

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	<a href="https://feldynotebook.com/amherst-2-week-3-06-23-81-pm2-preparation-for-headstand-crossed-ankles-cont/">https://feldynotebook.com/amherst-2-week-3-06-23-81-pm2-preparation-for-headstand-crossed-ankles-cont/</a>
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	<a href="https://feldynotebook.com/amherst-2-week-3-06-23-81-pm1-preparation-for-headstand-crossed-ankles/">https://feldynotebook.com/amherst-2-week-3-06-23-81-pm1-preparation-for-headstand-crossed-ankles/</a>
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	<a href="https://feldynotebook.com/amherst-2-week-3-06-23-81-preparation-for-head-stand/">https://feldynotebook.com/amherst-2-week-3-06-23-81-preparation-for-head-stand/</a>
Amherst Year 2 – Week 3 – 06/22/81 pm2 Preparation for head stand – Carp jump	WEEK 3 DAY 1 ~~ 22 June 1	Afternoon Session Tape #18 ~ DVD 6T3	<a href="https://feldynotebook.com/amherst-2-week-3-06-22-81-pm2-preparation-for-head-stand-carp-jump-2/">https://feldynotebook.com/amherst-2-week-3-06-22-81-pm2-preparation-for-head-stand-carp-jump-2/</a>