

Study of Amherst Year Two 1981 Dates, Themes, TOC, DVD (updated 191225)

| Tape #       | DVD #<br>Track # | Amherst<br>Training<br>Day | AM /<br>PM  | Minu<br>tes | Pages<br>**    | Study Dates                       | Description   | Details ...  |
|--------------|------------------|----------------------------|-------------|-------------|----------------|-----------------------------------|---|--|
|              |                  |                            |             |             |                |                                   |   | ** Pages in Transcript<br>~ Starting page # for the day<br>~ (starting page in transcript)<br>~ page count for session   |
| Year 2       | WEEK 1           | Day 1                      |             |             |                |                                   | <i>Year 2 WEEK 1 Day 2 June 8, 1981</i>                               |  |
| TP#1         | DVD 1T1          | June 8,<br>1981            | AM1         | 93          | 1 (7)<br>16p   | Mon,Wed,Fri<br>Sep 9,11,13        | Talk—Change Only in Action<br>Arguments for/Against Change            |  |
| TP#1<br>cont | DVD 1T1<br>cont  | June 8,<br>1981            | AM1<br>cont | 93          | 1 (7)<br>16p   | Mon,Wed,Fri<br>Sep 16,18,20       | Talk—Change Only in Action<br>cont                                    |  |
|              | ~~               | ~~                         |             |             | ~~             | Mon,Wed,Fri<br>Sep 23,25,27       | No study group the week of Mon,Wed,Fri<br>Sep 23, 25, 27              |  |
| TP#2         | DVD 1T2          | June 8                     | PM1         | 70          | 17 (32)<br>15p | Mon,Wed,Fri<br>Sep 30,<br>Oct 2,4 | ATM—Flexing of Right Palm / Flex Hand to Stand                        |  |
| TP#2         | DVD 1T2          | June 8                     | PM2         | 30          | 32 (38)<br>6p  | Mon,Wed,Fri<br>Oct 7, 9,11        | Talk—Spatial Relationships  |  |
| Year 2       | WEEK 1           | Day 2                      |             |             |                |                                   | <i>Year 2 WEEK 1 Day 2 June 9, 1981</i>                               |  |
| TP#3         | DVD 1T3          | June 9                     | AM1         | 60          | 1 (47)<br>13p  | Mon,Wed,Fri<br>Oct 14,16,18       | ATM—Flexing of Right Palm / Press Floor to Lift Knee                  |  |
| TP#4         | DVD 2T1          | June 9                     | PM1         | 75          | 14 (60)<br>10p | Mon,Wed,Fri<br>Oct 21,23,25       | ATM—Prone to Standing While Flexing Right Hand /<br>Bell Hand in Hair | Tape #4 DVD 2 Track 1<br><b>June 9, 1981</b><br><br>PM1* afternoon session 1<br>75 minutes<br>page 14 of day 2<br>(which starts on page 60 of entire<br>transcript) 10 total pages |
| TP#4         | DVD 2T1          | June 9                     | PM1         | 75          | 14 (60)<br>10p | Mon,Wed,Fri<br>Oct 28,30, Nov 1   | “ ” “ ”   | “ ” “ ”  |

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| TP#4   | DVD 2T1 | June 9  | PM2 | 15 | 29 (75)<br>5p  | Mon, Wed, Fri<br>Nov 4, 6, 8, 2019 | Review June 9, 1981<br>Year 2 WEEK 1 Day 2<br><br>Including New:<br><b>Talk—About the Previous Movement</b> | Review plus new:<br><br>Tape #4 DVD 2 Track 1<br><b>June 9, 1981</b><br><br>PM2* afternoon session 2<br>15 minutes<br>page 29 of day 2<br>(which starts on page 75 of entire transcript) 5 total pages  |
