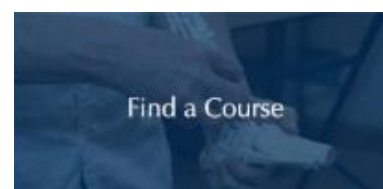
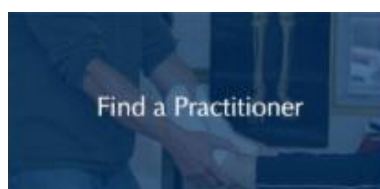
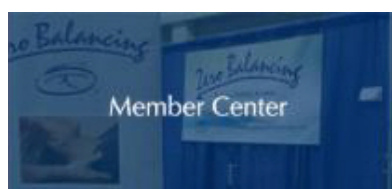




INTERFACE

December 2016



Season's Greetings and Warm Wishes from the ZBHA Office

With the holiday season approaching, we want to pause and thank the entire Zero Balancing community for their contributions and support in making 2016 another memorable year. Your efforts have been instrumental in spreading the good word about ZB and in keeping the ZBHA strong and vital.

May each of you experience the blessings of the season in your own way.

With warm holiday wishes and gratitude,
The ZBHA Staff
Cindi, Lee, Stan and Krissy

Office Holiday Hours

Mon 12/19 & Tues 12/20 9am-5pm (EST)
Wed 12/21 & Thu 12/22 9am-4pm
Fri 12/23 & Mon 12/26 Closed
Tues 12/27, Wed 12/28, & Thu 12/29 9am-4pm
Regular hours resume on Monday January 2, 2017



Zero Balancing Member Recognition Thank You Diane Bazin!



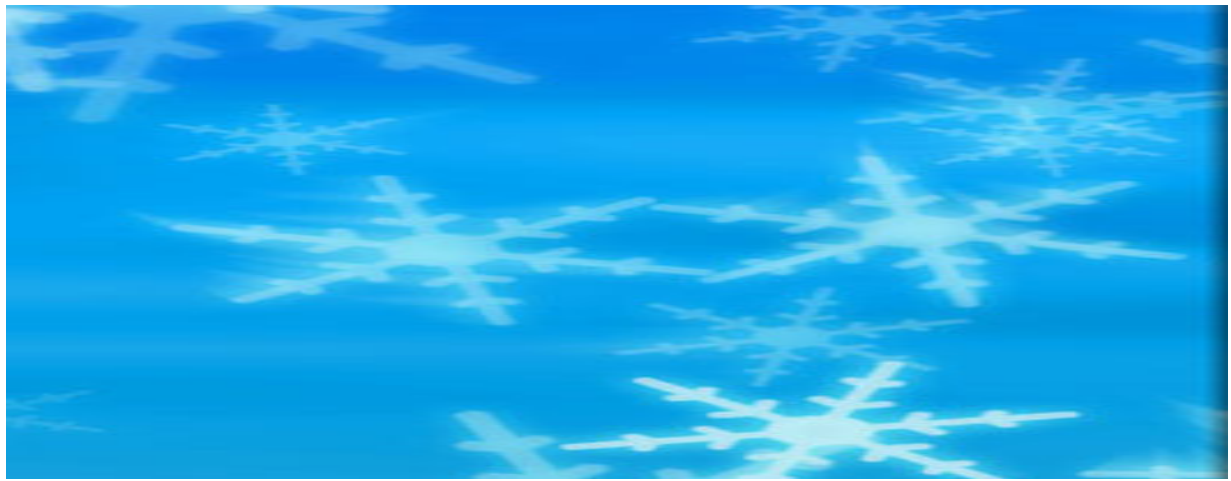
Many ZBHA members serve our community and the mission of Zero Balancing in the world in quiet and unassuming ways. Diane Bazin, a certified ZBer from Westminster, Vermont is one of our best. You may know Diane from her efforts to spearhead the ZB B&B program. She has collected an impressive database of ZBers willing to share their homes with students who come to their neighborhoods to take classes, making it more affordable and more fun to continue deepening our study of ZB. The Southern Vermont ZB study group has been amplified and strengthened under Diane's dedicated leadership. There were 12 ZBers at the last study group. Many advanced ZB classes and a variety of talented faculty have come to southern Vermont due to Diane's sponsorship. She consistently reminds me to offer more Advancing Skills Days, and she has just arranged for one that I will teach in Westminster, VT on March 4, 2017. Diane excels as a teaching assistant; she is always engaged and aware of class dynamics, reminds me if I forget to mention something important, and usually brings great snacks to share!

