

HIDDEN TALENTS: BETH STANTON



PEOPLE NORMALLY KNOW ME AS...

A massage therapist and yoga instructor at NTouch BodyWork & Healing Arts, Inc.

BUT WHAT THEY DON'T KNOW IS THAT I...

Fly aerobatics (precision stunt flying) competitively.

I GOT STARTED WITH MY HIDDEN TALENT WHEN...

Four years ago, I woke up with the idea that I wanted to be a pilot. This made absolutely no sense. I had never even been in a small airplane before. 18 months later, I had my license. I sought "unusual attitude" training, which teaches how to recover if the plane spins or goes upside down. The instructor I found turned out to be Wayne Handley, a living aerobatic legend. Three weeks after getting my license, I was in his high-performance aircraft having a freaking blast. What I originally feared was actually the most fun I have had in my life!

AND SOMEDAY I HOPE TO...

Compete in aerobatics at the highest level nationally and internationally. I also have plans to race at the Reno Air Races in the near future.

PEOPLE CAN SEE MY WORK AT...

Up For Fun Aerobatics is a project I launched to inform and inspire. You can find me on Facebook and at upforfunerobatics.com. I have been speaking and writing about the magic of making huge leaps of faith and overcoming perceived limitations. I'm writing a book, *Wildly Improbable: Seriously, an Aerobatic Pilot?*

MOST PEOPLE DON'T KNOW THAT...

Of the 500,000 pilots in the US, only 6% are women. And among the 500 or so aerobatics pilots, women make up only about 3%. I'm really motivated to inspire more women and girls to discover the thrill of flying.

I ALSO ENJOY...

Travel. I adore exploring new places. I also have a dedicated yoga practice. Flying aerobatics is ridiculously demanding physically and mentally. The skills I have cultivated through bodywork and yoga have been incredibly useful in helping maintain focus during intense flying.

WANT TO GET STARTED IN AEROBATICS? JUST START BY...

Taking a discovery aerobatic flight from a flight school. You don't even have to be pilot. The IAC (International Aerobatics Club) is a great resource. Come check out a local contest!

If you have a hidden talent, submit to editor@contentmenthealth.com.