

Amherst Year One 1980

Tape #	DVD # Track #	Date	AM / PM	Minutes	Pages in Transcript	Study Date	Description	Detailed syllabus Transcript Weeks 1-8 / informal notes for Week 9
	WEEK 1							
TP#1A	DVD 1T1	June 9	AM1	46			Introduction ATM: Sucking - life's movement	
TP#1B	DVD 1T2	June 9	AM2	90			ATM: Movement of the eyes left and right	
TP#2	DVD 1T3	June 9	PM1	90			Talk: Pain and definitions of ATM and FI	
TP#3	DVD 2T1	June 10	AM1	55			Talk: About invariance	
TP#3	DVD 2T1	June 10	AM2	60			ATM: Elbow to the knee	
TP#4	DVD 2T2	June 10	PM1	109			ATM: Rocking and rolling ATM: Flexing the upper body, elbow to knee (continued)	
TP#5	DVD 2T3	June 11	AM1	31			Demonstration: Reference points ATM: Extensors (incomplete)	
TP#6	DVD 3T1	June 11	PM1	44			ATM: Extensor lesson (part 1)	
TP#6	DVD 3T1	June 11	PM2	32			ATM: Extensor lesson (part 2)	
TP#7	DVD 3T2	June 12	AM1	91			ATM: Minimal eye movements (part 1)	
								Afternoon Session Tape #8 153 – ATM—Minimal Eye Movements Part 2 164 – Questions 167 – ATM—Use of Eyes and Inclusive Attention 169 – We Must Do To Understand 170 – ATM—Use of Eyes and Inclusive Attention (continued) 172 – Talk—Inclusive Attention vs. Exercise 173 – ATM—Use of Eyes and Inclusive Attention (continued)
TP#8	DVD 3T3	June 12	PM1	56			ATM: Minimal eye movements (continued)	
TP#8	DVD 3T3	June 12	PM2	45			ATM: Use of eyes and inclusive attention	
TP#9	DVD 4T1	June 13	AM1	113			Talk: Chronology of movements	
	WEEK 2							
TP#10	DVD 4T2	June 16	AM1	44			Talk: Foreground and background	
TP#10	DVD 4T2	June 16	AM2	77			ATM: Rolling with entire self	
TP#11	DVD 4T3	June 16	PM1	110			ATM: Rolling from side ATM: Swivel on buttocks	
TP#12	DVD 5T1	June 17	AM1	53			ATM: Seated and twist left (part 1) ['Dead Bird']	
TP#12	DVD 5T1	June 17	AM2	43			Talk: About Functional Integration	
TP#13	DVD 5T2	June 17	PM1	57			ATM: Seated and twist (continued)	
TP#13	DVD 5T2	June 17	PM2	14			ATM: Seated and twist left (continued)	
TP#14	DVD 5T3	June 18	AM1	55			ATM: Seated and twist left (continued)	
TP#14	DVD 5T3	June 18	AM2	48			Talk: Importance of the head	
TP#15	DVD 6T1	June 18	PM1	66			ATM: Manipulating head with the hand	
TP#15	DVD 6T1	June 18	PM2	28			ATM: Four points personal (part 1)	
TP#16	DVD 6T2	June 19	AM1	47			ATM: Lying on stomach (part 1)	
TP#16	DVD 6T2	June 19	AM2	49			Talk: The eyes organize the body ATM: Eyes	
TP#17	DVD 6T3	June 19	PM1	75			ATM: Lying on stomach, movement of legs, eyes and head	
TP#17	DVD 6T3	June 19	PM2	28			ATM: 4 points personal (continued)	
TP#18	DVD 7T1	June 20	AM1	93			Talk: Crawling and brain functions	
	WEEK 3							
TP#19	DVD 7T2	June 23	AM1				ATM: Lying on stomach (continued)	
TP#19	DVD 7T2	June 23	AM2				ATM: Standing and touching floor with left hand (continued)	
TP#20	DVD 7T3	June 23	PM1				ATM: 4 points personal (part 1)	
TP#20	DVD 7T3	June 23	PM2				ATM: 4 points personal (part 2)	
TP#21	DVD 8T1	June 24	AM1				ATM: 4 points personal (part 3)	
TP#21	DVD 8T1	June 24	AM2				ATM: Tilting legs to left, prone / Lying on stomach	
TP#22	DVD 8T2	June 25	AM1				ATM: Sucking - interlacing fingers and toes	
TP#22	DVD 8T2	June 25	AM2				ATM: Hopping on the left leg	
TP#23	DVD 8T3	June 25	PM1				ATM: Tolling head and getting up (part 1)	
TP#23	DVD 8T3	June 25	PM2				Rolling head and getting up (part 2) Talk: Stability and instability	
TP#24	DVD 9T1	June 26	AM1				ATM: Stability experience	
TP#25	DVD 9T2	June 27	AM1				ATM: Holding chin and rolling (part 1)	
TP#25	DVD 9T2	June 27	AM2				ATM: Holding chin and rolling (part 2)	
	WEEK 4							
TP#26	DVD 9T3	June 30	AM1					
TP#26	DVD 9T3	June 30	AM2					
TP#27	DVD 10T1	June 30	PM1					
TP#27	DVD 10T1	June 30	PM2					
TP#28	DVD 10T2	July 1	AM1					
TP#28	DVD 10T2	July 1	AM2					
TP#29	DVD 10T3	July 2	AM1					
TP#29	DVD 10T3	July 2	AM2					
TP#30	DVD 11T1	July 2	PM1					
TP#30	DVD 11T1	July 2	PM2					
TP#31	DVD 11T2	July 3	AM1					
TP#31	DVD 11T2	July 3	AM2					

