



INTERFACE

February 2016 Newsletter



Welcome Year of the Chinese Fire Monkey!

Chronic Pain from Old Injuries: A ZB Client's Testimony

**Practitioner: Judith Sullivan, BS, NCTMB, CST, CZB &
Zero Balancing Faculty Member**

The following is an excerpt from the ZB Case Studies book to be published later this year.

BACKGROUND

I am 45 years old, and have had chronic neck, jaw, shoulder, and thoracic rib pain for many years. Having never been in a major accident, I had decided that I must suffer from a genetic predisposition to go out of alignment on a regular basis. I felt that I was stuck like this for life. The idea of feeling pain for the rest of my life was very emotionally and psychologically debilitating, which only compounded the actual physical discomfort. I have two small children, and was not able to be as active or in shape as I would like.

ZERO BALANCING

I started working with Judith Sullivan about eight months ago, and after receiving regular Zero Balancing, currently feel more "normal" in my body than I have in years. I have also been doing regular Pilates, and seeing an

osteopath for about four years, but the work with Judith has taken me over the finish line. I recall asking her if she could help me with my ribs, as I did not think that rib work was typical. She laughed and replied, "Some people have called me the Rib Maven." That is when I knew I was in the right place! The journey with Judith has been very interesting.

I have recalled several seemingly insignificant accidents that seemed to have done some long-term damage to my body. The earliest of these accidents was when I blacked out on the tennis court at twelve years old from heat stroke. My braces getting caught on the chain link fence broke my fall. When I woke up, my mouth was cut up, and while the braces were still on my teeth, the bands were ripped open, and sticking out of my mouth. The most amazing thing was when Judith started working on my teeth, all of this came back to me. This fall had clearly done some damage to my neck and jaw, possibly even caused some hairline fractures in the bones of my mouth. By releasing some of that blocked energy from those teeth, my neck and jaw pain is gone!

The next injury I experienced was when I fell off a rope swing while rafting down the Chattahoochee River and landed on the shore only to bounce another 15 feet on my bottom into the water. It was funny at the time, but I probably fractured my coccyx bone during the fall. Working on my coccyx bone and lower sacral vertebrae has allowed my body to be in better alignment, which helps in every way!

The final accident is the one that probably caused my most painful problem, the pain of my ribs moving out of position all of the time. When I was in college, I offered a male friend a piggyback ride back to the dorms from a frat party. You get the picture. He got a running start and jumped on my back. My knees buckled, and I fell to the sidewalk. I broke my left arm, and now realize that I might have fractured some ribs as well. We are still working on my ribs, but my pain has gone from a roar to a whisper, which is the most wonderful, and liberating outcome I could ever hope for!

Needless to say, my whole family has seen Judith for various ailments and accidents. I do not want my children to feel pain later in life from something we missed while they were children! K.F.

You are invited!

***13th Annual ZBHA Benefit
"Cultivating Community and Connection"***

April 29 - May 1, 2016
Claggett Center near Frederick, MD



ZB community gathering in the labyrinth at Claggett Center.

Photo courtesy Giovanni Pescetto.

Join us for the 13th Annual ZBHA Benefit: **Cultivating Connection and Community**, which will include presentations from four Zero Balancing teachers including founder Fritz Smith, Susan Klein, Dorsett Edmunds, and Tom Gentile.

They will share their commitment to the art of conscious connection and their excitement for building creative community. We invite you to participate in strengthening the reach of Zero Balancing in the world by deepening your connection to yourself, to your colleagues, to your clients, and between your unique community and the Zero Balancing community and faculty. Plus, we always have a lot of fun!!

Please register early...more details available [online](#).

[2016 Benefit Flyer](#)

[STUDENT Benefit Registration Form](#)

[FACULTY Benefit Registration Form](#)

Zero Balancing Abundance Raffle Continues!

Enter from now until February 29, 2016 for a chance to win

one of four fabulous prizes!

[Order your raffle tickets online](#) now or call the office. Help us meet our goal of \$7000 to support marketing initiatives that help spread the good word about Zero Balancing!

Prize #1: Art of Zero Balancing Retreat Tuition

First Annual Art of Zero Balancing Retreat at Mayacamas Ranch in beautiful Calistoga, California. Fritz Smith, Jim McCormick and Michael Oruch are offering full tuition to you to join them and fellow ZBers for a week of learning and sharing. The location is beautiful and relaxing, with great views, lovely walks, a pool and a hot tub. The food has been a highlight each year, with all diets accommodated and delicious food at every meal. Calistoga is in wine country and is also known for its mud baths.

Valued at \$950.

Note: Travel and room/board are separate costs and are the responsibility of the winner. More details available here: [Art of Zero Balancing](#).

[Order Tickets Online](#)

Prize #2: 13th Annual ZBHA Benefit Tuition

Tuition for the 13th Annual ZB Benefit "Cultivating Connection and Community" and for the Pre-Benefit Class "Advancing Your Zero Balancing Skills". April 29th-May 1st, 2016 at the Claggett Center near Frederick, Maryland.

The Benefit will include presentations from four Zero Balancing teachers including founder Fritz Smith. They will share their commitment to the art of conscious connection and their excitement for building creative community. Fri. April 29th 7:30 - 9:30 PM, Sat. April 30th 9 AM -5 PM, Sun. May 1st 9 AM- noon.

Pre-Benefit Class: Advancing Your Zero Balancing Skills: Individualized Tutorial and Touch Feedback with Zero Balancing faculty members.

Friday April 29th 1:30-5:30 PM

Valued at \$475.

Note: Travel and room/board are separate costs and are the responsibility of the winner. Details and registration available [online](#).

[Order Tickets Online](#)

Prize #3: ZB Promotional Package

Zero Balancing Promotional Package - Zero Balancing Banner, brochures and magnets.

Valued at \$225.

[Order Tickets Online](#)

Prize #4: Stool and ZB Pillow

Basic Stool from Oakworks. The winner will have their choice of available colors (blue, black, or burgundy). Winner may upgrade to Premium Stool for an additional fee.

AND

ZB Pillow (blue or black) from Astra-Lite. The classic bi-fold ZB pillow for use during sessions.

Shipping is included for both items.

Valued at \$140.

[Order Tickets Online](#)

Congratulations Certified Zero Balancers!



Please join us in extending congratulations to the following practitioners for recently completing their certification:

Wendy Collura (Chagrin Falls, OH)
Louise Hsu (Columbia, MD)

Magdalena Howard (Chicago, IL)
Joan Keay (Temecula, CA)

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