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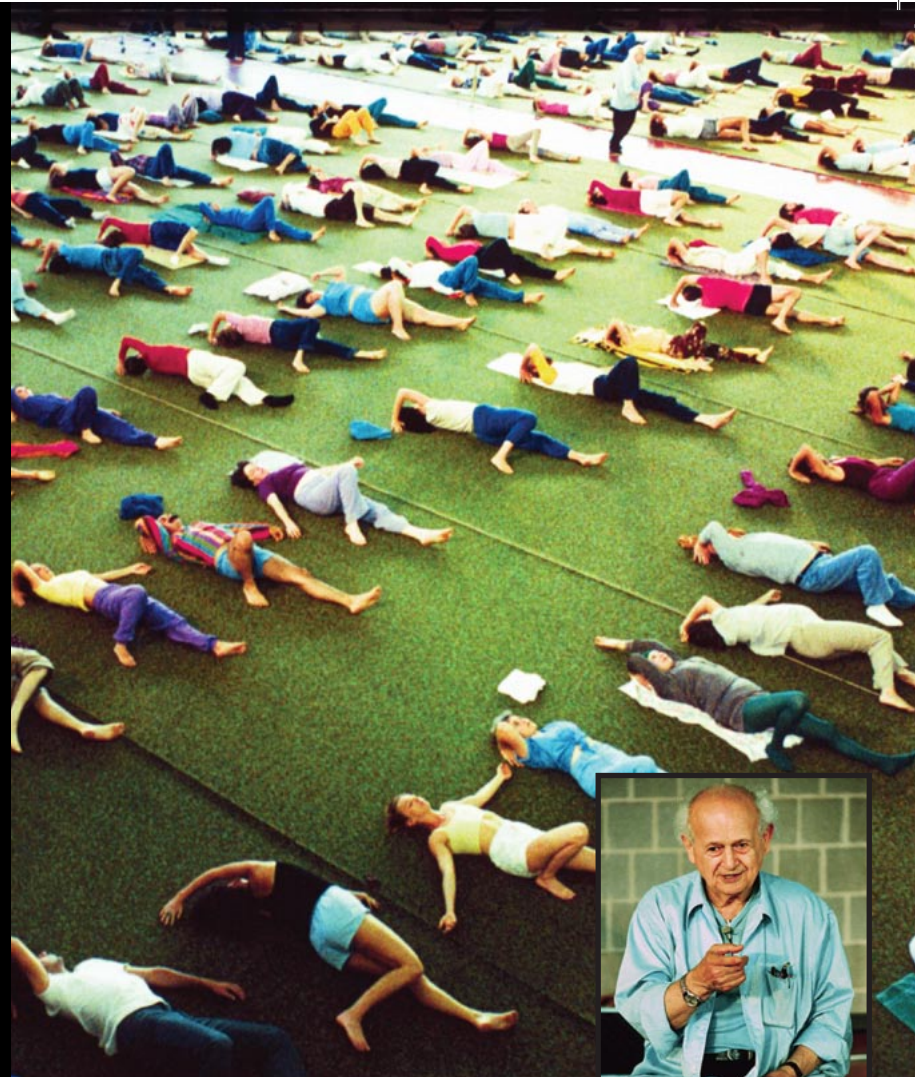
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The IFF Distribution Center is dedicated to making the heritage and original teachings of Moshe Feldenkrais available to the expanding profession of global practitioners. Funds from sales are used to collect and preserve archival materials and give Feldenkrais practitioners access to these invaluable resources. We are proud to produce these exceptional materials – enjoy!

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Moshe Feldenkrais, D.Sc.

Feldenkrais® Professional Training Program

Amherst, Massachusetts, USA. 1980 - 1983

Volume 2: 1981 - 24 DVDs

Acknowledgements

This digital edition of the second year of the Amherst Training Program (1981), as produced by the International *Feldenkrais* Federation (IFF) is possible through the imagination and dedication of a few far-seeing individuals:

- **Jerry Karzen**, the Amherst Training organizer, and the first Executive Director of the *Feldenkrais* Foundation, had the vision that the Training should be on video and persuaded Dr. Feldenkrais to consent to the video crew;
- **Roger Miller**, also a director of the *Feldenkrais* Foundation, understood the importance of preservation, and was responsible for the production and original video editing from the Umatic masters;
- **Michel Silice Feldenkrais**, nephew of Moshe Feldenkrais, and long-time representative of the *Feldenkrais* Estate, authorized the digitization of the videos for greater accessibility to students and professionals to develop their understanding and competency in the Method.

