

<b>STUDY DATES</b>	<b>DESCRIPTION Amherst Study Group for Feldenkrais® or Anat Baniel Method® (ABM) Practitioners and Trainees</b>
	<b>WEEK 1 ~ 8 – 11 June 1981</b>
	<b>WEEK 1</b> DAY 1 ~ 8 June 1981
	<b>Morning Session Tape #1 ~ DVD 1T1</b>
	1 – Talk—Change Only in Action / Arguments for/Against Change
	<b>Afternoon Session Tape #2 ~ DVD 1T2</b>
	17 – ATM—Flexing of Right Palm / Flex Hand to Stand
	32 – Talk—Spatial Relationships
	<b>WEEK 1</b> DAY 2 ~ 9 June 1981
	<b>Morning Session Tape #3 ~ DVD 1T3</b>
	1 – ATM—Flexing of Right Palm / Press Floor to Lift Knee
	<b>Afternoon Session Tape #4 ~ DVD 2T1</b>
	16 – ATM—Prone to Standing While Flexing Right Hand / Bell Hand in Hair
	29 – Talk—About the Previous Movement
	<b>WEEK 1</b> DAY 3 ~ 10 June 1981
	<b>Morning Session Tape #5 ~ DVD 2T2</b>
	1 – Talk—About Anatomy
	2 – ATM—Flexing Hands and Feet Together / Flex Fingers and Toes
	3 – Talk—About Anatomy (continued)
	9 – ATM—Flexing Hands and Feet Together / Flex Fingers and Toes (continued)
	16 – Talk—About Anatomy (continued)
	18 – ATM—Sitting, Shoulder Forward to Ear
	20 – ATM—Sitting, Shoulder Forward to Ear (continued)
	<b>Afternoon Session Tape #6 ~ DVD 2T3</b>
	27 – ATM—Rotating the Shoulders / Shoulders to Ceiling, Hips to Shoulders
	40 – ATM—On Back, Flexing Torso / Bell Crawl
	<b>WEEK 1</b> DAY 4 ~ 11 June 1981
	<b>Morning Session Tape #7 ~ DVD 3T1</b>
	1 – Talk—Rituals
	2 – ATM—Swimming Crawl / Bell Hand, Think Toes
	21 – Talk—Habit and Psychoanalysis
	22 – ATM—Swimming Crawl / Bell Hand, Think Toes (continued)
	<b>Afternoon Session Tape #8 ~ DVD 3T2</b>

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	26 – ATM—Interlacing Hand and Foot / Sit, Shoulder Forward, Rotate Head
	31 – Talk—Survival and Posture
	35 – ATM—Interlacing Hand and Foot / Sit, Shoulder Forward, Rotate Head (continued)
	36 – Talk—Thinking and Speaking / Talking Is Not Thinking
	<b>WEEK 2 ~ 15 – 18 June 1981</b>
	<b>WEEK 2</b> DAY 1 ~ 15 June 1981
	<b>Morning Session Tape #9 ~ DVD 3T3</b>
	1 – Talk—Change Normal Behavior / To Correct is Incorrect
	6 – ATM—Interlacing Fingers and Toes to Lift Foot
	<b>Afternoon Session Tape #10 ~ DVD 4T1</b>
	26 – ATM—Standing on all Fours / Preparation for Judo Roll
	36 – Talk—A Funny Story (Margaret Mead)
	38 – ATM—Standing on all Fours / Preparation for Judo Roll (continued)
	<b>WEEK 2</b> DAY 2 ~ 16 June 1981
	<b>Morning Session Tape #11 ~ DVD 4T2</b>
	1 – ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee
	20 – Talk—“Go Slowly”
	21 – ATM—Bring Right Foot to Left Hand / Walk Right Foot Around Left Knee (continued)
	3 – Talk—Scoliosis and Habits
	<b>Afternoon Session Tape #13 ~ DVD 4T3</b>
	27 – ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head
	27 – Talk—The Brain and the Nervous System
	33 – ATM—Bring Right Foot to Left Hand (on other side) / Roll Over/Hands on Head (continued)
	38 – ATM—Rolling Head on All Fours / Rock Head on Floor
	<b>WEEK 2</b> DAY 3 ~ 17 June 1981
	<b>Morning Session Tape #13 ~ DVD 5T1</b>
	1 – ATM—Arms Crossed, Fingers Interlaced Behind Head / Crossed Elbows, Fingers Laced
	4 – Talk—Being Straight and Perception / Corrections Perceived as Errors / An Error in the Opposite Direction
	17 – ATM—Arms Crossed, Fingers Interlaced Behind Head / Crossed Elbows, Fingers Laced (continued)

