



Aston® Kinetics

Balanced Bodies In Motion

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SPRING / SUMMER 2011

SPECIAL POINTS OF INTEREST:

- Judith inducted into the 2011 Massage Therapy Hall of Fame
- Panel of Masters World Massage Conference June 6th
- And much more...

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Aston-Patterning® Training Update



Beginning Phase I in Hawaii. Pictured are: Lincoln Binford, Noemie Chabot, Carrie DeMers, Jim Hackett, Audre Harlow, Charelton Kubera, Brad Parker, Scott Pauker, Sarah Shaines, Kim van't Groenewout, Judith Aston and Brian Linderoth.

We are happy to report all interns are doing well and enjoying learning their new skill sets. We have been busily traveling back and forth from the mainland where we are holding our Tahoe/Los Angeles training and the big island of Hawaii for our island interns.

The Hawaii interns recently completed their Phase II of the training and the Tahoe/LA group will begin Phase III in June.



Beginning Phase I in Tahoe. Pictured are: Blake Biery, Allison Sage-wind, Jamie Clark, and Angela Chen.

For The Record...

Sherie Scheer an intern from our Tahoe/LA program reported this after completing Phase I last September. It was so inspiring and heartfelt that we wanted to share it with you:

I have just completed a session with a new client. I am proud, touched, and humbled by the progress a kyphotic man made in just one session. Although I have taught yoga for 15 years, practiced yoga therapy for 10 years, am highly trained, and have helped many people with pain issues, now that I am working with Aston-Patterning® I see how limited I was before. The material I have been studying with Judith Aston and Brian Linderoth for the last 2 years made it possible for me to participate in my client's transformation today.

I have many Aston techniques available for client sessions; among them are stance and gait analysis, palpation, bodywork to resolve structural issues, unique toning exercises, movement principles that make it possible to accomplish daily activities painlessly and with greater ease, the use of ergonomic props, and the way to empower the client to understand and participate in his/her own transformation. While not every technique needs to be used in every session, these Aston techniques have enabled me to make every session as successful as today's and have also led to my own personal transformation and empowerment.

Aston Patterning is the most coherent, meaningful, engaging, artful and joyful work I have ever done. My enthusiasm for it was mirrored back to me by a remark today's client made at the end of our session. He said, "You look 15 years younger now than when this class started. It's remarkable."

Judith Aston Induction Into The Massage Therapy Hall Of Fame At The World Massage Festival July 2011



World Massage
Festival July 2011



If you haven't already heard the news...Judith will be honored at the 2011 World Massage Festival and will be inducted into the Massage Therapy Hall of Fame. She will also deliver the keynote speech at the opening ceremonies. Judith has contributed greatly to the somatic world of therapy modalities. Her innovative paradigm and teachings are being honored as well as her 40+ years of contribution to bodywork and movement. Her two-day Aston Sampler Class will be offered July 16 & 17. If you haven't registered yet, there is still time!

And...there's more...

On June 11th, Emilie Conrad will be filming an interview with Judith as one of the *Moving Legends*. This will be a documentary with Anna Halpren, Bonnie Bainbridge Cohen, Emile, and others. The documentary will track the somatic development from movement/dance people.

The Masters: Massage from the Eyes of Icons Who Shaped the Profession 2011 World Massage Conference Panel of Masters June 6th

Judith will be on this year's panel of masters at this year's online World Massage Conference in June. The master's panel will air from 9am to 10:30am Eastern Time on Monday, June 6th. Others joining Judith on the panel are Erik Dalton, Tom Myers, Dean Juhan, Leon Chaitow, and Hans Axelson.



If you haven't already, you can sign up by going to <http://www.worldmassageconference.com/index.htm>

Look...Aston Kinetics Is On Facebook!

Yes, it's true! Now you can find Aston Kinetics on Facebook at www.facebook.com thanks to Michelle Wald who just wouldn't let us stay out of it any longer!

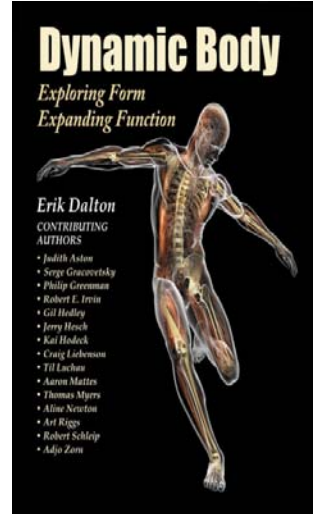
Check us out and join our Aston group discussions. Tell us your stories of the Aston work and open up new topics for discussion with other practitioners. We want this to be a lively page where you can go to connect with Aston-Patterning Practitioners from around the world.

Thank you Michelle for helping us get this project up and running!

Tell us your
favorite success
stories on our
Facebook page.

Aston Contributing Author To Erik Dalton's Upcoming Book Due Out Soon...

Last year Erik Dalton invited Judith to contribute a chapter for his new book *Dynamic Body*. Since then, Judith has been busy working on it between classes and the A-P certification trainings. We are very grateful to Laura Servid and Robbin Blake who helped in the initial draft for the chapter. We are happy to say that after many drafts and hundreds of hours spent by Judith, the chapter is done and we anxiously await the release of Erik's book.



Closing Shots...



A-P Hawaii Interns pictured above with Judith and Brian are front row left to right: Kim van't Groenewout, Noemie Chabot, Lincoln Binford, Audre Harlow, and Carrie DeMers. Back row left to right: Pamela Withington, Charleton Kubera, Brad Parker, Sarah Shaines, Scott Parker and Jim Hackett.



A-P Tahoe/LA Interns pictured below with Judith and Brian are front row left to right: Laura Yee, Samara Glassman, Mary Shuler, Shayna Reid, Angela Chen. Back row left to right: Sherie Scheer, Stephanie Fish, Jamie Clark, and Blake Biery.



From Judith...

It is so rewarding to watch the many "aha" moments our current interns are experiencing not only with their clientele but for themselves personally.

The gift of this work has been my life for so long now; I am continuously touched and humbled by the beautiful moments we share.

Brian and I send our Aloha to all of you!