

Amherst Study Plan & References
for the weeks of June 8, 15, 22, 29, 2020
~ Review of Headstand & Carpjum

Study the week of June 8, 2020

Amherst Year 2 – Week 3 – 06/23/81 am Preparation for Headstand / Crossed Feet, Knee / Hand Lift

DAY 2 ~ 23 June 1981

Morning Session Tape #19 ~ DVD 7T1

// 1 – ATM—Preparation for Headstand / Crossed Feet, Knee / Hand Lift

<https://feldynotebook.com/amherst-2-week-3-06-23-81-preparation-for-head-stand/>

Study the week of June 15, 2020

Amherst Year 2 – Week 3 – 06/23/81 pm1 Preparation for Headstand / Crossed Ankles

DAY 2 ~ 23 June 1981

Afternoon Session Tape #20 ~ DVD 7T2

// 25 – ATM—Preparation for Headstand / Crossed Ankles

<https://feldynotebook.com/amherst-2-week-3-06-23-81-pm1-preparation-for-headstand-crossed-ankles/>

Study the week of June 22, 2020

Amherst Year 2 – Week 3 – 06/23/81 pm2 Preparation for Headstand / Crossed Ankles (cont.)

DAY 2 ~ 23 June 1981

Afternoon Session Tape #20 ~ DVD 7T2

// 25 – ATM—Preparation for Headstand / Crossed Ankles

<https://feldynotebook.com/amherst-2-week-3-06-23-81-pm2-preparation-for-headstand-crossed-ankles-cont/>

Study the weeks of June 29, July 6, 13, 20, 27, 2020

ADDITIONAL LESSONS FROM OUTSIDE OF AMHERST TRAINING

as listed at feldynotebook <https://feldynotebook.com/?s=headstand>

& <https://feldynotebook.com/?s=carp+>
