

STUDY DATES	DESCRIPTION Amherst Study Group for Feldenkrais® or Anat Baniel Method® (ABM) Practitioners and Trainees
	WEEK 1 DAY 1 ~ 8 June 1981
	Morning Session Tape #1 ~ DVD 1T1
	1 – Talk—Change Only in Action / Arguments for/Against Change
	Afternoon Session Tape #2 ~ DVD 1T2
	17 – ATM—Flexing of Right Palm / Flex Hand to Stand
	32 – Talk—Spatial Relationships
	DAY 2 ~ 9 June 1981
	Morning Session Tape #3 ~ DVD 1T3
	1 – ATM—Flexing of Right Palm / Press Floor to Lift Knee
	Afternoon Session Tape #4 ~ DVD 2T1
	16 – ATM—Prone to Standing While Flexing Right Hand / Bell Hand in Hair
	29 – Talk—About the Previous Movement
	DAY 3 ~ 10 June 1981
	Morning Session Tape #5 ~ DVD 2T2
	1 – Talk—About Anatomy
	2 – ATM—Flexing Hands and Feet Together / Flex Fingers and Toes
	3 – Talk—About Anatomy (continued)
	9 – ATM—Flexing Hands and Feet Together / Flex Fingers and Toes (continued)
	16 – Talk—About Anatomy (continued)
	18 – ATM—Sitting, Shoulder Forward to Ear
	20 – ATM—Sitting, Shoulder Forward to Ear (continued)
	Afternoon Session Tape #6 ~ DVD 2T3
	27 – ATM—Rotating the Shoulders / Shoulders to Ceiling, Hips to Shoulders
	40 – ATM—On Back, Flexing Torso / Bell Crawl
	DAY 4 ~ 11 June 1981
	Morning Session Tape #7 ~ DVD 3T1
	1 – Talk—Rituals
	2 – ATM—Swimming Crawl / Bell Hand, Think Toes
	21 – Talk—Habit and Psychoanalysis
	22 – ATM—Swimming Crawl / Bell Hand, Think Toes (continued)
	Afternoon Session Tape #8 ~ DVD 3T2
	26 – ATM—Interlacing Hand and Foot / Sit, Shoulder Forward, Rotate Head

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	31 – Talk—Survival and Posture
	35 – ATM—Interlacing Hand and Foot / Sit, Shoulder Forward, Rotate Head (continued)
	36 – Talk—Thinking and Speaking / Talking Is Not Thinking
	WEEK 2 DAY 1 ~ 15 June 1981
	Morning Session Tape #9 ~ DVD 3T3
	1 – Talk—Change Normal Behavior / To Correct is Incorrect
Beginning Study on Mon, Wed, Fri Jan 13, 15, 17, 2020 Continuing Study on Mon, Wed, Fri Jan 20, 22, 24, 2020 ATM—Interlacing Fingers and Toes To Lift Foot (continued)	6 – ATM—Interlacing Fingers and Toes to Lift Foot Morning Session Tape #9 ~ DVD 3T3 Talk—Change Normal Behavior / To Correct is Incorrect ATM—Interlacing Fingers and Toes to Lift Foot Year 2 WEEK 2 Day 1 TP#9 DVD 3T3 June 15 AM1 62 Minutes which starts on page 1 of the day (which starts on page 183 of one version of the transcript) 25 pages total
	Afternoon Session Tape #10 ~ DVD 4T1
	26 – ATM—Standing on all Fours / Preparation for Judo Roll
	36 – Talk—A Funny Story (Margaret Mead)
	38 – ATM—Standing on all Fours / Preparation for Judo Roll (continued)
	DAY 2 ~ 16 June 1981
	Morning Session Tape #11 ~ DVD 4T2
	1 – ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee
	20 – Talk—“Go Slowly”

