

Amherst Training Moshé Feldenkrais Year One 1980 Table of Contents w/ DVD

Tape #	DVD # Track #	Date	AM / PM	Minut es	Page s ..	Study Date	Description	
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: Trolling 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				ATM: Rolling to the right and left (part 1)	
TP#26	DVD 9T3	June 30	AM2				ATM: Rolling to the right and left (part 2)	
TP#27	DVD 10T1	June 30	PM1				Talk: Parasitic movement ATM: Rolling to the right and left (part 3)	
TP#27	DVD 10T1	June 30	PM2				ATM: Rolling to the right and left (part 4)	
TP#28	DVD 10T2	July 1	AM1				Talk: Thinking to remember ATM: Tilting the knees (part 1)	
TP#28	DVD 10T2	July 1	AM2				ATM: Tilting the knees (part 1 continued)	
TP#29	DVD 10T3	July 2	AM1				ATM: Crossing the knees (part 1)	
TP#29	DVD 10T3	July 2	AM2				ATM: Crossing the knees (part 1 continued)	
TP#30	DVD 11T1	July 2	PM1				ATM: Rolling the the fists (part 1)	
TP#30	DVD 11T1	July 2	PM2				ATM: Rolling the the fists (part 2)	
TP#31	DVD 11T2	July 3	AM1				Talk: Love and violence (part 1)	
TP#31	DVD 11T2	July 3	AM2				Talk: Love and violence (part 1 continued) ATM: Diagonal pressing	
TP#32	DVD 11T3	July 3	PM1				Talk: Love and violence (part 2)	
TP#32	DVD 11T3	July 3	PM2				ATM: Diagonal pressing and lifting	
WEEK 5								
TP#33	DVD 12T1	July 7	AM1				ATM: Rolling from sitting (part 1)	
TP#33	DVD 12T1	July 7	AM2				ATM: Rolling from sitting (part 1 continued)	
TP#34	DVD 12T2	July 7	PM1				ATM: Rolling the pelvis (part 1)	

TP#34	DVD 12T2		July 7	PM2				ATM: Rolling the pelvis (part 2) Talk: Moving "dumb" muscles. Logical thinking - chicken/egg story	
TP#35	DVD 12T3		July 8	AM1				ATM: Rolling the pelvis (part 3)	
TP#36	DVD 13T1		July 9	AM1				ATM: Rolling the pelvis (part 4)	
TP#36	DVD 13T1		July 9	AM2				ATM: Rolling the pelvis (part 4 continued)	
TP#37	DVD 13T2		July 9	PM1				ATM: Rolling the pelvis (part 5)	
TP#38	DVD 13T3		July 10	AM1				ATM: Circling right arm and leg on floor (part 1)	
TP#38	DVD 13T3		July 10	AM2				ATM: Circling right arm and leg on floor / on back (part 2)	
TP#39	DVD 14T1		July 10	PM1				ATM: Circling left rotating the bucket	
TP#39	DVD 14T1		July 10	PM2				ATM: Turning bucket in the air	
TP#40	DVD 14T2		July 11	AM1				ATM: Right index holding big toe / Sitting on back and rolling (part 1)	
TP#40	DVD 14T2		July 11	AM2				ATM: Right index holding big toe / Bringing elbow over knee (part 2)	
	WEEK 6								
TP#41	DVD 14T3		July 14	AM1				ATM: Tilting elbow and knee inside and outside	
TP#41	DVD 14T3		July 14	AM2				ATM: Passing elbow over opposite knee	
TP#42	DVD 15T1		July 14	PM1				ATM: Sitting the English way (Part 1)	
TP#42	DVD 15T1		July 14	PM2				ATM: Sitting the English way (Part 2)	
TP#43	DVD 15T2		July 15	AM1				Talk: Both sides of habit - invariance and achievement	
TP#43	DVD 15T2		July 15	AM2				ATM: Integration of arms lying on stomach	
TP#44	DVD 15T3		July 16	AM1				ATM: Integrating arms - crossing the arms	
TP#44	DVD 15T3		July 16	AM2				ATM: Integrating arms	
TP#45	DVD 16T1		July 16	PM1				ATM: Moving elbow into the gap	
TP#45	DVD 16T1		July 16	PM2				ATM: Index finger holding big toe (poor sound)	
TP#46	DVD 16T2		July 17	AM1				Talk: Symmetry	
TP#46	DVD 16T2		July 17	AM2				ATM: Rotation of head and teleceptors	
TP#47	DVD 16T3		July 17	PM1				ATM: Mobility of head - body tonus (part 1)	
TP#47	DVD 16T3		July 17	PM2				ATM: Mobility of head - body tonus (part 2)	
TP#48	DVD 17T1		July 18	AM1				Talk: Stories - about leper and deaf girl	
TP#48	DVD 17T1		July 18	AM2				ATM: Crossing knees - crawling (part 1)	
	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 Year 1 1980								
TP#68	DVD 23T3		Aug 4	AM1	49			Talk: Sense of inferiority	
TP#68	DVD 23T3		Aug 4	AM2	35			ATM: Hand movement differentiation	
TP#69	DVD 24T3		Aug 4	AM3	43			ATM: Playing fiddle with the elbows (part 1)	
TP#69	DVD 24T4		Aug 4	AM4	42			ATM: Playing fiddle with the elbows (part 2)	
TP#70	DVD 24T1		Aug 5	AM1	43			ATM: Differentiation of arms - sitting	
TP#71	DVD 24T2		Aug 5	AM2	81			ATM: Differentiation of arms - lying (part 1)	
TP#71	DVD 24T3		Aug 5	AM3	25			ATM: Differentiation of arms - lying (part 2)	
TP#72	DVD 25T1		Aug 6	AM1	57			Demonstration: The dance ATM: Pelvic lift with arms right and left	
TP#73	DVD 25T2		Aug 6	AM2	77			ATM: Right side arm and leg to to ceiling	
TP#73	DVD 25T2		Aug 6	AM3	44			ATM: Full circles holding the legs	
TP#74	DVD 25T3		Aug 7	AM1	49			Talk: What is health?	

TP#74	DVD 25T3		Aug 7	AM2	69			Summary of lessons and principles (part 1)	
TP#75	DVD 26T1		Aug 7	AM3	53			Summary of lessons and principles (part 2)	