In the last 30 years since the Amherst Training, individuals too numerous to mention have embodied this work, nurtured this vision, and created a worldwide community of practitioners. The International *Feldenkrais* Federation wishes to express gratitude to everyone who has contributed to making this product possible.

The authorized digital project was initiated by Ilan Jacobson and accomplished through the technical skills of Yehuda Nellul.

This product was produced through the cooperation of Ilan Jacobson, and the IFF Distribution Center team: Richard Ehrman, Robert Black, Jaclyn Boone and Allegra Heidelinde. We also want to thank Doron Tadmor and Barbara de Maradt for valuable technical advice on digitization and preservation. Thanks to Bonnie Humiston for her expertise and availability to help the team understand the history and details of the materials.

Amherst Description	1981 VHS Tape
Week 8 1981	
Talk: Flutist, Mr. Tel-Oren ATM: Rolling forward, flip heels to squat. Talk: Parental Love ATM: Rolling forward, flip heels to squat (continued)	57
Talk: Teaching and learning Video: Rachel's FI	58
Demonstration: Beginning ATM lessons	59
ATM: Knee to elbow	59
ATM: Leg flog to squatting	60
FI demonstration: squatting	60
ATM: Hands slide down thighs	61
ATM: Hands slide down thighs (continued)	61
Video: Elizabeth's lesson, Elizabeth says "No"	62
Talk: Gravity and FI	63
FI practice: Review of everything learned up to now	64
Week 9 1981	
ATM: Folding like a cat	65
Talk: Move without increasing pressure on floor	65
ATM: Weight shift to dancing	66
Talk: Improving eyesight	66
ATM: Flop knees to circle	67
ATM: Leg tilt, elbow press	67
ATM: Leg tilt, elbow press (continued)	68
ATM: Circle crossover in bridge	68
ATM: Walk on heels	69
ATM: Irradiating the knee	70
Talk: Conclusion, thank you, farewell	70

Introduction to the Amherst Training Videos on DVD

by Jerry Karzen, *Feldenkrais* Trainer

MY FRIENDSHIP and working relationship with Moshe was established at the beginning of my second year of training in San Francisco, 1975-1977. By 1979 it was easy for me to organize a training for him. Moshe responded positively to my offer, as this would be of significant financial benefit to him.

The training venue's gymnasium walls were barren making the acoustics untenable. We quickly found cloths to hang on the walls, and carpet for the floor to dampen the reverberations a bit. The sound never was to Moshe's liking.

Several months prior to the program I organized three groups of video personnel to talk with Moshe. He was to choose one group to videotape the training. Moshe never wanted to videotape or record his work. He feared people would copy what he was doing and not notice the vast amount of information he was gathering through all his senses and intuition. Rather, they might make a rigid technique of his work, instead of learning the principles, thinking, and somatic sensitivity involved to create such lessons. They might not form creative lessons, individually tailored. To my astonishment, Moshe reluctantly agreed to videotape the training and his *Functional Integration*[®] (FI) lessons after class. He thought it might be used in the future as a general guideline to train other people in the Method. He had agreed previously to audio record a workshop in California (this workshop has been put into book format as 'The Master Moves' edited by Carl Ginsburg). Immediately upon my arrival in Amherst I asked Moshe when the videotaping crew would arrive. Moshe chose no one, and it took another two weeks to get a group on-site which explains why there is no video for the first two weeks of the Amherst

DVD	Training Day	AM or PM	Minutes
Week 8 1981			
19	July 27	AM1	1:17
20	July 27	PM1	1:44
20	July 28	AM1	:58
20	July 28	AM2	:44
20	July 28	PM1	1:00
20	July 28	PM2	:21
21	July 29	AM1	1:10
21	July 29	AM2	:12
21	July 29	PM1	1:28
21	July 30	AM1	1:32
22	July 30	PM1	2:04
Week 9 1981			
22	August 3	AM1	1:10
22	August 3	AM2	:37
22	August 3	PM1	:49
22	August 3	PM2	:19
23	August 4	AM1	:52
23	August 4	AM2	:30
23	August 4	PM1	:47
23	August 4	PM2	:29
24	August 5	AM2	:12
24	August 5	PM1	1:06
24	August 5	PM2	:24

program. Fortunately, I had taken steps to create a backup audio recording for the training from its inception.

