

Study of WEEKS 2-9 YEAR 2 Amherst 1981 Dates, Themes, TOC, DVD, w/ MINUTES (updated 200305)

Tap e #	DVD # Track #	Amherst Training Day	AM / PM	Minutes	Pages **	Study Dates	Description signup page and details Amherst Study Group for Feldenkrais® or Anat Baniel Method® (ABM) Practitioners and Trainees	Details ...
Year 2	WEEK 2	Day 1					** Pages in Transcript ~ Starting page # for the day ~ (starting page in transcript) ~ page count for session	
							2/ Second Step of REVISED TIMELINE for the week of Jan 20, 2020	
TP# 9		June 15	AM 1	62	1 (183) 25p	STUDY TOGETHER ON ZOOM Mon,Wed,Fri Jan 13, 15, 17, 2020	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	STUDY TOGETHER ON ZOOM Mon,Wed,Fri Jan 13, 15, 17, 2020 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
							3/ Third step of NEW (200120) REVISED TIMELINE for the week of Jan 20, 2020	
TP# 9	DVD 3T3	June 15	AM 1	46	26 (208) 10p	Mon, Wed, Fri Jan 20, 22, 24, 2020	ATM—Interlacing Fingers and Toes To Lift Foot (continued) 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)” <i>ATM—Interlacing Fingers and Toes To Lift Foot (continued)</i> <i>Week 2 15 June 81 Page 13 of 44</i>	ADJUSTED SYLLABUS FOR STUDY THE WEEK ON JAN 20 THUS"", we will do ATM—Interlacing Fingers and Toes To Lift Foot (continued) <i>Update to timeline Jan 13, 2020 (prev Jan 8)</i> LOOKS LIKE the duration in the IFF description might be right. ~~ 1:02 could be the duration until the a.m.-break (12 pages talk and ATM), ~~ but after, in the transcript, are 12 pages more called "ATM—Interlacing Fingers and Toes To Lift Foot (continued)". ~~ However That is not listed in the IFF DVD description. ~~ THUS"", we will do ATM—Interlacing Fingers and Toes To Lift Foot (continued)
							4/ Fourth Step of REVISED Timeline CONTINUING	
TP# 10	DVD 4T1	June 15	PM 1	46	26 (208) 10p	Mon, Wed, nFri Jan 27, 29, 31, 2020	ATM—Standing on all Fours / Preparation for Judo Roll	
							5/ Fifth step of REVISED REVISED Timeline CONTINUING	
TP# 10	DVD 4T1	June 15	PM 2	39	36 (218) 6p	Mon,Wed,Fri Feb 3,5,7, 2020	Talk—A Funny Story (Margaret Mead) ATM—Standing on all fours / prep for judo roll (cont.)	

TP# 10	DVD 4T1	June 15	PM 2	39	36 (218) 6p	Mon,Wed,Fri Feb 10,12,14	Talk—A Funny Story (Margaret Mead) ATM—Standing on all fours / prep for judo roll (cont.)	
Year 2	WEEK 2	Day 3						
TP# 11	DVD 4T2	June 16	AM 1	60	1 (229) 22p	Mon,Wed,Fri Feb 17,19,21	ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee / Talk—“Go Slowly”	
TP# 11	DVD 4T2	June 16	AM 2	55	23 (251) 4p	Mon,Wed,Fri Feb 24,26,28	Talk—Scolosis and Habits	
TP# 12	DVD 4T3	June 16	PM 1	57	27 (255) 6p		Talk—The Brain and the Nervous System	
TP# 12	DVD 4T3	June 16	PM 2	11	33 (261) 8p		ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/ Hands on Head (continued)	
Year 2	WEEK 2	Day 3						
							Morning Session Tape #13 ~ DVD 5T1	
TP# 13	DVD 5T1	June 17	AM 1	14 0	1 (271) 26p	Mon,Wed,Fri Mar 2,4,6	1-ATM: arms crossed, fingers interlaced behind head 4-Talk: Being straight and perception / 13 Corrections perceived as errors	
“ ” “ ”	“ ” “ ” ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ” ”		“ ” “ ” For the week of March 2-9, 2020 we continue to read on our own Pages 10-17 of 51	“ ” “ ”
						Mon,Wed,Fri Mar 9 11 13	17 – ATM—Arms Crossed, Fingers Interlaced Behind Head / Crossed Elbows, Fingers Laced (continued)	
							Afternoon Session Tape #14 ~ DVD 5T2	
TP# 14	DVD 5T2	June 17	PM 1	10 6	27 (296) 24p	Mon,Wed,Fri Mar 16, 18, 20	27-Talk—Use of Pain; Forgetting and Becoming Skeleton / ATM—Holding Ankles- 3 Ways to Roll From Lying to Sitting	
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Year 2	WEEK 2	Day 4						
TP# 15	DVD 5T3	June 18	AM 1	10 3	1 (325) 22p		Talk—Thinking Means New Means of Action / Function as Measure of IQ ATM—Three Ways to Roll From Lying to Sitting	