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	21 – ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee (continued)
	3 – Talk—Scoliosis and Habits
	Afternoon Session Tape #13 ~ DVD 4T3
	27 – ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head
	27 – Talk—The Brain and the Nervous System
	33 – ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head (continued)
	38 – ATM—Rolling Head on All Fours / Rock Head on Floor
	DAY 3 ~~ 17 June 1981
	Morning Session Tape #13 ~ DVD 5T1
	1 – ATM—Arms Crossed, Fingers Interlaced Behind Head / Crossed Elbows, Fingers Laced
	4 – Talk—Being Straight and Perception / Corrections Perceived as Errors / An Error in the Opposite Direction
	17 – ATM—Arms Crossed, Fingers Interlaced Behind Head / Crossed Elbows, Fingers Laced (continued)
	Afternoon Session Tape #14 ~ DVD 5T2
	27 – Talk—Use of Pain; Forgetting and Becoming Skeleton
	36 – ATM—Holding Ankles- 3 Ways to Roll From Lying to Sitting / Roll Around Holding Feet
	DAY 4 ~~ 18 June 1981
	Morning Session Tape #15 ~ DVD 5T3
	1 – Talk—Thinking Means New Means of Action / Function as Measure of I.Q.
	19 – ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll
	Afternoon Session Tape #16 ~ DVD 6T1
	23 – ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)
	33 – Talk—Neuroses, Schizophrenia, and the Chemist Who Saw Midgets
	36 – ATM—Roll Lying to Sitting From the Stomach
	WEEK 3 DAY 1 ~~ 22 June 1981
	Morning Session Tape #17 ~ DVD 6T2
	1 – Talk—Take Care of Yourself
	1 – Talk—Movement Notation
	2 – ATM—Supine: Holding Behind Left Knee and Straightening Leg / Flex Leg Roll-up, Supine

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	9 – Talk—Relationship of FI to other methods
	Afternoon Session Tape #18 ~ DVD 6T3
	18 – ATM—Continuation of Previous Lesson / Heel / Clock Roll-up
	22 – Talk—FI and Knowing What To Do
	23 – ATM—Continuation of previous ATM
	26 – Talk—FI and Know What To Do (continued)
	27 – ATM—Preparation for Headstand – Carp Jump
	34 – Talk—Headstand
	34 – ATM—Continuation of previous ATM
	DAY 2 ~ 23 June 1981
	Morning Session Tape #19 ~ DVD 7T1
	1 – ATM—Preparation for Headstand / Crossed Feet, Knee / Hand Lift – Talk—Freud and Intuition
	9 – ATM—Continuation of Previous ATM
	9 – Talk—FI Being Sensitive to Changes
	10 – ATM—Continuation of Previous ATM
	13 – FI Demonstration
	Afternoon Session Tape #20 ~ DVD 7T2
	22 – Talk—Functional Integration as Improvisation
	25 – ATM—Preparation for Headstand / Crossed Ankles
	34 – Talk—Grades / Levels of Vitality (Hubbard)
	41 – ATM—Continuation of Previous ATM
	DAY 3 ~ 24 June 1981
	Morning Session Tape #21 ~ DVD 7T3
	1 – Talk—Fitting Reality to One’s Self – Carnegie and Kruger
	9 – ATM—Preparation for Headstand and Carp Jump
	17 – Talk—Continuation of Previous Talk
	19 – ATM—Continuation of Previous ATM
	Afternoon Session Tape #22 ~ DVD 8T1
	24 – Talk—Continuation of Previous Talk
	32 – ATM—Preparation for Headstand and Carp Jump, Shoulder Roll
	DAY 4 ~ 25 June 1981
	Morning Session Tape #23 ~ DVD 8T2
	1 – ATM—Body Like a Wave / Caterpillar Wave
	11 – Talk—Habit and Psychoanalysis
	12 – ATM—Continuation of Previous ATM

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	Afternoon Session Tape #24 ~ DVD 8T3
	17 – Talk—About the Brain
	20 – ATM—Fast Movements / Starfish
	27 – ATM—Exploring Eye Structure in Relationship to Spine
	WEEK 4 DAY 1 ~~ 29 June 1981
	Morning Session Tape #25 ~ DVD 9T1
	2 – Talk—Movement Notion
	4 – ATM—Carp Jump Review, Finding Your Hip Joint, Shoulder Roll Review
	16 – Talk—Growth is Painful
	17 – ATM—Preparation for Headstand: Rock on Head
	22 – Talk—Growth is Painful (continued)
	23 – ATM—Continuation of Previous ATM
	Afternoon Session (The beginning is on the end of tape #25) ** need 2 disks?
	26 – Talk—About FI
	Afternoon Session Tape #26 ~ DVD 9T2
	29 – Talk—Continuation of talk—About FI
	32 – Video—Raissa’s FI lesson—Using a Board to Reorganize the Feet
	DAY 2 ~~ 30 June 1981
	Morning Session Tape #27 ~ DVD 9T3
	1 – Talk—Questions and Answers About Raissa
	13 – ATM—Preparation for Headstand / Extensions-On Stomach
	Afternoon Session Tape #28 ~ DVD 10T1
	21 – Talk—Use of Approximation in FI
	amherst-training-1981-transcripts
	23 – FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’
	36 – ATM—Preparation for Headstand: Turn the Head
	DAY 3 ~~ 1 July 1981
	Morning Session Tape #29 ~ DVD 10T2
	1 – ATM—Prone Worm Movements / Worm on Stomach (includes On the Back to Release Extensors; The Bow, Imagining Knee to Elbow, Worm on Back, Rock on Head, and Hands Under Knees)
	13 – ATM—Preparation for Headstand / Falling Out of Headstand
	Afternoon Session Tape #30 ~ DVD 10T3
	23 – Talk—Giving Up Fear
	24 – ATM—Sitting: Releasing Hand; Walking on Buttocks

