

aston® Kinetics

Aston® Kinetics 101 and 102

For movement and bodywork professionals to facilitate your client's improvement

Aston® Kinetics 101 – *Seeing Body Patterns with Insight*

with Mark Barber

September 5th—6th, 2014

The focus of this course will be on viewing body patterns in the standing position.

- Learn Aston visual assessment skills to see body patterns and to develop a clear understanding about the relationship between the alignment and the root cause of the symptoms.
- Develop a language to easily explain to the client why their pattern creates pain or limitations.
- Learn 7 different visual tracks to identify and assess the client's unique body pattern.
- Discover how to use these visual assessment skills to decipher where to begin a session to maximize the time and effort for bodywork or movement techniques.
- Learn how Judith Aston has changed the placement and the angle of the traditional plumb line and discovered how body segments are optimally aligned in relation to gravity. This new alignment decreases the body's tension and optimizes tone for greater comfort, movement, and performance.

Aston® Kinetics 102 – *Moving Beyond Posture*

with Judith Aston and Brian Linderoth

September 7th—9th, 2014

This dynamic course builds on the visual assessment skills learned in Aston Kinetics 101

- Learn Aston Arcing movements in sitting and standing that enable the participants to find their own unique body alignment that is both effortless and stable.
- Learn how to teach the Arcing movements to your clients as a self care tool to reduce pain and gain mobility and strength for daily activities.
- Explore the functional tasks of sitting, standing, reaching, and bending using Aston-Mechanics®
- Be introduced to Judith Aston's ergonomic designs to support the new Balanced Body in Motion.
- The Aston Paradigm will teach you the where, why, when, and how to accomplish your current goals.

**Location: AOMA, 4701 Westgate Blvd
Austin, TX 78745**

Cost: \$800 until July 25th, 2014

\$885 standard

To Register:

www.astonkinetics.com/schedule



Aston® Kinetics is approved by NCBTMB-Provider No. 022220-00 as a Continuing Education Provider under Category A.
This course is **34 CE hours**.