Moshe did not want any assistants. I explained that they would be useful in giving lessons to students and to the general public. As usual, he reluctantly agreed. FI lessons given by the staff in the San Francisco program were not part of the curriculum. I very much wanted to see this become a part of the new training as some of us could not afford private FI lessons in the San Francisco training program. Thanks are due to Bonnie and Karl Humiston and Allison Rapp and Roger Miller for organizing and scheduling numerous requests from students and the general public for FI lessons in Amherst. The San Francisco training was three summers in length with an optional fourth summer's 'practicum'. When I recommended changing the Amherst curriculum to four years, Moshe readily agreed.

I have always had mixed feelings about having personally accepted so many students (225), plus visitors (around 20-25). It was too large for individual contact. At the same time I felt this would be the last chance for people to learn with Moshe's presence in the room. When we lost roughly twenty-five students after the first year, Moshe saw the advantage of the recordings and asked Anat Baniel and myself to use the first year recordings as the basis for a make-up session. This was much to my dismay, knowing the advantages that a smaller training would bring. But this would help fulfill Moshe's dream of training as many people as possible. The first make-up training took place at Coto De Caza, in Southern California utilizing a six-day format with the video recordings. These new students then joined the Amherst group at the beginning of the second year.

The Amherst video recordings have been used for nearly twenty-five years as the basis for many professional *Feldenkrais*® training programs, if not most. You can now listen to the stories and apparent ramblings of Moshe before, during, and after *Awareness Through Movement*® (ATM) lessons and search for yourself for the relationships between those 'talks' and the ATM lessons, while glimpsing into the 'soul' of the man who presents them. Unfortunately, it is not feasible in a short introduction to recount

Amherst Description	1981 VHS Tape
ATM: Back like a bridge	46
ATM: Beginning of scissoring legs on floor	46
Talk: Effect on blood pressure from standing on head FI demonstration and practice: work with head while kneeling	47
ATM: Scissoring legs on floor (continued)	47
ATM: Walking on your stomach (includes telescope eyes)	48
ATM: Walking on your stomach (includes hopping on buttocks)	48
Week 7 1981	
ATM: Improving bending of wrist	49
ATM: Pressure on shoulders	49
ATM: Lengthening the right side	50
FI practice: Developing sensitivity within yourself	50
ATM: Supine rotating around feet, pelvis and neck	51
FI demonstration and practice: Moving head right and left on stomach	51
Talk: How to help a baby learn to lift its head	52
ATM: Crawling like a baby	52
Demonstration: How to touch your toes (lengthening the hamstrings)	53
ATM: Holding the ankle and straightening the leg	53
ATM: Holding the ankle and straightening the leg (cont.)	54
Demonstration: Blackboard and pelvis	54
ATM: Holding the ankle & straightening the leg (cont.)	54
Talk: How to see movement	55
Questions and discussion	55
Talk: About pain experienced in previous ATM lesson	56
FI demonstration: Rolling the leg from the great trochanter	56

DVD	Training Day	AM or PM	Minutes
16	July 15	PM1	1:06
16	July 15	PM2	:23
16	July 16	AM1	1:04
16	July 16	AM2	:49
16	July 16	PM1	:54
16	July 16	PM2	:26
Week 7 1981			
17	July 20	AM1	1:16
17	July 20	AM2	:23
17	July 20	PM1	:52
17	July 20	PM2	:40
17	July 21	AM1	:57
17	July 21	AM2	:34
18	July 21	PM1	:48
18	July 21	PM2	:42
18	July 22	AM1	1:15
18	July 22	PM1	1:10
18	July 22	PM2	:14
19	July 23	AM1	1:02
19	July 23	AM2	:37
19	July 23	PM1	:43
19	July 23	PM2	:34

the many evening and breakfast discussions that Moshe and I shared that lead to some of those now famous 'lectures'. However, these DVD's give you the opportunity to look more deeply into the spirit of the *Feldenkrais Method*[®] and perhaps start to understand how those apparent digressions fit into the evolution of a given idea, theory, or the lesson that is being developed. You will be able to appreciate the different speeds of delivery, the variety of ATM lessons, their sometimes brevity and sometimes extreme length. You will notice the lack of 'scans' in most lessons. You will witness Moshe's frustrations with some students lack of somatic awareness, after days, weeks, or even months of training when it was so obvious to Moshe both somatically and cognitively. Like a classic book, you will see and discover new things with each viewing.

