

14th Annual Zero Balancing Health Association Benefit

May 5 - May 7, 2017

You're invited!

Join us for the 14th Annual ZBHA Benefit : **Building Stability, Creating Transformation.** The Benefit will include presentations from five Zero Balancing teachers, including founder Fritz Smith. The topics explored will provide an opportunity for creating deep stability in our bodies, our practices and our community, helping to create regenerative transformation in ourselves, in those we touch and in the world.

Fritz Smith will open the Benefit by sharing new insights about the teaching of ZB and the growth of our organization. He will flow with the theme, **Building Stability, Creating Transformation**, and set the stage for the activities to follow.

Making The Internet Work For You!

With Carla Van Arnam (1.5 hrs)

This will be a participatory presentation in which Carla will give you her educated and opinionated view on using internet services to support and promote your ZB practice. Topics to be covered include email (create one that represents you), web presence (what is freely available), newsletters (create connection and community with ease), social media (what do you want to use, why and how) and Dropbox/Google Drive (what are they and why would I use them).

The Three Tan Dien And Zero Balancing with Ty Romijn (1.5 hrs)

The three Tan Dien are the basis of Asian Martial Arts and meditative practices representing our alignment with the Earth, with Humanity, and with the Cosmos. Through practicing a Chi Kung exercise that relates to the three Tan Dian, we will explore second hand fulcrums in relationship to the standard ZB arm and neck fulcrums. These fulcrums can flow easily and be used in the basic ZB protocol.

Explorations in Zero Balancing with Judith Sullivan (3 hrs)

Part 1

In this workshop students will explore the pressures in the five cavities of the body (dorsal, cranial, thoracic, abdominal, and pelvic) and their relationship to health. Hands-on work will explore the bell curve of normal pressure in the cavities and how ZB can affect these pressures.

Part II

Our "internal GPS" is what lets us know where we are in space and gives us our three dimensional orientation - length, width and depth. Changes in the three dimensions can affect us physically, emotionally and mentally. During hands-on work students will learn how to sense and facilitate potential change by contacting and balancing the GPS of the body.

The Five-Minute Restorative ZB with Michael Oruch (3 hrs)

While giving a short ZB practitioners find that focus and attention are heightened, each fulcrum more significant. The experience can be quite full and potent for both client and practitioner. Michael will present his Five Minute ZB protocol, the theory behind it, and how to make it a successful stand alone ZB if time is limited. Students will build their skill level and understanding of ZB through hands-on work, questions and discussion.

Advancing Your Zero Balancing Skills: Individualized Tutorial and Touch Feedback with Faculty • Friday May 5th, 2017 1:30 -5:30 PM

This skill-building class will focus on content that emerges from students' questions as they work in small groups of 1-3 students per faculty member. Each group will have the opportunity to work with at least two different faculty members to fine-tune touch skills, evaluations, and fulcrums.

Benefit Location and Times:

Claggett Center

3035 Buckeystown Pike
Adamstown, Maryland 21710
www.claggettcenter.org

Friday, May 5th -7:30-9:30 pm

Saturday, May 6th -9:00 am-5:00 pm

Sunday, May 7th -9:00 am-12:00 pm

Benefit Tuition and Room & Board

Benefit Only by April 10	\$375
after April 10	\$400

Benefit & Friday class by April 10	\$455
after April 10	\$480

Friday class only	\$100
Saturday only	\$150

Room and Board	Single	Double
2 nights, 6 meals	\$240	\$210/person

Housing will be in the Christiane Inn.
Meals include Friday dinner - Sunday lunch

Benefit Registration Information:

Prerequisite: Zero Balancing I

CE Information:The Benefit provides 11 NCBTMB CE hours. Advancing Skills Class provides 4 additional CE hours.

Email, fax or mail registration form to:

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