



INTERFACE

March 2017 Newsletter



Welcoming the emergence of Spring and all of the abundance that it will bring!

*You are invited! Please join us for the
14th Annual ZBHA Benefit
Building Stability, Creating Transformation
May 5 - 7, 2017
Claggett Center near Frederick, MD*



Springtime view from Claggett Center. Photo courtesy of Amanda King

We invite you to join us for the 14th Annual ZBHA Benefit: **Building Stability, Creating Transformation**. This years program will include presentations from Zero Balancing faculty including founder Fritz Smith, Carla Van Arnam, Ty Romijn, Judith Sullivan, and Michael Oruch. The topics explored will provide an invitation 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.

Your participation is supportive 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](#).

[STUDENT Benefit Registration Form](#)

[FACULTY Benefit Registration Form](#)

[2017 Benefit Flyer](#)

Successful Practice Ideas from UK Zero Balancers

A ZBA UK Donkey Press article

Excerpted from "Certified Zero Balancers Study Day" in the Donkey Press, the newsletter of The Zero Balancing Association UK (Winter 2016 issue). Thank you to author Alice Rogers.

Alan opened the day, giving it a frame of exploring how we attract clients to Zero Balancing. The day was an opportunity to exchange our hands on skills and reflect upon what makes our practices successful.

As Certified Zero Balancers we share a recognized level of skill and the awareness of the potential for our Association to fulfill itself as a professional organization.

[Read the full article here](#)

Thinking Outside the Box: Sharing Zero Balancing from the YINside!

by Stan Fox, C.ZB. L.Ac.

"Our vocation is determined by the intersection of our deepest gladness with the worlds deepest hunger." - Frederick Buechner

For the many in our community that I have had the pleasure to meet and to work with, you know that my practice of Zero Balancing is my passion - the place of my deepest gladness. Below I share a unique exploration for being able to share these gifts and my passion in a new and unique way that was very well received.



Mabelle Lee guides participants through a restorative YIN Yoga back bend while Stan offers an integrative mini-ZB session in the background.

I was introduced to the benefits of YIN Yoga as a form of self-care while I was still an acupuncture student. What stands out for me with this modality are the parallels of working with the bones and joints (especially the hips and SI) as we do in Zero Balancing. Working with both of these supportive modalities I feel that I am cultivating a deeper understanding of the importance of the role of connective tissue (fascia, tendons, and ligaments).

On February 19th my friend, colleague, and co-champion for deepening my practice Mabelle Lee (E-RYT 200, CMT) and I co-facilitated a deeper exploration in to the mind and body for 16 attendees.

The workshop consisted of a brief introduction to YIN Yoga and ZB before moving into nearly three hours of therapeutic YIN Yoga poses to stimulate and support the joints, connective tissue, and fascia of the spine, hips, sacrum, and knees. After an initial set of postures to warm every body up, each participant was invited to receive an 8-12 minute ZB. One by one, stepping out of their YIN practice and onto the massage table they experienced the benefits of deepening the integration of their unique exploration through the skilled touch of ZB.



Stan offers integrative support following a hip opener YIN Yoga pose

For all of us, the experience was restorative, rejuvenating, and a gift of celebration in a new community. Our experience and the reception was such that we will again be offering this workshop in April. I was inspired to explore this as a possibility by participating in a YIN Yoga and Acupuncture workshop where participants received the NADA (5 pins in the ear) protocol during Savasana at the end of that practice. I wondered if it was possible to offer ZB as an integrative aspect of a workshop, and am very blessed to say that Mabelle was open and receptive to the exploration.

This being a first workshop experience as a facilitator I am happy to say that the coordination and choreography of this integrative workshop worked extremely well with giving mini-sessions throughout the three hours together. Since YIN Yoga postures and poses are held for three to five minutes this allowed the time to bring someone onto the ZB table for a mini-session and return to their yoga practice with minimal disruption.

All photos courtesy of Mabelle Lee.

Are you interested in attending a retreat style workshop with Fritz Smith, Jim McCormick, and Michael Oruch?



You could if you select Mayacamas Tuition as one of your prize chances in the ongoing Zero Balancing Abundance Raffle!

Ticket sales ongoing through 10:00 am Thursday morning March 9th - enter for a chance to win this or one of five other fabulous prizes!



Various views from Mayacamas Ranch, Calistoga, CA.

[Details and order tickets online here](#)

Prize #1: 2018 ZB by the Sea Retreat Tuition; January 26 - February 3, 2018
Valued at \$1150.

Prize #2: Art of Zero Balancing Retreat Tuition; July 28 - August 3, 2017
Valued at \$1000.

Prize #3: ZB Treatment Table
Valued at \$550.

Prize #4: 14th Annual ZBHA Benefit Tuition; May 5 - 7, 2017
Valued at \$450.

Prize #5: ZB Promotional Package
Valued at \$175.

Prize #6: Stool for your ZB Practice
Valued at \$125.

Ticket prices:

1 for \$15

2 for \$27

4 for \$50

6 for \$75

8 for \$100

[Details and order tickets online here](#)

Please note that each ticket purchased represents one (1) chance for the specific prize of your choice. When purchasing your tickets please notify the ZBHA Office how your ticket(s) are to be distributed by providing us with your designated prize selection(s). Please send an e-mail to: [ZBHA Office](#).

Congratulations Certified Zero Balancers!



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

Robin Zeller (Delta, CO)

Stephen Derkacz (New Braunfels, TX)

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