	44		Mon,Wed,Fri May 11,13,15	Talk—Grades / Levels of Vitality (Hubbard)	
	Study of Amherst Year 2 WEEK 3 day 3							
TP#21	DVD 7T3	June 24	AM1	42		Mon,Wed,Fri May 18,20,22	Talk—Fitting Reality to One’s Self – Carnegie and Kruger	
TP#21	DVD 7T3	June 24	AM2	70		Mon,Wed,Fri May 25,27,29	ATM—Preparation for Headstand and Carp Jump	

TP#22	DVD 8T1	June 24	PM1	38		Mon,Wed,Fri Jun 1,3,5	ATM—Preparation for Headstand and Carp Jump	
TP#22	DVD 8T1	June 24	PM2	68		Mon,Wed,Fri Jun 8,10,12	Talk—Continuation of Previous Talk	
	Study of Amherst Year 2 WEEK 3 day 4							
TP#23	DVD 8T2	June 25	AM1	70		Mon,Wed,Fri Jun 15,17,18	ATM—Body Like a Wave / Caterpillar Wave	
TP#24	DVD 8T3	June 25	PM1	48		Mon,Wed,Fri Jun 22,24,26	Talk—About the Brain	
TP#24	DVD 8T3	June 25	PM2	59		Mon,Wed,Fri Jun 29, Jul 1,3	ATM—Fast Movements ATM—Exploring Eye Structure in Relationship to Spine	
						Study of Amherst Year 2 WEEK 4 June 29, 30, July 1, 2, 1981		
	Study of Amherst Year 2 WEEK 4 day 1							
TP#25	DVD 9T1	June 29	AM1	67		Mon,Wed,Fri Jul 6,8,10	ATM—Carp Jump Review, Finding Your Hip Joint, Shoulder Roll Review	
TP#25	DVD 9T1	June 29	AM2	52		Mon,Wed,Fri Jul 13,15,17	Talk—Growth is Painful	
TP#26	DVD 9T2	June 29	PM1	52		Mon,Wed,Fri Jul 20,22,24	Talk—Continuation of talk—About FI	
TP#26	DVD 9T2	June 29	PM2	61		Mon,Wed,Fri Jul 27,29,31	Video—Riassa’s FI lesson—Using a Board to Reorganize the Feet	
	Study of Amherst Year 2 WEEK 4 day 2							
TP#27	DVD 9T3	June 30	AM1	52		Mon,Wed,Fri Aug 3,5,7	Talk—Questions and Answers About Raissa	
TP#27	DVD 9T3	June 30	AM2	39		Mon,Wed,Fri Aug 10,12,14	ATM—Preparation for Headstand / Extensions-On Stomach	
TP#28	DVD 10T1	June 30	PM1	87		Mon,Wed,Fri Aug 17,19,21	FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’	
TP#28	DVD 10T1	June 30	PM2	14		Mon,Wed,Fri Aug 24, 26,28	ATM—Preparation for Headstand: Turn the Head	
	Study of Amherst Year 2 WEEK 4 day 3							
TP#29	DVD 10T2	July 1	AM1	58		Mon,Wed,Fri Aug 31, Sep 2,4	ATM—Prone Worm Movements	
TP#29	DVD 10T2	July 1	AM2	35		Mon,Wed,Fri Sep 7, 9,11	ATM—Preparation for Headstand / Falling Out of Headstand	
TP#30	DVD 10T3	July 1	PM1	49		Mon,Wed,Fri Sep 14, 16,18	ATM—Jumping on Buttocks	
TP#30	DVD 10T3	July 1	PM2	36		Mon,Wed,Fri Sep 21, 23,25	ATM—Preparation for Headstand / Walk on Head	
	Study of Amherst Year 2 WEEK 4 day 4							
TP#31	DVD 11T1	July 2	AM1	69		Mon,Wed,Fri Sep 30, Oct 2, 4,	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,Fri Oct 7,9, 11	ATM—Rolling to Side While Lengthening the Other Side	
TP#32	DVD 11T2	July 2	PM1	68		Mon,Wed,Fri Oct 12,14,16	Talk—About the Skeleton (continued)	
TP#32	DVD 11T2	July 2	PM2	31		Mon,Wed,Fri Oct 19, 21,23	ATM—Rolling to Side While Lengthening the Other Side (continued)	
						Study of Amherst Year 2 WEEK 5 July 6, 7, 8, 9, 1981		
	Study of Amherst Year 2 WEEK 5 day 1							