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TP# 16	DVD 6T1	June 18	PM 1	46	23 (347) 10p
TP# 16	DVD 6T1	June 18	PM 2	41	33 (357) 9p
Year 2	WEEK 3	Day 1			
TP# 17	DVD 6T2	June 22	AM 1	51	
TP# 17	DVD 6T2	June 22	AM 2	51	
TP# 18	DVD 6T3	June 22	PM 1	55	
TP# 18	DVD 6T3	June 22	PM 2	44	
Year 2	WEEK 3	Day 2			
TP# 19	DVD 7T1	June 23	AM 1	64	
TP# 19	DVD 7T1	June 23	AM 2	57	
TP# 20	DVD 7T2	June 23	PM 1	59	
TP# 20	DVD 7T2	June 23	PM 2	44	
Year 2	WEEK 3	Day 3			
TP# 21	DVD 7T3	June 24	AM 1	42	
TP# 21	DVD 7T3	June 24	AM 2	70	
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TP# 22	DVD 8T1	June 24	PM 1	38	
TP# 22	DVD 8T1	June 24	PM 2	68	
Year 2	WEEK 3	Day 4			
TP# 23	DVD 8T2	June 25	AM 1	70	
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TP# 24	DVD 8T3	June 25	PM 1	48	
TP# 24	DVD 8T3	June 25	PM 2	59	

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ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)	
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	
ATM—Supine: Holding Behind Left Knee and Straightening Leg / Flex Leg Roll-up, Supine Talk—Relationship of FI to other methods	
Talk—FI and Knowing What To Do	
ATM—Preparation for Headstand – Carp Jump	
ATM—Preparation for Headstand / Talk—Freud and Intuition FI Demonstration: Ronnie	
Talk—Functional Integration as Improvisation	
Talk—Grades / Levels of Vitality (Hubbard)	
Talk—Fitting Reality to One’s Self – Carnegie and Kruger	
ATM—Preparation for Headstand and Carp Jump	
ATM—Preparation for Headstand and Carp Jump	
Talk—Continuation of Previous Talk	
ATM—Body Like a Wave / Caterpillar Wave	
Talk—About the Brain	
ATM—Fast Movements ATM—Exploring Eye Structure in Relationship to Spine	

Year 2	WEEK 4	Day 1			
TP# 25	DVD 9T1	June 29	AM 1	67	
“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”
TP# 25	DVD 9T1	June 29	AM 2	52	
TP# 26	DVD 9T2	June 29	PM 1	52	
TP# 26	DVD 9T2	June 29	PM 2	61	
Year 2	WEEK 4	Day 2			
TP# 27	DVD 9T3	June 30	AM 1	52	
TP# 27	DVD 9T3	June 30	AM 2	39	
TP# 28	DVD 10T1	June 30	PM 1	87	
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TP# 28	DVD 10T1	June 30	PM 2	14	
Year 2	WEEK 4	Day 3			
TP# 29	DVD 10T2	July 1	AM 1	58	
TP# 29	DVD 10T2	July 1	AM 2	35	
TP# 30	DVD 10T3	July 1	PM 1	49	
TP# 30	DVD 10T3	July 1	PM 2	36	
Year 2	WEEK 4	Day 4			
TP# 31	DVD 11T1	July 2	AM 1	69	
“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”
TP# 31	DVD 11T1	July 2	AM 2	28	
TP# 32	DVD 11T2	July 2	PM 1	68	
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TP# 32	DVD 11T2	July 2	PM 2	31	
Year 2	WEEK 5	Day 1			

