



INTERFACE

July 2017



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**Zero Balancing at the
Institute of Noetic Sciences Conference - Again!**
by Michele Doucette



The Zero Balancing Touch Foundation is a conference sponsor for the Institute of Noetic Sciences (IONS) 2017 conference which will be held July 20-23 in Oakland, California.

There will be a team of ZBers giving sessions to attendees over the course of three days. The last time we attended we ZB'd well over 100 people, presenters, staff, scientists, artists, social activists, and paradigm shifting thought leaders. Our goal is two fold: 1. To introduce the role of skilled touch and embodiment as a means of engaging consciousness toward the goal of an awakened evolutionary path for our world, and 2. to serve conference attendees by creating an opportunity to ground, organize, integrate, and embody their conference experience. How fun!

We were also invited to create a post conference "reflection and integration" program at the IONS EarthRise campus in Petaluma Sunday night into Monday after the conference. This will be aimed at continuing the integration and embodiment of the IONS conference through the lens of ZB, including an Introduction to Zero Balancing class.

We hope this will lead to deepening our relationship with kindred organizations like IONS and create new inroads for Zero Balancing. Please share this info about the IONS conference with anyone you think may be interested. It takes a lot of people doing little things to change the world.

When a Client Finally "Gets" ZB *by Lisa Schumacher*

Lisa Schumacher is a certified Zero Balancer and massage therapist practicing in Washington DC.

Today I worked on a client, who regularly comes in for massage and has tried ZB a few times. She is a down-to earth, thoughtful and distinguished person in her mid-seventies.

I offer a session called "ZB Plus" for those who want to add an extra 20 minutes of focused bodywork to their ZB session.

Today my client came in for ZB Plus. She felt she would need massage on her neck, back and shoulders after ZB. Before the session she felt anxious as she will be receiving an honorary degree this weekend from a noted university and was worried she would get overly nervous. She wanted to be able to be present and focused at the ceremony.

I asked her to set an intention for the session. I explained that holding an intention in the frame of the session can be very powerful. It's like programming your GPS to take you where you want to go. She voiced her intentions and then we began the session.

I was so inspired from the recent Benefit where the presenters shared their thoughtful ideas for ZB that I kept thinking of the magic of Zero Balancing throughout the session. When I checked in with my client, before closing, she looked up at me and said "Now I understand what ZB is about. I get it." The ZB addressed all her wishes. She didn't feel the need for massage and opted to get some work on her head and face as part of the "Plus". She said that the ZB was exactly what she needed.

As a follow-up the client said that she was calm and present for the speech she gave (to over 14,000 in the audience). Now she has settled into ZB for her monthly tune-up as it is what she has been looking for to address balance of body, mind and spirit.

How lucky are we to offer ZB to our community!

I  Zero Balancing®

Good News From and For Physical Therapists!

The comment below, from a course evaluation, arrived at the ZBHA office around the time that we received word of the ZBHA's approval to offer continuing competency (education) credits to physical therapists and pt assistants for Zero Balancing I. (see below)

One of the best courses for PT's. In my 42 years of practice I have attended 2-3 courses a year - over 100 courses. ZB is in the top 5% - a must attend!"

Susan Blum, Physical Therapist

Susan also shared with us the following:

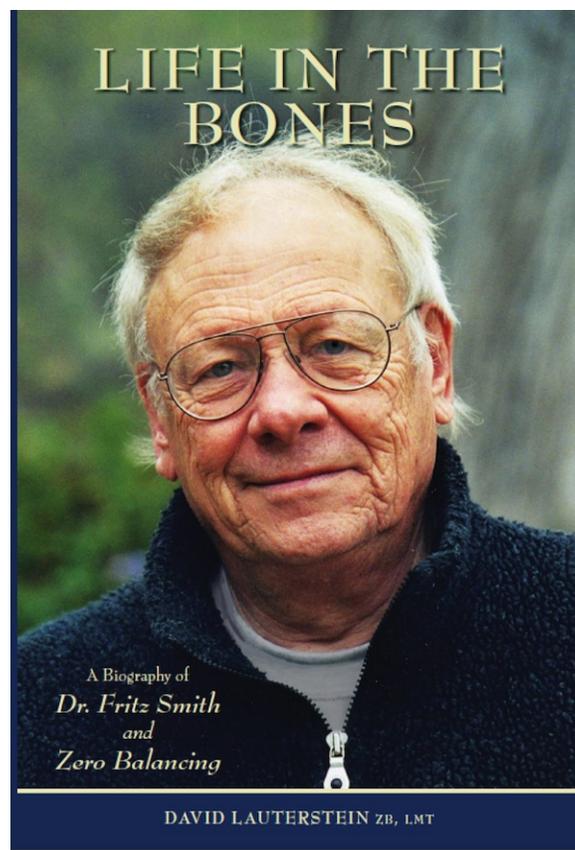
This treatment protocol has enhanced my practice on multiple levels. The preparation for treatment has improved my ability to focus and assist my patients to relax for more focused identification of structural limitations. In practical application the strategies for touch taught in ZB have enhanced my ability to perform soft tissue techniques. Often therapists treat the symptom and miss the source. The global assessment system has dramatically increased my ability to understand the interconnectedness of a symptom in one area of the body and its relationship with other areas.

Please help us spread the word about Zero Balancing and this approval - if you know any physical therapists or physical therapy assistants please let them know that they can receive professional credit for taking a ZBI class. Details below.

ZBHA has been approved to offer continuing education credits for Zero Balancing I to physical therapists and physical therapy assistants in 29 states! The approval is for 19 Continuing Competency Units through ProCert under the auspices of FSBPT (Federation of State Boards of Physical Therapy) for a 25 hour ZBI class. We are now able to offer CCUs for ZBI to PT's and PTA's licensed in these locations where ProCert is accepted:

Alaska, Arizona, Arkansas, California, Colorado, Delaware, DC, Georgia, Hawaii, Idaho, Illinois, Indiana, Kansas, Kentucky, Michigan, Mississippi, Missouri, Montana, Nebraska, North Carolina, North Dakota, Oregon, South Carolina, Tennessee, Utah, Vermont, Virginia, Wisconsin, Wyoming, and Puerto Rico.

Life in the Bones
A Biography of Dr. Fritz Smith
by David Lauterstein



Coming Soon! [Life In The Bones](#), a biography of Dr. Fritz Frederick Smith
The book will be available through the Zero Balancing Health Association.

Learn the life story of Dr. Fritz Smith and the revolutionary body-mind therapy he founded-Zero Balancing (ZB). [Life in the Bones](#), by ZB instructor and author David Lauterstein offers new insights into Dr. Smith's early influences, intellectual and spiritual pursuits, heart and passions that led to the development and teaching of Zero Balancing. [Life in the Bones](#) takes the reader on this exhilarating journey through the author's insightful weaving of biographical and historical events, along with personal recollections and full color photos and drawings offered by Dr. Smith's colleagues, students, and family.

A beautiful hard-bound book, [Life in the Bones](#) is a treasure for anyone interested in bodywork, the convergence of Eastern and Western medicine, the evolution of alternative healthcare, and body-mind healing. It is the first biography of any major figure in modern bodywork in 25 years. A thoughtful gift, the book is an unparalleled resource for all clients, students and practitioners of Zero Balancing, yoga, meditation, and other touch therapy systems.

\$42.95, Hardcover

Congratulations Recently Certified ZBers!



Congratulations to the following recently certified Zero Balancers!

Cheryl Hebert	New London, New Hampshire
Ryan Lee	Chicago, Illinois
Virginia Linder	Charlottesville, Virginia
Alma Sweeney	Niles, Michigan

Zero Balancing Health Association
8640 Guilford Road
Suite 224
Columbia, MD 21046

Email: zbha@zerobalancing.com
Phone: 410-381-8956
Office Hours: M, T 9AM - 5PM
W, Th 9AM - 4PM

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