| Year 2 | WEEK 1  | Day 3   |     |    |                |                                    |   |   |
| TP#5   | DVD 2T2 | June 10 | AM1 | 75 | 1 (83)<br>15p  | Mon,Wed,Fri<br>Nov 11,13,15        | Talk—About Anatomy<br>ATM—Flexing Hands, Feet, Fingers and Toes   | TP#5 DVD 2T2<br><b>June 10, 1981</b><br>AM1 * Morning Session 1<br>75 minutes<br>page 1 for Week 1 Day 3 (which starts on page 83 of the entire transcript)<br>15 pages total   |
| TP#5   | DVD 2T2 | June 10 | AM2 | 33 | 16 (98)<br>11p | Mon,Wed,Fri<br>Nov 18,20,22        | Talk—About Anatomy (cont.)<br>A TM—Sitting, Shoulder Forward to Ear   |   |
| TP#6   | DVD 2T3 | June 10 | PM1 | 58 | 27 (109)<br>13 | Mon,Wed,Fri<br>Nov 25, 27, 29      | ATM—Rotating the Shoulders / Shoulders to Ceiling, Hips to Shoulders  | ** Pages in Transcript<br>~ Starting page # for the day<br>~ (starting page in transcript)<br>~ page count for session  |
| TP#6   | DVD 2T3 | June 10 | PM2 | 36 | 40 (122)<br>9p | Mon,Wed,Fri<br>Dec 2,4,6           | ATM—On Back, Flexing Torso / Bell Crawl   | ATM—On Back, Flexing Torso / Bell Crawl<br>Study for Mon, Wed, Fri Dec 2,4,6, 2019<br>TP#6 DVD 2T3<br><b>June 10, 1981 Week 1 Day 3</b><br>PM2 * Afternoon Session 2<br>36 minutes<br>page 40 for Week 1 Day 3 (which starts on page 122 of the entire transcript)<br>9 pages total |
| Year 2 | WEEK 1  | Day 4   |     |    |                |                                    |   |   |

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| TP#7   | DVD 3T1 | June 11 | AM1 | 65 | 1 (133)<br>20p  | Mon,Wed,Fri<br>Dec 16,18,20<br>2019                       | Talk—Rituals<br>ATM—Swimming Crawl / Bell Hand, Think Toes  | TEMPLATE<br>ATM ~~~~~<br>Study for Mon, Wed, Fri ~~~~~<br>TP# ~~~~ DVD ~~~~~<br>June or July ~~, 1981 Week ~~~ Day ~~~<br>PM2 or AM1 ~~~ * Morning or Afternoon<br>Session 1 or 2<br>~~~minutes<br>page ~ for Week~~Day ~<br>(which starts on page ~ of the entire<br>transcript)<br>~~ pages total   |
| TP#7   | DVD 3T1 | June 11 | AM2 | 43 | 21 (153)<br>4p  | Mon,Wed,Fri<br>Dec 16,18,20<br>2019                       | Talk—Habit and Psychoanalysis<br>ATM—Swimming Crawl / Bell Hand, Think Toes (cont.)   |   |
| TP#8   | DVD 3T2 | June 11 | PM1 | 59 | 25 (157)<br>p10 | Fri Dec 27, 2019<br>& Mon,Wed,Fri<br>Jan 6, 8,10,<br>2020 | ATM—Interlace Hand and Foot / Sit, Shoulder Forward,<br>Rotate Head<br>Talk—Survival and posture                                    | 25 (157)<br>(which starts on page 25 of the day)<br>(which starts on page157 of the entire<br>transcript)<br>total of 10 pages  |
|        |         |         |     |    |                 |   |   | ATM—Interlace Hand and Foot / Sit,<br>Shoulder Forward, Rotate Head<br>Talk—Survival and posture<br>Study for Fri Dec 27, 2019<br>& Mon,Wed,Fri Jan 6, 8,10,2020<br>TP#8<br>DVD 3T2<br>June 11, 1981 Week 1 Day 4<br>PM1 Afternoon Session 1<br>59 minutes<br>page 25 (157)<br>25 (157)<br>(which starts on page 25 of the day)<br>(which starts on page157 of the entire<br>transcript)<br>total of 10 pages |
| TP#8   | DVD 3T2 | June 11 | PM2 | 32 | 35 (167)<br>p8  | Mon,Wed,Fri<br>Jan 13, 15, 17,<br>2020                    | ATM—Interlace Hand and Foot / Sit, Shoulder Forward,<br>Rotate Head (cont.)<br>Talk—Thinking and speaking / talking is not thinking |   |
| Year 2 | WEEK 2  | Day 1   |     |    |                 |   |   |   |