Diane organizes ZBers to participate in Grace Cottage Hospital's annual Wellness Week, giving her time and talent to offer ZBs to the hospital staff. She recently gave ZBs to participants in Grace Cottage's two-day Healthy Living Seminar. Diane's work at Grace Cottage has been so well received, the director of Wellness and Rehabilitation Services is now studying Zero Balancing. Not only that, but when the hospital decided to expand their Integrative Health Care department, I was asked, as a chiropractor and Zero Balancer, to join the medical staff.

Please join me in thanking Diane for all she does to promote Zero Balancing in the world and to gather ZBers in love and friendship. Her email address is dianebazin@outlook.com

Submitted by Michele Doucette DC
ZB Faculty

Holiday Sale Continues in the ZB Store!



Select ZB store items on sale through December 28th!

Prices reduced 15-20% on select books, CDs, DVDs, and ZB memorabilia. Choose items that you can use to enhance your practice or share your love for Zero Balancing. Sale items are while quantities last and can be found in the [ZB Store](#).

ZB Pillow (black or blue) \$30	now \$25.50
ZB Brochures \$35	now \$29.75
Insulated ZB Cup \$15	now \$12.75
ZB Cinch Backpack \$12	now \$10.00
Parallel Breath Meditation DVD \$22	now \$18.75
ZB Protocol Review DVD \$22	now \$18.75
15 Minute ZB DVD \$22	now \$18.75
Inner Smile Meditation CD \$12	now \$10.00
Sacred Pyramid Meditation CD \$12	now \$10.00
Future of the Body CD \$10	now \$8.50
Roots & Branches (music) CD \$18	now \$15.00

Community Building in Iowa



ZB faculty members Sheila McCarthy-Daskovsky (ZB I) and David Laden and Mary Murphy (Alchemy of Touch) with their Iowa community.

Here are the students from ZB I with Sheila McCarthy-Daskovsky and Alchemy of Touch (AOT) with David Laden and Mary Murphy, which took place in October at Prairiewoods Retreat Center in Hiawatha, Iowa.

It was a lovely time with 14 (one student not shown) Zero Balancers on hand. The members of the AOT class offered the ZB I students sessions and also did some community service by offering the retreat center staff ZBs. It was great to have students from both classes interact and share ZB learning.

Thank you to Morgan Rivers, certified Zero Balancer and acupuncturist who facilitated both of these classes, for having the vision to create and build her own ZB community in Iowa and for bringing Prairiewoods Retreat Center to our attention as a fantastic venue for courses. As a residential setting, it offers very economical R & B, beautiful grounds with trails and a labyrinth as well as a great energy field of peaceful, earth-friendly sensitivity.

Submitted by Mary Murphy - thanks Mary!

SAVE THE DATE! May 5-7, 2017
14th Annual ZBHA Benefit
Building Stability Through Transformation
Claggett Center near Frederick, Maryland

Our 14th!! Annual ZBHA Benefit is scheduled for Friday - Sunday May 5th - 7th, 2017. The Benefit is educational - and fun! Mark your calendars now and watch for more details soon.

ZB DVD Video - Streaming

For your holiday gift giving, or anytime, please consider sharing your favorite DVD videos, also available for streaming. Brush up on your ZB skills whenever you feel the need. You can now rent or download stellar educational videos about Zero Balancing through our On Demand portal on Vimeo via the ZB website's online store. [Stream Videos from the ZBHA Store](#)

Build Community Through INTERFACE

Help us create newsletters that are meaningful and informative by sharing your articles, inspirations, photos and experiences as well as case studies and community service inspired contributions. Not a writer? We will edit articles for you!

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Office Hours: M, T 9AM - 5PM
W, Th 9AM - 4PM

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