Feldenkrais Trainers are required to be very familiar with the content of the Amherst tapes. I have viewed the Amherst VHS tapes in their entirety before showing them, and then shown them almost in their entirety and explained them in over a dozen trainings worldwide. Yet, I still sometimes hear and see poignant phrases and ideas or observations which leave me pondering. Moshe gave two FI lessons at the end of each training day. Those who want further development in the *Feldenkrais Method* may enjoy watching these FI lessons to discover how some of them relate to the daily class ATM lessons.

Many students have wondered what happened to the Amherst Training after Moshe passed on. In Israel, when Moshe was very ill, he told me he did not want the program to continue. I told him the program needed to be completed and left Israel wondering to myself what he would do. He

“Moshe never wanted to videotape or record his work. He feared people would copy what he was doing and not notice the vast amount of information he was gathering through all his senses and intuition. Rather, they might make a rigid technique of his work, instead of learning the principles, thinking, and somatic sensitivity involved to create such lessons.”

felt no one would be capable of replacing him. Fortunately, Moshe had the foresight to record on tape those he appointed to be the trainers to finish out the Amherst Training.

Most students of the Amherst program speak generally only of the first two years of the training. They may announce that they were “personally trained by Moshe.” More accurately one would say they took the first two years of the professional training program with him. However, their claims are a testament to the power of Moshe as a teacher, for occasionally, even students in trainings twenty-five years later remark after watching a video that they felt as if Moshe was in the room with them. Moshe’s presence so dominated the first half of the Amherst training that very few students of that program even consider the quality of learning in the remaining two years of the Amherst training. Yet perhaps there is some good in Moshe completing only the first two years of that training. It forced all subsequent programs to be both creative and innovative, at least with that program’s remaining years. It allowed the staff and students alike to show more of their own handwriting and “stand on their own two feet” in the Method.

Moshe and I had a delightful ongoing ritual at the end of each training day. He would ask me what I thought of his “performance” during the training, if I appreciated it, and to what degree. The ritual distilled itself down to a look or a glance and we both knew what it meant. My answer always was, “not bad for a beginner.”

An adventure in learning awaits you, perhaps as significant as the release of the Alexander Yanai lessons some fifteen years ago. ENJOY!!

Sincerely yours,

Jerry Karzen
Feldenkrais Trainer

July 4, 2010

Amherst Description	1981 VHS Tape
Talk: Thinking genius	35
FI practice: Press on head	35
Talk: Effects and pressures	
ATM: Bridging on back and walking on shoulders	36
Talk: Meaning of words	37
ATM: Bridging on balk and walking on shoulders (cont.)	37
Talk: When to stop FI lessons	
FI practice: Moving head from kneeling, 1 leg standing	38
FI practice: Moving head and pelvis from kneeling, one leg standing	38
ATM: Preparation for head stand (cont.)	39
Talk: Knowledge, story of wolves, sex and society	39
FI demonstration & practice: Rolling from hands & feet	40
Week 6 1981	
FI demonstration and practice: Exploring Ilium, Sacrum, Coccyx	41
ATM: Supine interlacing fingers	41
Talk: Pain & movement, inter-relationships in the body	
Talk: Pain & movement	42
ATM: Supine interlacing fingers (cont.)	42
Talk: Equalizing tonus	
Video: Jonathan H's FI lesson, rolling to sitting to crawling	43
Talk: About Jonathan's lesson	
Video: Kimberly's FI lesson, sitting on Moshe's knee	
Talk: About Jonathan's lesson (cont.)	44
Video: Kimberly's FI lesson (cont.)	
Video: Hazel's FI lesson, dancing at 65 years	
Video: Jennifer T's FI lesson, rolling on the floor	
Talk: student use of trademarks	45
ATM: Bridging on right side	
Talk: Excitation and inhibition	45