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| TP#9   | DVD 3T3 | June 15 | AM1   | 62  | 1 (183)<br>25p  | Mon,Wed,Fri<br>Jan 20, 22, 24,<br>2020  | Talk—Change Normal Behavior / To Correct is Incorrect<br>ATM—Interlacing Fingers and Toes to Lift Foot                          |         |
| TP#10  | DVD 4T1 | June 15 | PM1   | 46  | 26 (208)<br>10p | Mon,Wed,Fri<br>Jan 27,29,31,<br>2020    | ATM—Standing on all Fours / Preparation for Judo Roll   |         |
| TP#10  | DVD 4T1 | June 15 | PM2   | 39  | 36 (218)<br>6p  | Mon,Wed,Fri<br>Feb 3,5,7, 2020          | Talk—A Funny Story (Margaret Mead)<br>ATM—Standing on all fours / prep for judo roll (cont.)                                    |         |
| Year 2 | WEEK 2  | Day 3   |       |     |                 |   |   |         |
| TP#11  | DVD 4T2 | June 16 | AM1   | 60  | 1 (229)<br>22p  | Mon,Wed,Fri<br>Feb 10,12,14             | ATM—Bring Right Foot to Left Hand / Walk Right Foot<br>Around Left Knee / Talk—“Go Slowly”                                      |         |
| TP#11  | DVD 4T2 | June 16 | AM2   | 55  | 23 (251)<br>4p  | Mon,Wed,Fri<br>Feb 17,19,21             | Talk—Scoliosis and Habits   |         |
| TP#12  | DVD 4T3 | June 16 | PM1   | 57  | 27 (255)<br>6p  | Mon,Wed,Fri<br>Feb 24,26,28             | Talk—The Brain and the Nervous System   |         |
| TP#12  | DVD 4T3 | June 16 | PM2   | 11  | 33 (261)<br>8p  | Mon,Wed,Fri<br>Mar 2,4,6                | ATM—Bring Right Foot to Left Hand (on other side) /<br>Roll Over/Hands on Head (continued)                                      |         |
| Year 2 | WEEK 2  | Day 3   |       |     |                 |   |   |         |
| TP#13  | DVD 5T1 | June 17 | AM1   | 140 | 1 (271)<br>26p  | Mon,Wed,Fri<br>Mar 9,11,13              | ATM: arms crossed,fingers interlaced behind head<br>Talk: Being straight and perception / 13 Corrections<br>perceived as errors |         |
| “ ” “  | “ ” “ ” | “ ” “ ” | “ ” “ | “ ” | “ ” “ ”         | Mon,Wed,Fri<br>Mar 16,18,20             | “ ” “ ”   | “ ” “ ” |
| TP#14  | DVD 5T2 | June 17 | PM1   | 106 | 27 (296)<br>24p | Mon,Wed,Fri<br>Mar 23,25,27             | Talk—Use of Pain; Forgetting and Becoming Skeleton /<br>ATM—Holding Ankles- 3 Ways to Roll From Lying to<br>Sitting             |         |
| “ ” “  | “ ” “ ” | “ ” “ ” | “ ” “ | “ ” | “ ” “ ”         | Mon,Wed,Fri<br>Mar 30,<br>Apr 1,3, 2020 | “ ” “ ”   | “ ” “ ” |
| Year 2 | WEEK 2  | Day 4   |       |     |                 |   |   |         |
| TP#15  | DVD 5T3 | June 18 | AM1   | 103 | 1 (325)<br>22p  | Mon,Wed,Fri<br>Apr 6, 8.10              | Talk—Thinking Means New Means of Action / Function<br>as Measure of IQ<br>ATM—Three Ways to Roll From Lying to Sitting          |         |
| “ ” “  | “ ” “ ” | “ ” “ ” | “ ” “ | “ ” | “ ” “ ”         | Mon,Wed,Fri<br>Apr 13, 15, 17           | “ ” “ ”   | “ ” “ ” |
| TP#16  | DVD 6T1 | June 18 | PM1   | 46  | 23 (347)<br>10p | Mon,Wed,Fri<br>Apr 20,22,24             | ATM—Three Ways to Roll From Lying to Sitting / Three<br>or More Ways to Roll (continued)  |         |

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| TP#16  | DVD 6T1 | June 18 | PM2   | 41  | 33 (357)<br>9p | Mon,Wed,Fri<br>Apr 27,29<br>May 1 | ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)<br>Talk—Neuroses, Schizophrenia, and the Chemist Who Saw Midgets |  |