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	<b>Afternoon Session Tape #14 ~ DVD 5T2</b>
	27 – Talk—Use of Pain; Forgetting and Becoming Skeleton
	36 – ATM—Holding Ankles- 3 Ways to Roll From Lying to Sitting / Roll Around Holding Feet
	<b>WEEK 2</b> DAY 4 ~~ 18 June 1981
	<b>Morning Session Tape #15 ~ DVD 5T3</b>
	1 – Talk—Thinking Means New Means of Action / Function as Measure of I.Q.
	19 – ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll
	<b>Afternoon Session Tape #16 ~ DVD 6T1</b>
	23 – ATM—Three Ways to Roll From Lying to Sitting / Three or More Ways to Roll (continued)
	33 – Talk—Neuroses, Schizophrenia, and the Chemist Who Saw Midgets
	36 – ATM—Roll Lying to Sitting From the Stomach
	<b>WEEK 3 ~~ 22 – 25 June 1981</b>
	<b>WEEK 3</b> DAY 1 ~~ 22 June 1981
	<b>Morning Session Tape #17 ~ DVD 6T2</b>
	1 – Talk—Take Care of Yourself
	1 – Talk—Movement Notation
	2 – ATM—Supine: Holding Behind Left Knee and Straightening Leg / Flex Leg Roll-up, Supine
	9 – Talk—Relationship of FI to other methods
	<b>Afternoon Session Tape #18 ~ DVD 6T3</b>
	18 – ATM—Continuation of Previous Lesson / Heel / Clock Roll-up
	22 – Talk—FI and Knowing What To Do
	23 – ATM—Continuation of previous ATM
	26 – Talk—FI and Know What To Do (continued)
	27 – ATM—Preparation for Headstand – Carp Jump
	34 – Talk—Headstand
	34 – ATM—Continuation of previous ATM
	<b>WEEK 3</b> DAY 2 ~~ 23 June 1981
	<b>Morning Session Tape #19 ~ DVD 7T1</b>
	1 – ATM—Preparation for Headstand / Crossed Feet, Knee / Hand Lift
	– Talk—Freud and Intuition
	9 – ATM—Continuation of Previous ATM
	9 – Talk—FI Being Sensitive to Changes

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	10 – ATM—Continuation of Previous ATM
	13 – FI Demonstration
	<b>Afternoon Session Tape #20 ~ DVD 7T2</b>
	22 – Talk—Functional Integration as Improvisation
	25 – ATM—Preparation for Headstand / Crossed Ankles
	34 – Talk—Grades / Levels of Vitality (Hubbard)
	41 – ATM—Continuation of Previous ATM
	<b>WEEK 3</b> DAY 3 ~~ 24 June 1981
	<b>Morning Session Tape #21 ~ DVD 7T3</b>
	1 – Talk—Fitting Reality to One’s Self – Carnegie and Kruger
	9 – ATM—Preparation for Headstand and Carp Jump
	17 – Talk—Continuation of Previous Talk
	19 – ATM—Continuation of Previous ATM
	<b>Afternoon Session Tape #22 ~ DVD 8T1</b>
	24 – Talk—Continuation of Previous Talk
	32 – ATM—Preparation for Headstand and Carp Jump, Shoulder Roll
	<b>WEEK 3</b> DAY 4 ~~ 25 June 1981
	<b>Morning Session Tape #23 ~ DVD 8T2</b>
	1 – ATM—Body Like a Wave / Caterpillar Wave
	11 – Talk—Habit and Psychoanalysis
	12 – ATM—Continuation of Previous ATM
	<b>Afternoon Session Tape #24 ~ DVD 8T3</b>
	17 – Talk—About the Brain
	20 – ATM—Fast Movements / Starfish
	27 – ATM—Exploring Eye Structure in Relationship to Spine
	<b>WEEK 4</b> 29 June – 2 July 1981
	<b>WEEK 4</b> DAY 1 ~~ 29 June 1981
	<b>Morning Session Tape #25 ~ DVD 9T1</b>
	2 – Talk—Movement Notion
	4 – ATM—Carp Jump Review, Finding Your Hip Joint, Shoulder Roll Review
	16 – Talk—Growth is Painful
	17 – ATM—Preparation for Headstand: Rock on Head
	22 – Talk—Growth is Painful (continued)
	23 – ATM—Continuation of Previous ATM
	<b>Afternoon Session (The beginning is on the end of tape #25) ** need 2 disks?</b>

