

17th Annual Zero Balancing Community Benefit
Presented by ZBHA & the Faculty Committee
May 1 - 3, 2020

You're invited!

Join us for: *Transformation Through Conscious Touch.*
Consciousness gives rise to transformation. Touch makes that transformation conscious. This is a cycle that ZB brings to us both as practitioners and receivers. Join us for a transformative weekend where you can integrate the teachings of faculty, exchange ZBs and enjoy community time.



Transforming Ourselves, Empowering Others

with Mary Murphy (Friday • 2hrs)

ZB is a body-based form of meditation that has both inner and outer aspects. Our ability to provide transformation through conscious touch rests upon the foundation of our inner awareness, openness and stillness. Exploring ways to be present to ourselves will be experienced to seed effortless effort in offering transformative touch to others, and to nourish the higher consciousness of both client and practitioner.

The Power of Gentle- An Exploration of ZB & the Nervous System

with Ida Smith (Saturday • 3 hrs)

As we refine our awareness of touch through intensive practice we begin to notice the subtle ways that we connect with energy. Ida's focus of late has been to identify more clearly which touching best connects and calms the nervous system. We will explore this with fulcrums and exercises that particularly affect the vagus nerve. These processes facilitate and enhance our ZB sessions.

Energized Interface – Be a Long Lever Full of Qi

with Lisa Berger (Saturday • 1 ¼ hrs)

Back up your fulcrum contacts with open joints, released tension, and grounded power. Lisa will lead students through power stretches and qigong to shape our body and energy flow — practices that can be foundational for creating ZB fulcrums in a healthy and effective way. Presentation, demo and table work will build on this practice and focus on pelvic fulcrums. Students will explore ways to maintain a clear engagement of energy and structure through the blue line, the box and added vectors.

Expanding the Other End of the Fulcrum *with Bob Brown*

(Saturday • 1 ¼ hrs)

We talk about the ground as being the other end of every fulcrum. This session will include exercises to facilitate practitioners being more solidly connected to the earth and heavens while doing fulcrums from a seated position. Students will have time outside as part of this presentation.

Nestling and Noticing *with Katie Chase and Tom Gentile (Sunday • 3 hrs)*

As ZBers we know that interface happens at the intersection of structure and energy. Tom and Katie have designed a series of exercises and games to warm up our neurobiology to access a tuned-in and turned on mindset more readily. We'll playfully subvert our intentions in a way that inspires creativity. Learn a 3-step process to engage with the environment and build high internal and external awareness while working with each other. We'll learn whole body/mind nestling and observational skills.

Quality Touch Feedback: Meeting At Our Growing Edges

Friday May 1st 1:30 - 5:30pm (4 hrs)

Both receiving and giving individualized touch feedback makes us stronger ZB practitioners. Participants, with the guidance of ZBHA faculty, will be able to address personal learning frames in a supportive community. This program will be tailored to meet the needs within the group, with beginners and advanced practitioners all welcome.

Benefit Location and Times:

Claggett Center

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

Friday May 1st -7:30-9:30pm

Saturday May 2nd -9:00 am-5:00 pm

Sunday May 3rd - 9:00am-12:00pm

Benefit Tuition and Room & Board:

Benefit Only

by April 2nd - \$430 after April 2nd - \$455

Benefit and Friday Class

by April 2nd - \$515 after April 2nd - \$540

Friday Class Only

by April 2nd - \$130 after April 2nd - \$155

Saturday Only - *by April 2nd- \$190 includes lunch*

after April 2nd- \$215 includes lunch

Room and Board

2 nights, 6 meals

Housing will be in the Christiane Inn.

Meals include Friday dinner – Sunday lunch.

Single Double

\$290 \$255/person

Registration & Reservation Information

Prerequisite for Benefit: Zero Balancing I

CE Information: The Benefit provides 11 NCBTMB CE hours.

Friday's Growing Edges class provides 4 additional CE hours.

Registration is online through EventBrite

For more information :

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