| Year 2 | WEEK 3  | Day 1   |       |     |                |                                   |  |  |
| TP#17  | DVD 6T2 | June 22 | AM1   | 51  |                | Mon,Wed,Fri<br>May 4, 6,8         | 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<br>May 11,13,15       | Talk—Relationship of FI to other methods   |  |
| TP#18  | DVD 6T3 | June 22 | PM1   | 55  |                | Mon,Wed,Fri<br>May 18,20,22       | Talk—FI and Knowing What To Do   |  |
| TP#18  | DVD 6T3 | June 22 | PM2   | 44  |                | Mon,Wed,Fri<br>May 18,20,22       | ATM—Preparation for Headstand – Carp Jump  |  |
| Year 2 | WEEK 3  | Day 2   |       |     |                |                                   |  |  |
| TP#19  | DVD 7T1 | June 23 | AM1   | 64  |                | Mon,Wed,Fri<br>Jun 1,3,5          | ATM—Preparation for Headstand /<br>Talk—Freud and Intuition  |  |
| TP#19  | DVD 7T1 | June 23 | AM2   | 57  |                | Mon,Wed,Fri<br>Jun 8,10,12        | FI Demonstration: Ronnie   |  |
| TP#20  | DVD 7T2 | June 23 | PM1   | 59  |                | Mon,Wed,Fri<br>Jun 15,17,18       | Talk—Functional Integration as Improvisation   |  |
| TP#20  | DVD 7T2 | June 23 | PM2   | 44  |                | Mon,Wed,Fri<br>Jun 22,24,26       | Talk—Grades / Levels of Vitality (Hubbard)   |  |
| Year 2 | WEEK 3  | Day 3   |       |     |                |                                   |  |  |
| TP#21  | DVD 7T3 | June 24 | AM1   | 42  |                | Mon,Wed,Fri<br>Jun 29,<br>Jul 1,3 | Talk—Fitting Reality to One’s Self – Carnegie and Kruger   |  |
| TP#21  | DVD 7T3 | June 24 | AM2   | 70  |                | Mon,Wed,Fri<br>Jun 1,3,5          | ATM—Preparation for Headstand and Carp Jump  |  |
| “ ” “  | “ ” “ ” | “ ” “ ” | “ ” “ | “ ” | “ ” “ ”        | Mon,Wed,Fri<br>Jun 8,10,12        |  |  |
| TP#22  | DVD 8T1 | June 24 | PM1   | 38  |                | Mon,Wed,Fri<br>Jun 15,17,18       | ATM—Preparation for Headstand and Carp Jump  |  |
| TP#22  | DVD 8T1 | June 24 | PM2   | 68  |                | Mon,Wed,Fri<br>Jul 6,8,10         | Talk—Continuation of Previous Talk   |  |
| Year 2 | WEEK 3  | Day 4   |       |     |                |                                   |  |  |
| TP#23  | DVD 8T2 | June 25 | AM1   | 70  |                | Mon,Wed,Fri<br>Jul 13,15,17       | ATM—Body Like a Wave / Caterpillar Wave  |  |

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| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon,Wed,Fri<br>Jul 20,22,24         |  |  |
| TP#24  | DVD 8T3  | June 25 | PM1   | 48  |         | Mon,Wed,Fri<br>Jul 27,29,31         | Talk—About the Brain   |  |
| TP#24  | DVD 8T3  | June 25 | PM2   | 59  |         | Mon,Wed,Fri<br>Aug 3,5,7            | ATM—Fast Movements<br>ATM—Exploring Eye Structure in Relationship to Spine |  |
| Year 2 | WEEK 4   | Day 1   |       |     |         |                                     |  |  |
| TP#25  | DVD 9T1  | June 29 | AM1   | 67  |         | Mon, Wed, Fri<br>Aug 10,12,14       | ATM—Carp Jump Review, Finding Your Hip Joint,<br>Shoulder Roll Review      |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon, Wed, Fri<br>Aug 17,19,21       |  |  |
| TP#25  | DVD 9T1  | June 29 | AM2   | 52  |         | Mon, Wed, Fri<br>Aug 24, 26,28      | Talk—Growth is Painful   |  |
| TP#26  | DVD 9T2  | June 29 | PM1   | 52  |         | Mon,Wed,Fri<br>Aug 31,<br>Sep 2,4   | Talk—Continuation of talk—About FI   |  |
