



Judith Aston: Aston Kinetics: From Simple Steps To Life Changing



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. Explore in your body some graceful, effective and efficient movements that can improve your posture in just a few minutes.

TOP EMBODIMENT TIP: It isn't about the finished look of any one time, it's a progression for people to decide on their own.

The Good Posture Paradigm: Inviting Ground Reaction Force into the Picture.

- Good posture is often conceived as rigid, tense, like deeply rooted into gravity. This doesn't allow the body to move freely.
- Another opposed force is suggested: The Ground Reaction Force; the push off.
- Ground Reaction Force: Everything that touches the earth is being pushed back towards the stars.
- **Finding our neutral to connect with the earth and sky.**

Body-designed Sessions: Every Body, Mind, and Spirit is Unique.

- Every session is designed for the body itself and the changes it could make.
- Our body can express our uniqueness.
- The body should be versatile enough to express how and what you want.

The Teaching: Techniques and focuses

- Re-teach by contrast: This is a technique in which participants are first asked to do a certain movement, then teaching starts. When finished they are asked to do that movement the way they did it before.
- Choice: Participants must be asked for permission, which helps them reclaim, re-energize and start to neutralize.
- Alignment Ease: It creates resilience
- Assessing: When you can assess a body pattern, then you can invite people to explore the change of their attitude or their heart, by getting into their body.
- Adding Dimension: Aspiring to use our body dimensions optimally as we move.

Posture:

- **Hunching:** By doing so, we compress the chest and we compromise our breath and the function of the organs needing oxygen.
- **Sprawling:** It may compromise the back, kidneys, etc.
- **The Aging Curve:** This begins with the head pulling forwards: gravity attracts it with more force and takes the back with it, and so the spine, the hips need support due to the amount of bending.

Resources:

- ❖ **Website:** [Aston Kinetics](https://www.astonkinetics.com)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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