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	5 – ATM—Jumping on Buttocks / Hop on Butt; Hop to Feet
	42 – ATM—Preparation for Headstand / Walk on Head
	DAY 4 ~~ 2 July 1981
	Morning Session Tape #31 ~ DVD 11T1
	1 – FI—Practice-Rolling the Head
	3 – Talk—About the Skeleton; Risk is Instability
	14 – ATM—Rolling to Side While Lengthening the Other Side / Rolling on Back from Fetal Pose
	Afternoon Session Tape #32 ~ DVD 11T2
	21 – Talk—About the Skeleton (continued)
	37 – ATM—Rolling to Side While Lengthening the Other Side / Roll on Back from Fetal Pose (continued)
	WEEK 4 DAY 1 ~~ 6 July 81
	Morning Session Tape #33 ~ DVD 11T3
	1 – FI—demonstration: Lifting, Rolling Heads; Lifting Rotating Heels
	9 – FI—Practice: Lifting, Rolling and Lifting Heads; Rolling Heels
	Afternoon Session Tape #34 ~ DVD 12T1
	19 – ATM—Prone-Hands in Bridge, Rotate Body
	29 – ATM—Arching Back to Bridge / Bridge on Head, Holding Ankles and Sitting Bridge
	DAY 2 ~~ 7 July 1981
	Morning Session Tape #35 ~ DVD 12T2
	1 – Talk—Thinking Genius / Context, Playing and FI
	amherst-training-1981-transcripts
	Afternoon session Tape #36 ~ DVD 12T3
	23 – ATM—Bridging on Back and Walking on Shoulders
	25 – Talk—Effects and Pressures
	28 – ATM—Bridging on Back and Walking on Shoulders (continued)
	3 – Demonstration—Bridging
	37 – ATM—Bridging on Back and Walking on Shoulders (continued)
	DAY 3 ~~ 8 July 1981
	Morning Session Tape #37 ~ DVD 13T1
	1 – Talk—Meaning of Words
	5 – ATM—Bridging on Back and Walking on Shoulders (continued)
	6 – Talk—Meaning of Words (continued)
	7 – ATM—Bridging on Back and Walking on Shoulders (continued)

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	5 – Talk—When to Stop FI Lessons / When to Quit
	18 – ATM—Bridging on Back and Walking on Shoulders (continued)
	Afternoon Session Tape #38 ~ DVD 13T2
	25 – FI Practice: Moving Head from Kneeling, One Leg Standing
	37 – Talk—Moshe’s ‘Tendentiousness’
	39 – Talk—Deciding What to do Next in Class
	41 – FI Practice: Moving Head and Pelvis from Kneeling, One Leg Standing
	DAY 4 ~~ 9 July 1981
	Morning Session Tape #39 ~ DVD 13T3
	1 – ATM—Preparation for Headstand / Semi-bridge on back, hold ankles
	2 – Talk—Knowledge / Story of Wolves / Sex and Society
	Afternoon Session Tape #40 ~ DVD 14T1
	23 – FI-Demonstration and Practice: Rolling from Hands and Feet
	WEEK 5 DAY 1 ~~ 13 July 1981
	Morning Session Tape #41 ~ DVD 14T2
	1 – FI—Demonstration and Practice: Exploring Illium, Sacrum, Coccyx
	4 – ATM—Supine: Interlacing Fingers / Clasped Hands Rotation
	7 – Talk—Pain and MovementL Inter-relationships in the Body
	Afternoon Session Tape #42 ~ DVD 14T3
	14 – Talk—Pain and Movement
	25 – ATM—Supine: Interlacing Fingers / Clasped Hands Rotation (continued)
	33 – Talk—Equalizing Tonus / Equal Tonus in the Ideal
	DAY 2 ~~ 14 July 1981
	Morning Session Tape #43 ~ DVD 15T1
	1 – FI Video—Jonathan H’s FI Lesson-Rolling to Sitting to Crawling
	14 – Talk—Ingredients to Movement
	16 – Talk—More About Jonathan’s FI Lesson
	17 – FI Video—Jonathan H’s FI Lesson-Rolling to Sitting to Crawling
	19 – FI Video—Kimberly E’s FI Lesson—Sitting on Moshe’s Knee
	Afternoon Session Tape #44 ~ DVD 15T2
	25 – Talk—More About Jonathan’s FI Lesson (continued)
	25 – FI Video—Kimberly E’s FI Lesson—Sitting on Moshe’s Knee
	7 – FI Video—Hazel B’s FI Lesson-Dancing at 65 Years
	29 – Talk—The Diversity of FI’s
	31 – Talk—More About Hazel’s FI Lesson

