

2020  
European  
Tour

# aston® Kinetics

## See-Move-Feel

an introduction to Aston® Techniques for bodyworkers



**Judith Aston**

A pioneer in the movement bodywork field and the founder of Aston® Kinetics. She began teaching professional in 1968 and continues to this day.



**Brian Linderoth**

Brian has been an Aston-Patterning® Practitioner for 36 years, and has been co-teaching with Judith for 32 years. His work with clients ranges from rehab to high level performance. He is a swimmer and cyclist himself.

### Day 1: See

Learn creative ways of "seeing" body patterns to enhance your ability to assess and problem solve how the body's alignment affects symptoms and function.

### Day 2: Move

Explore Aston® movement designs to find and sustain a neutral range (supported and buoyed by gravity and GRF) for living, exercising and working with less stress and more effectiveness.

### Day 3: Feel

Touch: learn an Aston® Fascial Technique to facilitate integration for tissues from superficial to deep.

Practice: learn how your body usage determines your touch for accuracy and longevity in the field.

Judith Aston was asked by Dr. Ida Rolf to create the 1st Movement Instructor Training in 1968. She developed and taught this program until 1977.

<b>Date:</b>	June 26 -28 2020
<b>Location:</b>	Gemeindestr. 19 in Zürich
<b>Tuition:</b>	650 Fr.
<b>Early Bird (until March 30):</b>	550 Fr.

\* for bodyworkers and massage therapists only

**Additional Information and Registration:**

Aleš Urbanczik - mail: [info@rolfyoga.com](mailto:info@rolfyoga.com)