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	26 – Talk—About FI
	<b>Afternoon Session Tape #26 ~ DVD 9T2</b>
	29 – Talk—Continuation of talk—About FI
	32 – Video—Raissa’s FI lesson—Using a Board to Reorganize the Feet
	<b>WEEK 4</b> DAY 2 ~~ 30 June 1981
	<b>Morning Session Tape #27 ~ DVD 9T3</b>
	1 – Talk—Questions and Answers About Raissa
	13 – ATM—Preparation for Headstand / Extensions-On Stomach
	<b>Afternoon Session Tape #28 ~ DVD 10T1</b>
	21 – Talk—Use of Approximation in FI
	amherst-training-1981-transcripts
	23 – FI Video—Elizabeth’s lesson / Elizabeth Says ‘Yes’
	36 – ATM—Preparation for Headstand: Turn the Head
	<b>WEEK 4</b> DAY 3 ~~ 1 July 1981
	<b>Morning Session Tape #29 ~ DVD 10T2</b>
	1 – ATM—Prone Worm Movements / Worm on Stomach (includes On the Back to Release Extensors; The Bow, Imagining Knee to Elbow, Worm on Back, Rock on Head, and Hands Under Knees)
	13 – ATM—Preparation for Headstand / Falling Out of Headstand
	<b>Afternoon Session Tape #30 ~ DVD 10T3</b>
	23 – Talk—Giving Up Fear
	24 – ATM—Sitting: Releasing Hand; Walking on Buttocks
	5 – ATM—Jumping on Buttocks / Hop on Butt; Hop to Feet
	42 – ATM—Preparation for Headstand / Walk on Head
	<b>WEEK 4</b> DAY 4 ~~ 2 July 1981
	<b>Morning Session Tape #31 ~ DVD 11T1</b>
	1 – FI—Practice-Rolling the Head
	3 – Talk—About the Skeleton; Risk is Instability
	14 – ATM—Rolling to Side While Lengthening the Other Side / Rolling on Back from Fetal Pose
	<b>Afternoon Session Tape #32 ~ DVD 11T2</b>
	21 – Talk—About the Skeleton (continued)
	37 – ATM—Rolling to Side While Lengthening the Other Side / Roll on Back from Fetal Pose (continued)
	<b>WEEK 5</b> 6 – 9 July 1981
	<b>WEEK 5</b> DAY 1 ~~ 6 July 1981

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	<b>Morning Session Tape #33 ~ DVD 11T3</b>
	1 – FI—demonstration: Lifting, Rolling Heads; Lifting Rotating Heels
	9 – FI—Practice: Lifting, Rolling and Lifting Heads; Rolling Heels
	<b>Afternoon Session Tape #34 ~ DVD 12T1</b>
	19 – ATM—Prone-Hands in Bridge, Rotate Body
	29 – ATM—Arching Back to Bridge / Bridge on Head, Holding Ankles and Sitting Bridge
	<b>WEEK 5</b> DAY 2 ~~ 7 July 1981
	<b>Morning Session Tape #35 ~ DVD 12T2</b>
	1 – Talk—Thinking Genius / Context, Playing and FI
	amherst-training-1981-transcripts
	<b>Afternoon session Tape #36 ~ DVD 12T3</b>
	23 – ATM—Bridging on Back and Walking on Shoulders
	25 – Talk—Effects and Pressures
	28 – ATM—Bridging on Back and Walking on Shoulders (continued)
	3 – Demonstration—Bridging
	37 – ATM—Bridging on Back and Walking on Shoulders (continued)
	<b>WEEK 5</b> DAY 3 ~~ 8 July 1981
	<b>Morning Session Tape #37 ~ DVD 13T1</b>
	1 – Talk—Meaning of Words
	5 – ATM—Bridging on Back and Walking on Shoulders (continued)
	6 – Talk—Meaning of Words (continued)
	7 – ATM—Bridging on Back and Walking on Shoulders (continued)
	5 – Talk—When to Stop FI Lessons / When to Quit
	18 – ATM—Bridging on Back and Walking on Shoulders (continued)
	<b>Afternoon Session Tape #38 ~ DVD 13T2</b>
	25 – FI Practice: Moving Head from Kneeling, One Leg Standing
	37 – Talk—Moshe’s ‘Tendentiousness’
	39 – Talk—Deciding What to do Next in Class
	41 – FI Practice: Moving Head and Pelvis from Kneeling, One Leg Standing
	<b>WEEK 5</b> DAY 4 ~~ 9 July 1981
	<b>Morning Session Tape #39 ~ DVD 13T3</b>
	1 – ATM—Preparation for Headstand / Semi-bridge on back, hold ankles
	2 – Talk—Knowledge / Story of Wolves / Sex and Society
	<b>Afternoon Session Tape #40 ~ DVD 14T1</b>
	23 – FI-Demonstration and Practice: Rolling from Hands and Feet

