



Aston® Postural Assessment

November 5-6 , 2022

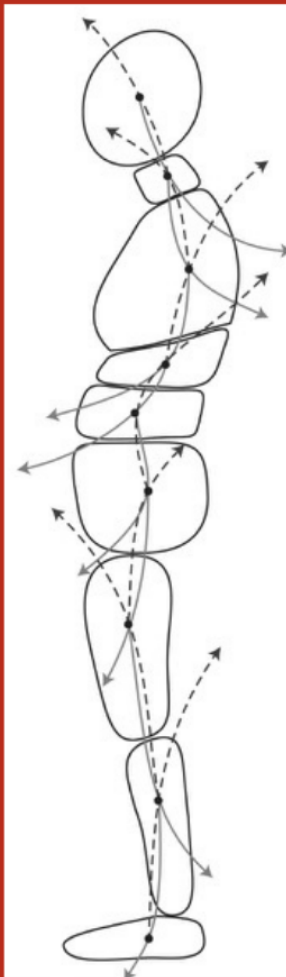
Aston® Postural Assessment is an introduction to the Aston® paradigm through seeing the three-dimensionality of the body. Accurately seeing your client's postural and movement patterns is essential to identifying why symptoms occur and recur in their structure and activities.

Aston® Postural Assessment teaches a system which helps you to clearly identify body patterns and uses movement labs to sense movement and postural changes in one's own body and in others.

- ◆ *Learn to think in terms of the three-dimensional spaciousness of the body.*
- ◆ *Discover how postural patterns and resulting compensations can contribute to discomfort and create challenges for performing activities.*
- ◆ *Reclaim your own natural postural alignment for a positive influence on career longevity and ease as you work.*

Aston® Postural Assessment will introduce you to:

- ◆ *Comprehensive visual assessment skills for making sense out of complex body patterns*
- ◆ *A system for notating postural patterns for easy record keeping and reference for change*
- ◆ *Body asymmetry as a part of nature's biodynamics for unwinding held body patterns*
- ◆ *Movements designed to release segmental tension and allow your whole body a more neutral and dynamic relationship with gravity for increased balance, comfort, and ease in activity*
- ◆ *How to engage and empower your client in their recovery and evolution.*



This two-day, 12-hour virtual CE course is designed for practitioners in the health fields of movement, manual therapies, and fitness. LMT, PT, OT, ATC

**November 5-6 , 2022
Sat. & Sun. 10am-5:30pm ET**

Cost \$295

**To Register click on link:
(or copy & paste to your browser)
<https://bit.ly/APA101NOV2022>**

**Taught Online by
Allison Sagewind MTI, PTA
Advanced Aston Faculty
and Michelle Wald, PT, MTI, LMT
Certified Aston® Kinetics Practitioner
Foundational Faculty for APA101
12 CE credit hrs through NCBTMB**