

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/
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/
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/
Amherst Year 2 – Week 3 – 06/22/81 pm2 Preparation for head stand – Carp jump	WEEK 3 DAY 1 ~ 22 June 1981	Afternoon Session Tape #18 ~ DVD 6T3	https://feldynotebook.com/amherst-2-week-3-06-22-81-pm2-preparation-for-head-stand-carp-jump-2/
ADDITIONAL RESOURCES:			
Vancouver – UBC – 15 Aug 73 – Preparation for headstand/Carp Movementsver – UBC – 15 Aug 73 – Preparation for headstand/Carp Movements		https://feldynotebook.com/vancouver-1973-university-of-british-columbia-6-15-august-1973-15-aug-73-preparation-for-headstand-carp-movements/	
AY071 Preparation for a headstand, 1		https://feldynotebook.com/preparation-for-a-headstand-1-ay71/	
AY072 Preparation for a headstand, 2		https://feldynotebook.com/preparation-for-a-headstand-2-ay72/	
AY163 Preparation for a headstand		https://feldynotebook.com/preparation-for-a-headstand/	
Theme Headstand		https://feldynotebook.com/theme-headstand/	
E35 Introduction to Standing on Head (Stransky Notes)		https://feldynotebook.com/e35-introduction-to-standing-on-head-stransky-notes/	

AY082 A clock in front of the face	https://feldynotebook.com/ay082-a-clock-in-front-of-the-face/		
Toronto Workshop Transcript (1980)	https://feldynotebook.com/toronto-1980/		
LT25 Standing on head preview	https://feldynotebook.com/lt25-standing-on-head-preview/		
Alexander Yanai Vol 2	https://feldynotebook.com/alexander-yanai-vol-2/		
Alexander Yanai Vol 4	https://feldynotebook.com/alexander-yanai-vol-4/		
From the Archive Volume 3 Vancouver 1973	https://feldynotebook.com/rotterdam-1976/		
Amherst Year 2	https://feldynotebook.com/amherst-year-2/		
AY083 Clock – the abdominal muscles	https://feldynotebook.com/clock-the-abdominal-muscles-ay83/		