DVD	Training Day	AM or PM	Minutes
12	July 7	AM1	:47
12	July 7	AM2	1:00
12	July 7	PM1	1:41
13	July 8	AM1	:58
13	July 8	AM2	:48
13	July 8	PM1	:56
13	July 8	PM2	:48
13	July 9	AM1	1:00
13	July 9	AM2	1:00
14	July 9	PM1	1:22
Week 6 1981			
14	July 13	AM1	:50
14	July 13	AM2	:54
14	July 13	PM1	1:01
14	July 13	PM2	:51
15	July 14	AM1	1:11
15	July 14	AM2	:41
15	July 15	AM1	:30
15	July 15	AM2	1:19

DVD Content

Every effort has been made to ensure quality and accuracy of the information provided. If you have a suggestion, review, or want to report an error, please contact the IFF Distribution Center at **DC@iffmaterials.com**. As needed, an Errata sheet will be posted and updated on the IFF DC website **www.IFFmaterials.com**.

Please Note: The table of contents may not exactly match the table of contents for the Amherst Training transcripts. The following reference is meant as a guide to orient you to the digital materials. Please refer to the published transcripts for more detailed information. The Amherst Transcript table of contents will be made available online at www.IFFmaterials.com.

The Amherst training was originally recorded on audio reels and on Umatic videotapes. The Umatic tapes were transferred to VHS tapes by Roger Miller. At that time, he edited out announcements and similar items which have no training value. These items appear in the Amherst transcripts, which is a complete verbatim record of the training program.

Please note the use of the following acronyms:

ATM = *Awareness Through Movement*[®]

FI = *Functional Integration*[®]

DVD Content Guide

DVD	Training Day	AM or PM	Minutes
Week 1 1981			
1	June 8	AM1	1:33
1	June 8	PM1	1:10
1	June 8	PM2	:30
1	June 9	AM1	1:00
2	June 9	PM1	1:15
2	June 9	PM2	:15
2	June 10	AM1	1:15
2	June 10	AM2	:33
2	June 10	PM1	:58
2	June 10	PM2	:36
3	June 11	AM1	1:05
3	June 11	AM2	:43
3	June 11	PM1	:50
3	June 11	PM2	:32
Week 2 1981			
3	June 15	AM1	1:02
4	June 15	PM1	:46
4	June 15	PM2	:39
4	June 16	AM1	1:00
4	June 16	AM2	:55
4	June 16	PM1	:57
4	June 16	PM2	:11
5*	June 17	AM1	2:20

*DVD says June 18, but this was recorded June 17, 1981.
DVD menu says VHS Tape #14, but this is from VHS Tape #13.

ideas or observations which leave me pondering."

~Jerry Karzen, Introduction

Amherst Description	1981 VHS Tape
Week 4 1981	
ATM: Preparation for head stand, carp jump review	25
Talk: Growth is painful	25
Talk: About FI	26
Video: Raissa's FI lesson, using board to reorganize feet	26
Questions and answers about Raissa	27
ATM: Preparation for head stand, extensions on stomach (cont.)	27
Video: Elizabeth's FI lesson	28
ATM: Preparation for head stand, turn the head (cont.)	28
ATM: Prone worm movements	29
ATM: Preparation for head stand / Falling out of headstand	29
ATM: Jumping on buttocks	30
ATM: Preparation for head stand, walk on head (cont.)	30
FI demonstration and practice: Rolling the head	31
Talk: About the skeleton; risk is instability (part 1)	31
ATM: Rolling to side while lengthening the other side	31
Talk: About the skeleton (cont.)	32
ATM: Rolling to side while lengthening the other side (cont.)	32
Week 5 1981	
FI demonstration and practice, lifting rolling heads, lifting rotating heels	33
ATM: Prone - hands in bridge, rotate body	34
ATM: Arching back to bridge	34