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	32 – FI Video—Jennifer T’s FI Lesson-Rolling on the Floor
	DAY 3 ~~ 15 July 1981
	Morning Session Tape #45 ~ DVD 15T3
	1 – Talk—Student Use of Trademarks
	2 – ATM—Bridging on Right Side / Side Wave (Under Gate)
	12 – Talk—Excitation and Inhibition / Focus of Excitation in Motor Cortex
	17 – ATM—Bridging on Right Side / Side Wave (Under Gate) (continued)
	Afternoon Session Tape #46 ~ DVD 16T1
	21 – ATM—Back Like a Bridge/ Rolls; Shoulder Press / Pelvic Lift
	36 – ATM—Beginning of Scissoring Legs on Floor / Jumping Hurdles
	DAY 4 ~~ 16 July 1981
	Morning Session Tape #47 ~ DVD 16T2
	1 – Talk—Effect of Blood Pressure From Standing on the Head
	6 – FI—Demonstration and Practice: Work with Head While Kneeling
	16 – ATM—Scissoring Legs on Floor / Jumping Hurdles (continued)
	22 – Talk—Don’t Prepare Yourself
	Afternoon Session Tape #48 ~ DVD 16T3
	24 – ATM—Walking on Your Stomach (Includes Telescope Eyes)
	34 – ATM—Walking on Your Stomach (Includes Hopping on Butt)
WEEK 6	DAY 1 ~~ 20 Jul 81
	Morning Session Tape #49 ~ DVD 17T1
	1 – ATM—Improving Bending of the Wrist/ Right Eye to Rise on Right
	17 – ATM—Pressure on the Shoulders / Arc of Pressure on the Floor From Hand to Foot
	Afternoon Session Tape #50 ~ DVD 17T2
	23 – Talk—Understanding by Approximation
	26 – ATM—Lengthening the Right Side / Look Inside
	34 – FI Practice—Developing Sensitivity Within Yourself
	9 – ATM—Review Arc of Pressure, Looking Inside
	DAY 2 ~~ 21 July 1981
	Morning Session Tape #51 ~ DVD 17T3
	1 – ATM—Supine Rotating Around Feet, Pelvis and Neck / Baby Crawls on Back
	2 – FI Practice—Moving Head Right and Left, on Stomach
	13 – FI Demonstration—Moving Head Right and Left, on Stomach
	14 – FI Practice—Moving Head Right and Left, on Stomach (continued)

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	Afternoon Session Tape #52 ~ DVD 18T1
	16 – Talk—How to Help a Baby Learn to Lift its Head
	17 – ATM Demonstration and Discussion—Crawling like a Baby / Baby Crawls on Back (Includes Baby Learning to Lift its Head)
	27 – Discussion—Baby Learning to Lift its Head
	29 – ATM Demonstration and Discussion—Baby Rolling
	DAY 3 ~ 22 July 1981
	Morning Session Tape #53 ~ DVD 18T2
	1 – Demonstration—How to Touch Your Toes (Lengthening the Hamstrings)
	1 – ATM—Holding the Ankle and Straitening the Leg
	19 – ATM—Holding the Ankle and Straitening the Leg (continued)
	20 – Discussion—Lengthening the Hamstring
	25 – ATM—Holding the Ankle and Straitening the Leg (continued)
	Afternoon Session Tape #54 ~ DVD 18T3
	28 – ATM—Holding the Ankle and Straitening the Leg (continued)
	34 – Demonstration—Blackboard and Pelvis
	35 – ATM—Holding the Ankle and Straitening the Leg (continued)
	44 – ATM—Holding the Ankle and Straitening the Leg (continued)
	DAY 4 ~ 23 July 1981
	Morning Session Tape #55 ~ DVD 19T1
	1 – Talk—How to See Movement
	5 – ATM—Prone-Raising and Moving Pelvis and Heels / Pelvis Orbits Around Foot (Included— Prone-Rocking the Body on the Stomach / Arc on Stomach)
	16 – Questions and Discussion
	Afternoon Session Tape #56 ~ DVD 19T2
	26 – Talk—About Pain Experienced in Previous ATM Lesson
	8 – ATM—Moving the Leg in an Ellipse
	37 – FI Demonstration—Rolling the Leg From the Great Trochanter
	40 – FI Practice—Rolling the Leg From the Great Trochanter
	WEEK 7 DAY 1 ~ 27 July 1981
	Morning Session Tape #57 ~ DVD 19T3
	1 – Talk—Introduction of Flutist, Mr. Tel-Oren
	3 – ATM—Rolling Forward, Flip Heels to Squat
	11 – Talk—Parental Love

