

16th Annual ZBHA Benefit
and 90th Birthday Party for
Fritz Smith
May 9 -11, 2019

You're invited!

Please join us for a joyful celebration
of Fritz Smith's 90th birthday and
for the Zero Balancing Health
Association's 16th Annual Benefit,
"Celebrating the Gift of ZB".



Photo by Giovanni Pescetto/Mixed Media Collage by Amanda King

The Restorative Gift of Zero Balancing

Thursday 1:30-5:00pm with Michael Oruch

Michael will present new ideas, fulcrums and exercises on the theme of "The Restorative Gift of Zero Balancing". This will culminate in our sharing a celebratory ZB session with each other, amplifying the field of gratitude and appreciation for this work and its founder, Dr. Fritz Smith.

The Opening Half Moon Vector: Practical & Theoretical Insights

Thursday 7:30-9:00pm with Alan Hext

This is an opportunity to appreciate why this apparently simple fulcrum can have such potency and value. This presentation is appropriate for those starting on their ZB journey as well as experienced practitioners, particularly those interested in structural-energetic anatomy. In practical terms it will inform your development of awareness in the practice of Zero Balancing.

Inner Windows and Inner Bridges

Friday 9:00am-12:00pm with David Lauterstein

There are special interfaces where bones meet bones through the joint and where the tendons and ligaments insert into the living bone. These are places where our doing meets our being. In this primarily hands-on workshop, we will more deeply explore life through the windows and inner bridges of the musculo-skeletal-neural-energetic system.

Widening the Lens: New Insights on Why ZB Works

Friday 2:00-5:00pm with Michele Doucette and Mary Murphy

Michele and Mary will explore the mechanisms of how Zero Balancing supports well-being and states of higher consciousness. Recent research findings will be shared along with expanded perspectives on how transformation occurs in a ZB practice. The embodied wisdom we work with in ZB can be understood through both ancient Taoist teachings and modern neurobiology. Hands-on exercises will give practitioners the opportunity to integrate these ideas.

Lessons from Zero Balancing Sessions

Saturday 9:00-11:00am with Jim McCormick

A presentation on the insights gleaned from over 45 years of Zero Balancing sessions. Jim will draw on intriguing case histories from his soon to be published book, *The Healing Power of Touch: Zero Balancing and Transformation*. These inspiring stories will inform our hands on experiential exercises.

Demonstration ZB

Saturday 11:00am-12:00pm

Fritz Smith demonstrates a ZB session on the winner of the onsite raffle.

Benefit Location and Times:

Miramonte Indian Wells Resort & Spa

45000 Indian Wells Lane, Indian Wells, CA 92210

16th Annual ZBHA Benefit: Celebrating the Gift of ZB

Thursday May 9th -1:30- 5:00pm, 7:30-9:00pm

Friday May 10th -9:00 am-5:00 pm

Saturday May 11th - 9:00am-12:00pm

90th Birthday Celebration

Saturday May 11th -5:30-10:00pm

Benefit Tuition:

Zero Balancing Benefit 2019

Thursday May 9th - Saturday May 11th

by March 14th - **\$445** after March 14th - **\$495**

Tuition includes lunch for Thursday and Friday

Friday May 10th only

by March 14th - **\$190** after March 14th - **\$215**

Tuition includes lunch

Saturday May 11th only

by March 14th - **\$100** after March 14th - **\$125**

Birthday Celebration Saturday May 11th - 5:30-10:00pm

Dinner and Entertainment - **\$135**

Registration & Reservation Information

Registration for all events is online at Eventbrite.com

There are a limited number of rooms available at a special rate at Miramonte Resort. Call the resort at 800- 237-2926 and reference this event.

Prerequisite for Benefit: Zero Balancing I

CE Information: The Benefit provides 14 NCBTMB CE hours.

Sponsored by the Zero Balancing Health Association

zbha@zerobalancing.com 410-381-8956