



## **Alchemy of Touch / AOT**

**COURSE TITLE: Alchemy of Touch**

**ABBREVIATION: ALCHEMY**

**EDUCATIONAL CREDIT: 25 CEUs**

**COURSE LENGTH: 4 days**

**PREREQUISITE: Zero Balancing II**

### **COURSE DESCRIPTION:**

Alchemy of Touch is an advanced class that expands on Core Zero Balancing principles and delves into working with amplified fields of vibration within the body. The course teaches you how to create fulcrums that work with these amplified fields. Alchemical principles, when used during a ZB session, can provide the client with a direct experience of the healing state. In addition to presenting new material, Alchemy of Touch enables you to deepen foundational Zero Balancing skills through refined practice of Core protocol fulcrums as well as ZB session exchanges.

**You will learn:**

- Alchemical principles and their applications during a Zero Balancing session.
- The theory, purpose and therapeutic use of amplified fields of energy
- How to amplify vibration, both locally and throughout the entire the body
- How to contain and establish energetic boundaries
- In-depth exploration of framing a Zero Balancing session and how to work with a client's personal history
- How to monitor shifts of consciousness and expanded states
- How to recognize working signs of amplified fields in your clients

**What Participants say about Alchemy of Touch:**

**“I felt the information was relevant to both my ZB practice and my life in general—really helpful for working at deeper levels.” Benjamin Fox**

**“I finally feel like I ‘get’ the idea of organizing my whole body behind my hands, which I know translates to a clearer, more profound experience for both me and the client.” Tom Coen**

**“My understanding and facility of ZB has deepened and I look forward to applying *Alchemy* to more tenacious situations.” Athena Malloy**

**“Alchemy of Touch introduced me to a level of refinement in ZB that has expanded my skills and efficacy enormously, particularly in working with the strong energies of the pelvic bowl and the dorsal hinge.” Elizabeth Zenger**