| TP#26  | DVD 9T2  | June 29 | PM2   | 61  |         | Mon,Wed,Fri<br>Sep 7, 9,11          | Video—Riassa’s FI lesson—Using a Board to<br>Reorganize the Feet           |  |
| Year 2 | WEEK 4   | Day 2   |       |     |         |                                     |  |  |
| TP#27  | DVD 9T3  | June 30 | AM1   | 52  |         | Mon,Wed,Fri<br>Sep 14, 16,18        | Talk—Questions and Answers About Raissa                                    |  |
| TP#27  | DVD 9T3  | June 30 | AM2   | 39  |         | Mon,Wed,Fri<br>Sep 21, 23,25        | ATM—Preparation for Headstand / Extensions-On<br>Stomach                   |  |
| TP#28  | DVD 10T1 | June 30 | PM1   | 87  |         | Mon,Wed,Fri<br>Sep 30,<br>Oct 2, 4, | FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’                         |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon,Wed,Fri<br>Aug 31,<br>Sep 2,4   |  |  |
| TP#28  | DVD 10T1 | June 30 | PM2   | 14  |         | Mon,Wed,Fri<br>Sep 7, 9,11          | ATM—Preparation for Headstand: Turn the Head                               |  |
| Year 2 | WEEK 4   | Day 3   |       |     |         |                                     |  |  |
| TP#29  | DVD 10T2 | July 1  | AM1   | 58  |         | Mon,Wed,Fri<br>Sep 14, 16,18        | ATM—Prone Worm Movements   |  |
| TP#29  | DVD 10T2 | July 1  | AM2   | 35  |         | Mon,Wed,Fri<br>Sep 21, 23,25        | ATM—Preparation for Headstand /<br>Falling Out of Headstand                |  |

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| TP#30  | DVD 10T3 | July 1  | PM1   | 49  |         | Mon,Wed,Fri<br>Sep 30,<br>Oct 2, 4,   | ATM—Jumping on Buttocks   |  |
| TP#30  | DVD 10T3 | July 1  | PM2   | 36  |         | Mon,Wed,Fri<br>Oct 7,9, 11            | ATM—Preparation for Headstand / Walk on Head  |  |
| Year 2 | WEEK 4   | Day 4   |       |     |         |                                       |   |  |
| TP#31  | DVD 11T1 | July 2  | AM1   | 69  |         | Mon,Wed,Fri<br>Oct 12,14,16           | FI—Demonstration and Practice-Rolling the Head<br>Talk—About the Skeleton; Risk is Instability (pt 1) |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon,Wed,Fri<br>Oct 19, 21,23          |   |  |
| TP#31  | DVD 11T1 | July 2  | AM2   | 28  |         | Mon,Wed,Fri<br>Oct 7,9, 11            | ATM—Rolling to Side While Lengthening the Other Side  |  |
| TP#32  | DVD 11T2 | July 2  | PM1   | 68  |         | Mon,Wed,Fri<br>Oct 12,14,16           | Talk—About the Skeleton (continued)   |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon,Wed,Fri<br>Oct 19, 21,23          |   |  |
| TP#32  | DVD 11T2 | July 2  | PM2   | 31  |         | Mon,Wed,Fri<br>Oct 7,9, 11            | ATM—Rolling to Side While Lengthening the Other Side (continued)                                      |  |
| Year 2 | WEEK 5   | Day 1   |       |     |         |                                       |   |  |
| TP#33  | DVD 11T3 | July 6  | AM1   | 122 |         | Mon,Wed,Fri<br>Oct 12,14,16           | FI—Demonstration and Practice: Lifting, Rolling Heads;<br>Lifting Rotating Heels                      |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” | Mon,Wed,Fri<br>Oct 26,28,30           |   |  |
| TP#34  | DVD 12T1 | July 6  | PM1   | 57  |         | Mon,Wed,Fri<br>Oct 19, 21,23,<br>2020 | ATM—Prone-Hands in Bridge, Rotate Body  |  |