"...I still sometimes hear and see poignant phrases and

DVD	Training Day	AM or PM	Minutes
Week 4 1981			
9	June 29	AM1	1:07
9	June 29	AM2	:52
9	June 29	PM1	:52
9	June 29	PM2	1:01
9	June 30	AM1	:52
9	June 30	AM2	:39
10	June 30	PM1	1:27
10	June 30	PM2	:14
10	July 1	AM1	:58
10	July 1	AM2	:35
10	July 1	PM1	:49
10	July 1	PM2	:36
11	July 2	AM1	1:09
11	July 2	AM2	:28
11	July 2	PM1	1:08
11	July 2	PM2	:31
Week 5 1981			
11	July 6	AM1	2:02
12	July 6	PM1	:57
12	July 6	PM2	:30

Amherst Description	1981 VHS Tape
Week 1 1981	
Talk: Change only in action	1
ATM: Flexing of right palm / Flex hand to stand	2
Talk: Spatial relationships / Orientation in space	2
ATM: Flexing of right palm / Press floor to lift knee	3
ATM: Prone to standing while flexing right hand	4
Talk: About the previous movement	4
Talk: About anatomy	5
ATM: Flexing hands and feet together / Flex fingers and toes	5
ATM: Rotating the shoulders	6
ATM: On back flexing torso / Bell crawl	6
ATM: Swimming crawl / Bell hand, think toes	7
ATM: Swimming crawl / Bell hand, think toes (cont.)	7
ATM: Interlacing hand and foot	8
Talk: Thinking and speaking / Talking is not thinking	8
Week 2 1981	
Talk: Changing normal behavior / To correct is incorrect	9
ATM: Interlacing fingers and toes to lift foot	9
ATM: Standing on all fours / Preparation for Judo roll	10
Talk: A funny story (Margaret Mead about babies)	10
ATM: Bring right foot to left hand	11
ATM: Bring right foot to left hand (cont.)	11
Talk: Scoliosis and Habits	11
Talk: About brain and nervous system	12
ATM: Bring right foot to left hand / Roll over (cont.)	12
ATM: arms crossed, fingers interlaced behind head	13
Talk: Being straight and perception / Corrections perceived as errors	

DVD	Training Day	AM or PM	Minutes
5**	June 17	PM1	1:46
5	June 18	AM1	1:43
6	June 18	PM1	:46
6	June 18	PM2	:41
Week 3 1981			
6	June 22	AM1	:51
6	June 22	AM2	:51
6	June 22	PM1	:55
6	June 22	PM2	:44
7	June 23	AM1	1:04
7	June 23	AM2	:57
7	June 23	PM1	:59
7	June 23	PM2	:44
7	June 24	AM1	:42
7	June 24	AM2	1:10
8	June 24	PM1	:38
8	June 24	PM2	1:08
8	June 25	AM1	1:20
8	June 25	PM1	:48
8	June 25	PM2	:59

**DVD menu says VHS Tape #13, but content is from VHS Tape #14.

Amherst Description	1981 VHS Tape
Talk: Use of pain; forgetting and becoming skeleton ATM: Holding ankles, 3 ways to roll from lying to sitting	14
Talk and FI: Thinking means new means for action. ATM: Three ways to roll from lying to sitting	15
ATM: Three ways to roll from lying to sitting (cont.)	16
ATM: Three ways to roll from lying to sitting (cont.) Talk: Neuroses, schizophrenia and the chemist who saw midgets.	16
Week 3 1981	
ATM: Supine: holding behind left knee and straightening leg	17
Talk: Relationship of FI to other methods	17
Talk: FI and knowing what to do ATM: Supine: holding behind left knee and straightening leg (cont.)	18
ATM: Preparation for head stand - carp jump	18
ATM: Preparation for head stand Talk: Freud and intuition	19
FI demonstration: Ronnie	19
Talk: FI as improvisation	20
Talk: Grades of vitality - Ron Hubbard & Andrew Carnegie	20
Talk: Fitting reality to oneself - Andrew Carnegie and Yvar Kreuger	21
ATM: Preparation for head stand and carp jump (cont.)	21
ATM: Preparation for head stand and carp jump (cont.)	22
Talk: Fitting reality to oneself (cont.)	22
ATM: Body like a wave / Caterpillar wave	23
Talk: About the brain	24
ATM: Fast movements ATM: Exploring eye structure in relationship to the spine	24