

People often ask if they could have an introduction to the different aspects of the
Aston® Paradigm...AND here it is!

Aston® Sampler Class with Judith Aston

—creator of Aston-Patterning®

Basic Movements, Loosening, Toning and Stretching

This Sampler Class will:

- ▶ Focus on identifying your spiral pathways for loosening, toning and stretching
- ▶ Maximize CORE toning of abdominal and pelvic floor muscles
- ▶ Find ways for your body to work and rest and know the difference
- ▶ Include applications of Aston concepts to your yoga or Pilates routines
- ▶ Include simple ideas for daily basic actions that you can apply to bending, reaching, lifting, walking, etc.

Dates: June 20, 2009 or June 21, 2009

Times: 10:00AM – 5:30PM

Location: Santa Monica

Fee: Early Registration \$125.00, must be paid by May 20, 2009

Late registration is \$145.00 Space is limited.

To reserve your space in this unique class you may register online at

www.astonkinetics.com, or e-mail office@astonkinetics.com,

or call us at 775-831-8228 or 775- 831-8955.

Judith Aston is widely recognized as a pioneer in the art and science of human movement, called kinetics. Aston's distinct biomechanical model for the human body was based on a unique way of seeing the body in relationship to the earth. She is the author of *Moving Beyond Posture - In Your Body On The Earth*, the *Aston Postural Assessment Workbook*, and *Aston's Walking the New Body* DVD.

"All movement reveals a pattern. These patterns can either support or conflict with our ease and expression in life. Aston Kinetics has been developed over decades to empower every individual to reclaim their own body wisdom and thereby more fully participate in their life." - Judith Aston