TP#32	DVD 11T3		July 3	PM1					
TP#32	DVD 11T3		July 3	PM2					
	WEEK 5								
	WEEK 6								
	WEEK 7								
TP#49	DVD 17T2		July 21	AM1	58				Talk: Teleceptors. ATM: Tonic effect of head
TP#49	DVD 17T2		July 21	AM2	55				ATM: Tonic effect of head rotating with one hand
TP#50	DVD 17T3		July 21	PM1	56				ATM: Head sinking between shoulders
TP#50	DVD 17T3		July 21	PM2	48				ATM: Head and knee under the gap
TP#51	DVD 18T1		July 22	AM1	48				ATM: Lower jaw
TP#51	DVD 18T1		July 22	AM2	51				ATM: Lower jaw - faces
TP#52	DVD 18T2		July 22	PM1	49				ATM: Through gap on stomach and back (part 1)
TP#52	DVD 18T2		July 22	PM2	42				ATM: Through gap on stomach and back (part 2)
TP#53	DVD 18T3		July 23	AM1	53				Talk: On low and high grade energy
TP#53	DVD 18T3		July 23	AM2	29				ATM Through gap, hand held
TP#54	DVD 19T1		July 24	AM1	45				ATM: Morning prayer
TP#54	DVD 19T1		July 24	AM2	58				ATM: Differentiation of body through gap
TP#55	DVD 19T2		July 24	PM1	54				ATM: Onto back - moving head through gap quickly (part 1)
TP#55	DVD 19T2		July 24	PM2	33				ATM: Onto back - moving head through gap quickly (part 2)
TP#56	DVD 19T3		July 25	AM1	57				Talk: Weber-Fechner law. ATM: On knees flexing pelvis (part 1)
TP#57	DVD 20T1		July 25	AM2	88				ATM: On Knees flexing pelvis (part 2)
TP#57	DVD 20T1		July 25	AM3	32				ATM: On the voice [hangs around 135 recovers later]
	WEEK 8								
TP#58	DVD 20T2		July 28	AM1	55				ATM—Opening the Legs (Part 1)
TP#59	DVD 20T3		July 28	AM2	74				ATM—Opening the Legs (Part 2)
TP#60	DVD 21T1		July 28	AM3	63				ATM—Voice
TP#61	DVD 21T2		July 29	AM1	40				Talk: Awareness, consciousness, paying attention
TP#61	DVD 21T2		July 29	AM2	60		Mon AM 190224		Talk:On posture
TP#62	DVD 21T3		July 29	AM3	94		Mon AM 190304		ATM Voice
TP#63	DVD 22T1		July 30	AM1	53				ATM: Scanning dimensions
TP#63	DVD 22T1		July 30	AM2	58				ATM: Mobility of hip - lying down
TP#64	DVD 22T2		July 30	AM3	52				ATM: Hand below kneecap, sidelying
TP#64	DVD 22T2		July 31	PM1	43				ATM: Mobility of the hip - hand under kneecap (part 1)
TP#65	DVD 22T3		July 31	PM2	76				ATM: Mobility of the hip - hand under kneecap (part 2)
TP#65	DVD 22T3		July 31	PM3	13				ATM: Sitting up with hands under kneecap (part 1)
TP#66	DVD 23T1		Aug 1	AM1	43		Mon AM 190415		ATM: Sitting up with hands under kneecap (part 2)
TP#66	DVD 23T1		Aug 1	AM2	26				Talk: Mr. Tel-Oren's story (Israeli flutist who was shot, recovered using the Method)
TP#67	DVD 23T2		Aug 1	AM3	91				ATM: Rolling to sit up
	WEEK 9 Amherst year One 1980								
TP#68	DVD 23T3		Aug 4	AM1	49		Mon & Wed May 27 & 29, 2019		Talk: Sense of inferiority
TP#68	DVD 23T3		Aug 4	AM2	35		Mon & Wed June 3 & 5, 2019		ATM: Hand movement differentiation
TP#69	DVD 24T1		Aug 4	AM3	43		Mon & Wed June 10 & 12, 2019		ATM: Playing fiddle with the elbows (part 1)
TP#69	DVD 24T1		Aug 4	AM4	42		Mon & Wed June 17 & 19, 2019		ATM: Playing fiddle with the elbows (part 2)
TP#70	DVD 24T2		Aug 5	AM1	43		Mon & Wed June 24 & 26, 2019		ATM: Differentiation of arms - sitting
TP#71	DVD 24T3		Aug 5	AM2	81		Mon & Wed July 1 & 3, 2019		ATM: Differentiation of arms - lying (part 1)
TP#71	DVD 24T3		Aug 5	AM3	25		Mon & Wed July 8 & 11, 2019		ATM: Differentiation of arms - lying (part 2)
TP#72	DVD 25T1		Aug 6	AM1	57		Mon & Wed July 15 & 17, 2019		Demonstration: The dance ATM: Pelvic lift with arms right and left
TP#73	DVD 25T2		Aug 6	AM2	77		Mon & Wed July 22 & 24, 2019		ATM: Right side arm and leg to to ceiling
TP#73	DVD 25T2		Aug 6	AM3	44		Mon & Wed July 29 & 31, 2019		ATM: Full circles holding the legs
TP#74	DVD 25T3		Aug 7	AM1	49		Mon & Wed Aug 5 & 7, 2019		Talk: What is health?
TP#74	DVD 25T3		Aug 7	AM2	69		Mon & Wed Aug 12 & 14, 2019		Summary of lessons and principles (part 1)
TP#75	DVD 26T1		Aug 7	AM3	53		Mon & Wed Aug 17 & 19, 2019		Summary of lessons and principles (part 2)