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	<b>WEEK 6</b>	<b>13 – 16 July 1981</b>
	<b>WEEK 6</b>	<b>DAY 1 ~~ 13 July 1981</b>
	<b>Morning Session Tape #41 ~ DVD 14T2</b>	
	1 – FI—Demonstration and Practice: Exploring Ilium, Sacrum, Coccyx	
	4 – ATM—Supine: Interlacing Fingers / Clasped Hands Rotation	
	7 – Talk—Pain and MovementL Inter-relationships in the Body	
	<b>Afternoon Session Tape #42 ~ DVD 14T3</b>	
	14 – Talk—Pain and Movement	
	25 – ATM—Supine: Interlacing Fingers / Clasped Hands Rotation (continued)	
	33 – Talk—Equalizing Tonus / Equal Tonus in the Ideal	
	<b>WEEK 6</b>	<b>DAY 2 ~~ 14 July 1981</b>
	<b>Morning Session Tape #43 ~ DVD 15T1</b>	
	1 – FI Video—Jonathan H’s FI Lesson-Rolling to Sitting to Crawling	
	14 – Talk—Ingredients to Movement	
	16 – Talk—More About Jonathan’s FI Lesson	
	17 – FI Video—Jonathan H’s FI Lesson-Rolling to Sitting to Crawling	
	19 – FI Video—Kimberly E’s FI Lesson—Sitting on Moshe’s Knee	
	<b>Afternoon Session Tape #44 ~ DVD 15T2</b>	
	25 – Talk—More About Jonathan’s FI Lesson (continued)	
	25 – FI Video—Kimberly E’s FI Lesson—Sitting on Moshe’s Knee	
	7 – FI Video—Hazel B’s FI Lesson-Dancing at 65 Years	
	29 – Talk—The Diversity of FI’s	
	31 – Talk—More About Hazel’s FI Lesson	
	32 – FI Video—Jennifer T’s FI Lesson-Rolling on the Floor	
	<b>WEEK 6</b>	<b>DAY 3 ~~ 15 July 1981</b>
	<b>Morning Session Tape #45 ~ DVD 15T3</b>	
	1 – Talk—Student Use of Trademarks	
	2 – ATM—Bridging on Right Side / Side Wave (Under Gate)	
	12 – Talk—Excitation and Inhibition / Focus of Excitation in Motor Cortex	
	17 – ATM—Bridging on Right Side / Side Wave (Under Gate) (continued)	
	<b>Afternoon Session Tape #46 ~ DVD 16T1</b>	
	21 – ATM—Back Like a Bridge/ Rolls; Shoulder Press / Pelvic Lift	
	36 – ATM—Beginning of Scissoring Legs on Floor / Jumping Hurdles	
	<b>WEEK 6</b>	<b>DAY 4 ~~ 16 July 1981</b>
	<b>Morning Session Tape #47 ~ DVD 16T2</b>	





