

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 7T	https://feldynotebook.com/amherst-2-week-3-06-23-81-pm2-preparation-for-headstand-crossed-ankles-cont/
Amherst Year 2 – Week 3 – 06/23/81 pm1 Preparation for Headstand / Crossed Ankles	DAY 2 ~~ 23 June 1981	Afternoon Session Tape #20 ~ DVD 7T	https://feldynotebook.com/amherst-2-week-3-06-23-81-pm1-preparation-for-headstand-crossed-ankles/
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	https://feldynotebook.com/amherst-2-week-3-06-23-81-preparation-for-head-stand/
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 6T	https://feldynotebook.com/amherst-2-week-3-06-22-81-pm2-preparation-for-head-stand-carp-jump-2/