TP#33	DVD 11T3	July 6	AM1	122		Mon,Wed,Fri Oct 26,28,30	FI—Demonstration and Practice: Lifting, Rolling Heads; Lifting Rotating Heels	
TP#34	DVD 12T1	July 6	PM1	57		Mon,Wed,Fri Oct 19, 21,23, 2020	ATM—Prone-Hands in Bridge, Rotate Body	
TP#34	DVD 12T1	July 6	PM2	30			ATM—Arching Back to Bridge	
	Study of Amherst Year 2 WEEK 5 day 2							
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	
	Study of Amherst Year 2 WEEK 5 day 3							
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	
	Study of Amherst Year 2 WEEK 5 day 4							
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	
						Study of Amherst Year 2 WEEK 6 July 13, 14, 15, 16, 1981		
	Study of Amherst Year 2 WEEK 6 day 1							
TP#41	DVD 14T2	July 13	AM1	50			FI—Demonstration and Practice: Exploring Illium, 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	
	Study of Amherst Year 2 WEEK 6 day 2							
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	
	Study of Amherst Year 2 WEEK 6 day 3							
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	
	Study of Amherst Year 2 WEEK 6 day 4							
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)	
						Study of Amherst Year 2 WEEK 7 July 20, 21, 22, 23, 1981		
	Study of Amherst Year 2 WEEK 7 day 1							
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	
	Study of Amherst Year 2 WEEK 7 day 2							
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	
	Study of Amherst Year 2 WEEK 7 day 3							
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.)	
	Study of Amherst Year 2 WEEK 7 day 4							
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	
						Study of Amherst Year 2 WEEK 8 July 27, 28, 29, 30, 1981		
	Study of Amherst Year 2 WEEK 8 day 1							
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	
	Study of Amherst Year 2 WEEK 8 day 2							
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	
	Study of Amherst Year 2 WEEK 8 day 3							
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'	
	Study of Amherst Year 2 WEEK 8 day 4							

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	
						Study of Amherst Year 2 WEEK 9 Aug 3, 4, 5, 6, 1981		
	Study of Amherst Year 2 WEEK 9 day 1							
TP#65	DVD 22T2	Aug 3	AM1	70			ATM—Folding Like a Cat	
TP#65	DVD 22T2	Aug 3	AM2	37			Talk—Move Without Increasing Pressure on Floor	
TP#66	DVD 22T3	Aug 3	PM1	49			ATM—Weight Shifting to Dancing	
TP#66	DVD 22T3	Aug 3	PM2	19			Talk—Improving Eyesight	
	Study of Amherst Year 2 WEEK 9 day 2							
TP#67	DVD 23T1	Aug 4	AM1	52			ATM—Flop Knees to Circle	
TP#67	DVD 23T1	Aug 4	AM2	30			ATM—Leg Tilt-Elbow Press	
TP#68	DVD 23T2	Aug 4	PM1	47			ATM—Leg Tilt-Elbow Press (continued)	
TP#68	DVD 23T2	Aug 4	PM2	29			ATM—Circle Crossover in Bridge	
	Study of Amherst Year 2 WEEK 9 day 3							
TP#69	DVD 24T1	Aug 5	AM2	12			ATM—Walk on Heels	
TP#70	DVD 24T2	Aug 5	PM1	66			ATM—Irradiating the Knee	
TP#70	DVD 24T2	Aug 5	PM2	24			Talk—Conclusion, than k you, farewell	