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	20 – Discussion—Lengthening the Hamstring
	25 – ATM—Holding the Ankle and Straitening the Leg (continued)
	<b>Afternoon Session Tape #54 ~ DVD 18T3</b>
	28 – ATM—Holding the Ankle and Straitening the Leg (continued)
	34 – Demonstration—Blackboard and Pelvis
	35 – ATM—Holding the Ankle and Straitening the Leg (continued)
	44 – ATM—Holding the Ankle and Straitening the Leg (continued)
	<b>WEEK 7</b> DAY 4 ~~ 23 July 1981
	<b>Morning Session Tape #55 ~ DVD 19T1</b>
	1 – Talk—How to See Movement
	5 – ATM—Prone-Raising and Moving Pelvis and Heels / Pelvis Orbits Around Foot (Included— Prone-Rocking the Body on the Stomach / Arc on Stomach)
	16 – Questions and Discussion
	<b>Afternoon Session Tape #56 ~ DVD 19T2</b>
	26 – Talk—About Pain Experienced in Previous ATM Lesson
	8 – ATM—Moving the Leg in an Ellipse
	37 – FI Demonstration—Rolling the Leg From the Great Trochanter
	40 – FI Practice—Rolling the Leg From the Great Trochanter
	<b>WEEK 8</b> 27 – 30 July 1981
	<b>WEEK 8</b> DAY 1 ~~ 27 July 1981
	<b>Morning Session Tape #57 ~ DVD 19T3</b>
	1 – Talk—Introduction of Flutist, Mr. Tel-Oren
	3 – ATM—Rolling Forward, Flip Heels to Squat
	11 – Talk—Parental Love
	13 – ATM—Rolling Forward, Flip Heels to Squat (continued)
	<b>Afternoon Session Tape #58 ~ DVD 20T1</b>
	18 – Talk—Teaching and Learning
	22 – Video—Rachel’s FI
	<b>WEEK 8</b> DAY 2 ~~ 28 July 1981
	<b>Morning Session Tape #59 ~ DVD 20T2</b>
	1 – Demonstration—Beginning ATM Lessons (Directing Attention Inwardly to the Muscular Sensation)
	3 – Sample ATM Class—Knee to Elbow
	9 – Talk—Orientation in Space Relative to Self
	13 – Sample ATM Class—Knee to Elbow (continued)

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	16 – Sample ATM Class—Sitting: Turning, Eyes and Head Following Hand (Also known as ‘Dead Bird Lesson’)
	<b>Afternoon Session Tape #60 ~ DVD 20T3</b>
	29 – ATM—Leg Flop to Squatting
	44 – FI Demonstration—Squatting
	<b>WEEK 8</b> DAY 3 ~ 29 July 1981
	<b>Morning Session Tape #61 ~ DVD 21T1</b>
	1 – ATM—Hands Slide Down Thighs
	10 – Talk—Changing Habits by Creating Lessons
	15 – ATM—Hands Slide Down Thighs (continued)
	6 – ATM—Hands Slide Down Thighs (continued)
	<b>Afternoon Session Tape #62 ~ DVD 21T2</b>
	19 – FI Video—Elizabeth’s Lesson / Elizabeth Says ‘No’
	<b>WEEK 8</b> DAY 4 ~ 30 July 1981
	<b>Morning Session Tape #63 ~ DVD 21T3</b>
	1 – Talk—Gravity and Functional Integration
	12 – Questions from Students
	<b>Afternoon Session Tape #64 ~ DVD 22T1</b>
	19 – Letters From Class Members
	25 – Functional Integration Practice—Review of Everything Learned Up to Now
	<b>WEEK 9</b> 3 – 5 August 1981
	<b>WEEK 9</b> DAY 1 ~ 3 August 1981
	<b>Morning Session Tape #65 ~ DVD 22T2</b>
	1 – ATM—Folding Like a Cat
	16 – Talk—Move Without Increasing Pressure on Floor
	19 – ATM with Demonstration—Weight Shifting from the Hips
	<b>Afternoon Session Tape #66 ~ DVD 22T3</b>
	26 – ATM—Weight Shifting to Dancing
	37 – ATM—Rocking the Pelvis
	38 – Talk—Improving Eyesight
	<b>WEEK 9</b> DAY 2 ~ 4 August 1981
	<b>Morning Session Tape #67 ~ DVD 23T1</b>
	1 – ATM—Flop Knees to Circle
	11 – Letter From Student
	13 – ATM—Leg Tilt-Elbow Press

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	<b>Afternoon Session Tape #68 ~ DVD 23T2</b>
	17 – Letter From Student
	18 – ATM—Leg Tilt-Elbow Press (continued)
	26 – ATM—Circle Crossover in Bridge
	<b>WEEK 9</b> <span style="float: right;">DAY 3 ~~ 5 August 1981</span>
	<b>Morning Session Tape #69 ~ DVD 24T1</b>
	1 – Demonstration—Catching a Ball
	2 – ATM—Prone, Stand on Knees; Circle Crossover (continued)
	14 – ATM—Walk on Heels
	<b>Afternoon Session Tape #70 ~ DVD 24T2</b>
	18 – ATM—Irradiating the Knee
	30 – Appreciations and Acknowledgments