ATM—Carp Jump Review, Finding Your Hip Joint, Shoulder Roll Review	
Talk—Growth is Painful	
Talk—Continuation of talk—About FI	
Video—Riassa’s FI lesson—Using a Board to Reorganize the Feet	
Talk—Questions and Answers About Raissa	
ATM—Preparation for Headstand / Extensions-On Stomach	
FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’	
ATM—Preparation for Headstand: Turn the Head	
ATM—Prone Worm Movements	
ATM—Preparation for Headstand / Falling Out of Headstand	
ATM—Jumping on Buttocks	
ATM—Preparation for Headstand / Walk on Head	
FI—Demonstration and Practice-Rolling the Head Talk—About the Skeleton; Risk is Instability (pt 1)	
ATM—Rolling to Side While Lengthening the Other Side	
Talk—About the Skeleton (continued)	
ATM—Rolling to Side While Lengthening the Other Side (continued)	

TP# 33	DVD 11T3	July 6	AM 1	12 2			FI—Demonstration and Practice: Lifting, Rolling Heads; Lifting Rotating Heels	
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TP# 34	DVD 12T1	July 6	PM 1	57			ATM—Prone-Hands in Bridge, Rotate Body	
TP# 34	DVD 12T1	July 6	PM 2	30			ATM—Arching Back to Bridge	
Year 2	WEEK 5	Day 2						
TP# 35	DVD 12T2	July 7	AM 1	47			Talk—Thinking Genius / Context, Playing and FI	
TP# 35	DVD 12T2	July 7	AM 2	60			FI Practice: Press on Head Talk—Effects and Pressures	
TP# 36	DVD 12T3	July 7	PM 1	10 1			ATM—Bridging on Back and Walking on Shoulders	
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Year 2	WEEK 5	Day 3						
TP# 37	DVD 12T4	July 8	AM 1	58			Talk—Meaning of Words	
TP# 37	DVD 12T4	July 8	AM 2	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	PM 1	56			FI Practice: Moving Head from Kneeling, One Leg Standing	
TP# 38	DVD 12T5	July 8	PM 2	48			FI Practice: Moving Head and Pelvis from Kneeling, One Leg Standing	
Year 2	WEEK 5	Day 4						
TP# 39		July 9	AM 1	60			ATM—Preparation for Headstand (cont.)	
TP# 39		July 9	AM 2	60			Talk—Knowledge, story of wolves, sex and society	
TP# 40	DVD 14T1	July 9	PM 1	82			FI-Demonstration and Practice: Rolling from Hands and Feet	
	WEEK 6							
TP# 41	DVD 14T2	July 13	AM 1	50			FI—Demonstration and Practice: Exploring Illium, Sacrum, Coccyx	
TP# 41	DVD 14T2	July 13	AM 2	54			ATM—Supine: Interlacing Fingers Talk—Pain, movementL inter-relationships in the body	
TP# 42	DVD 14T3	July 13	PM 1	61			Talk—Pain and Movement	
TP# 42	DVD 14T3	July 13	PM 2	51			ATM—Supine: Interlacing Fingers (cont.) Talk—Equalizing Tonus	
Year 2	WEEK 6	Day 2						
TP# 43	DVD 15T1	July 14	AM 1	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	

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TP# 44	DVD 15T2	July 14	AM 2	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	
Year 2	WEEK 6	Day 3						
TP# 45	DVD 15T3	July 15	AM 1	30			Talk—Student Use of Trademarks ATM—Bridging on Right Side / Side Wave (Under Gate)	
TP# 45	DVD 15T3	July 15	AM 2	79			Talk—Excitation and Inhibition	
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TP# 46	DVD 16T1	July 15	PM 1	66			ATM—Back Like a Bridge	
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TP# 46	DVD 16T1	July 15	PM 2	23			ATM—Beginning of Scissoring Legs on Floor	
Year 2	WEEK 6	Day 4						
TP# 47	DVD 16T2	July 16	AM 1	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	AM 2	49			ATM—Scissoring Legs on Floor (continued)	
TP# 48	DVD 16T3	July 16	PM 1	54			ATM—Walking on Your Stomach (Includes Telescope Eyes)	
TP# 48	DVD 16T3	July 16	PM 2	26			ATM—Walking on Your Stomach (Includes Hopping on Buttocks)	
	WEEK 7							
TP# 49	DVD 17T1	July 20	AM 1	76			ATM—Improving Bending of the Wrist	
“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”	“ ” “ ”			
TP# 49	DVD 17T1	July 20	AM 2	23			ATM—Pressure on the Shoulders	
TP# 50	DVD 17T2	July 20	PM 1	52			ATM—Lengthening the Right Side / Look Inside	
TP# 50	DVD 17T2	July 20	PM 2	40			FI Practice—Developing Sensitivity Within Yourself	
TP# 51	DVD 17T3	July 21	AM 1	57			ATM—Supine Rotating Around Feet, Pelvis and Neck	
TP# 51	DVD 17T3	July 21	AM 2	34			FI Practice—Moving Head Right and Left, on Stomach	
TP# 52	DVD 18T1	July 21	PM 1	48			Talk—How to Help a Baby Learn to Lift its Head	