| TP#34  | DVD 12T1 | July 6  | PM2   | 30  |         |                                       | ATM—Arching Back to Bridge  |  |
| 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<br>Talk—Effects and Pressures  |  |
| TP#36  | DVD 12T3 | July 7  | PM1   | 101 |         |                                       | ATM—Bridging on Back and Walking on Shoulders   |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” |                                       |   |  |
| Year 2 | WEEK 5   | Day 3   |       |     |         |                                       |   |  |
| TP#37  | DVD 12T4 | July 8  | AM1   | 58  |         |                                       | Talk—Meaning of Words   |  |

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| TP#37  | DVD 12T4 | July 8  | AM2   | 48  |         |  | ATM—Bridging on Back and Walking on Shoulders (continued)<br>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  |  |
| 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   |  |
|        | WEEK 6   |         |       |     |         |  |  |  |
| 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<br>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.)<br>Talk—Equalizing Tonus   |  |
| 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<br>Talk—More About Jonathan's FI Lesson<br>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.)<br>Video—Kimberly E's FI Lesson (cont.)<br>Video—Hazel B's FI Lesson-Dancing at 65 Years<br>Video—Jennifer T's FI Lesson-Rolling on the Floor |  |
| Year 2 | WEEK 6   | Day 3   |       |     |         |  |  |  |
| TP#45  | DVD 15T3 | July 15 | AM1   | 30  |         |  | Talk—Student Use of Trademarks<br>ATM—Bridging on Right Side / Side Wave (Under Gate)  |  |
| TP#45  | DVD 15T3 | July 15 | AM2   | 79  |         |  | Talk—Excitation and Inhibition   |  |



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| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” |  |   |  |
| 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   |  |
| Year 2 | WEEK 6   | Day 4   |       |     |         |  |   |  |
| TP#47  | DVD 16T2 | July 16 | AM1   | 64  |         |  | Talk—Effect of Blood Pressure From Standing on the Head<br>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)<br>ATM—Holding the Ankle and Straightening the Leg    |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” |  |   |  |
| TP#54  | DVD 18T3 | July 22 | PM1   | 70  |         |  | ATM—Holding the Ankle and Straightening the Leg (cont.)<br>Demonstration—Blackboard and Pelvis                          |  |
| “ ” “  | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” |  |   |  |
| TP#54  | DVD 18T3 | July 22 | PM2   | 14  |         |  | ATM—Holding the Ankle and Straightening 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<br>ATM—Rolling Forward, Flip Heels to Squat<br>Talk—Parental Love<br>ATM—Rolling Forward, Flip Heels to Squat (continued) |  |
| “ ” “ | “ ” “ ”  | “ ” “ ” | “ ” “ | “ ” | “ ” “ ” |  |  |  |
| TP#58 | DVD 20T1 | July 27 | PM1   | 104 |         |  | Talk—Teaching and Learning<br>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  |         |  | 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              |  |
| 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       |  |
| 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,<br>1981 | PM2 | 24 |  |  | Talk—Conclusion, thank you, farewell |  |