

# Intro to Aston® Kinetics

## *A 3-Day Class with Judith Aston in Seattle*

**March 29-31, 2019**

**Fri 8:45-5:00**

**Sat 9:00-5:00**

**Sun 10:00-5:00**

**Cost: \$575**

(\$525 before Feb 15;  
\$495 for first 9 registrations  
before Jan 18)

*Space is limited*

**Dreamclinic**

**4519½ University Way NE  
Seattle WA 98105**

You are invited to join bodywork and movement pioneer Judith Aston for a 3-day class (20 CEUs) designed for manual therapists.

- Day 1 – Advance your “seeing” skills to enhance your ability to assess how the body’s alignment creates symptoms.
- Day 2 – Explore movement designs to find and sustain a neutral range for living and working with less stress and greater effectiveness.
- Day 3 – Learn an Aston fascial integration technique that can change and integrate tissues from superficial to deep layers. This will include a practicum for partner exchanges.

*The class will be taught by Judith Aston-Linderoth and Brian Linderoth*



*Judith Aston is widely recognized as a pioneer in the art and science of kinetics for her discovery of the Aston® Paradigm. Her distinct biomechanical model for the human body is based on a unique way of seeing the body in relationship to the earth. Her discoveries about the importance of using the forces of gravity and ground reaction in alternating sequences has transformed many systems of exercise, bodywork, and movement education. Her acute ability to “see” the body in stillness and in motion, and to train others to see, established her discipline of bodywork and movement training.*

**Registration: Anne Hoff 206-697-0813 [annehoff@mac.com](mailto:annehoff@mac.com)**