TP# 52	DVD 18T1	July 21	PM 2	42			ATM Demonstration and Discussion—Crawling like a Baby	
TP# 53	DVD 18T2	July 22	AM 1	75			Demonstration—How to Touch Your Toes (Lengthening the Hamstrings) ATM—Holding the Ankle and Straitening the Leg	
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TP# 54	DVD 18T3	July 22	PM 1	70			ATM—Holding the Ankle and Straitening the Leg (cont.) Demonstration—Blackboard and Pelvis	
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TP# 54	DVD 18T3	July 22	PM 2	14			ATM—Holding the Ankle and Straitening the Leg (cont.)	
TP# 55	DVD 19T1	July 23	AM 1	62			Talk—How to See Movement	
TP# 55	DVD 19T1	July 23	AM 2	37			Questions and Discussion	
TP# 56	DVD 19T2	July 23	PM 1	43			Talk—About Pain Experienced in Previous ATM Lesson	
TP# 56	DVD 19T2	July 23	PM 2	34			FI Demonstration—Rolling the Leg From the Great Trochanter	
	WEEK 8							
TP# 57	DVD 19T3	July 27	AM 1	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)	
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TP# 58	DVD 20T1	July 27	PM 1	10 4			Talk—Teaching and Learning Video—Rachel’s FI	
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TP# 59	DVD 20T2	July 28	AM 1	58			Demonstration—Beginning ATM Lessons (Directing Attention Inwardly to the Muscular Sensation)	
TP# 59	DVD 20T2	July 28	AM 2	44			Sample ATM Class—Knee to Elbow	
TP# 60	DVD 20T3	July 28	PM 1	60			ATM—Leg Flop to Squatting	
TP# 60	DVD 20T3	July 28	PM 2	21			FI Demonstration—Squatting	
TP# 61	DVD 21T1	July 29	AM 1	70			ATM—Hands Slide Down Thighs	
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TP# 61	DVD 21T1	July 29	AM 2	12			ATM—Hands Slide Down Thighs (continued)	
TP# 62	DVD 21T2	July 29	PM 1	78			FI Video—Elizabeth’s Lesson, Elizabeth Says ‘No’	
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TP# 63	DVD 21T3	July 30	AM 1	92			Talk—Gravity and Functional Integration	
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TP# 64	DVD 22T1	July 30	PM 1	12 4			FI Practice: Review of Everything Learned Up to Now	
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	WEEK 9							
TP# 65	DVD 22T2	Aug 3	AM 1	70			ATM—Folding Like a Cat	
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TP# 65	DVD 22T2	Aug 3	AM 2	37			Talk—Move Without Increasing Pressure on Floor	
TP# 66	DVD 22T2	Aug 3	PM 1	49			ATM—Weight Shifting to Dancing	
TP# 66	DVD 22T2	Aug 3	PM 2	19			Talk—Improving Eyesight	
TP# 67	DVD 22T1	Aug 4	AM 1	52			ATM—Flop Knees to Circle	
TP# 67	DVD 22T1	Aug 4	AM 2	30			ATM—Leg Tilt-Elbow Press	
TP# 68	DVD 22T2	Aug 4	PM 1	47			ATM—Leg Tilt-Elbow Press (continued)	
TP# 68	DVD 22T2	Aug 4	PM 2	29			ATM—Circle Crossover in Bridge	
TP# 69	DVD 24T1	Aug 5	AM 2	12			ATM—Walk on Heels	
TP# 70	DVD 24T2	Aug 5, 1981	PM 1	66			ATM—Irradiating the Knee	
TP# 70	DVD 24T2	Aug 5, 1981	PM 2	24			Talk—Conclusion, thank you, farewell	