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	13 – ATM—Rolling Forward, Flip Heels to Squat (continued)
	Afternoon Session Tape #58 ~ DVD 20T1
	18 – Talk—Teaching and Learning
	22 – Video—Rachel’s FI
	DAY 2 ~~ 28 July 1981
	Morning Session Tape #59 ~ DVD 20T2
	1 – Demonstration—Beginning ATM Lessons (Directing Attention Inwardly to the Muscular Sensation)
	3 – Sample ATM Class—Knee to Elbow
	9 – Talk—Orientation in Space Relative to Self
	13 – Sample ATM Class—Knee to Elbow (continued)
	16 – Sample ATM Class—Sitting: Turning, Eyes and Head Following Hand (Also known as ‘Dead Bird Lesson’)
	Afternoon Session Tape #60 ~ DVD 20T3
	29 – ATM—Leg Flop to Squatting
	44 – FI Demonstration—Squatting
	DAY 3 ~~ 29 July 1981
	Morning Session Tape #61 ~ DVD 21T1
	1 – ATM—Hands Slide Down Thighs
	10 – Talk—Changing Habits by Creating Lessons
	15 – ATM—Hands Slide Down Thighs (continued)
	6 – ATM—Hands Slide Down Thighs (continued)
	Afternoon Session Tape #62 ~ DVD 21T2
	19 – FI Video—Elizabeth’s Lesson / Elizabeth Says ‘No’
	DAY 4 ~~ 30 July 1981
	Morning Session Tape #63 ~ DVD 21T3
	1 – Talk—Gravity and Functional Integration
	12 – Questions from Students
	Afternoon Session Tape #64 ~ DVD 22T1
	19 – Letters From Class Members
	25 – Functional Integration Practice—Review of Everything Learned Up to Now
	WEEK 8 DAY 1 ~~ 3 August 1981
	Morning Session Tape #65 ~ DVD 22T2
	1 – ATM—Folding Like a Cat
	16 – Talk—Move Without Increasing Pressure on Floor

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	19 – ATM with Demonstration—Weight Shifting from the Hips
	Afternoon Session Tape #66 ~ DVD 22T3
	26 – ATM—Weight Shifting to Dancing
	37 – ATM—Rocking the Pelvis
	38 – Talk—Improving Eyesight
	DAY 2 ~~ 4 August 1981
	Morning Session Tape #67 ~ DVD 23T1
	1 – ATM—Flop Knees to Circle
	11 – Letter From Student
	13 – ATM—Leg Tilt-Elbow Press
	Afternoon Session Tape #68 ~ DVD 23T2
	17 – Letter From Student
	18 – ATM—Leg Tilt-Elbow Press (continued)
	26 – ATM—Circle Crossover in Bridge
	DAY 3 ~~ 5 August 1981
	Morning Session Tape #69 ~ DVD 24T1
	1 – Demonstration—Catching a Ball
	2 – ATM—Prone, Stand on Knees; Circle Crossover (continued)
	14 – ATM—Walk on Heels
	Afternoon Session Tape #70 ~ DVD 24T2
	18 – ATM—Irradiating the Knee
	30 – Appreciations and Acknowledgments

NOTES

Quoting just prior to study
for THE WEEK OF
January 20th
“ 17. Lie on your back. Lift
both feet now but in a
little different way. Would
you please lie on your
back. Lift both feet in the
air. Lift both feet in the air,
in such a way that you
can interlace the toes in
your habitual way.
(laughter)” Week 2 15
June 81 Page 13 of 44

TAPE#10 DVD 4T1 /
Amherst Year 2 Week 2
June 15, 1981 / Afternoon
Session / 46 minutes /
begins on page 26 (page
208 of the entire
transcript) 10 pages in
total

