



"OFFERING A DEEPER LEAN"

2021 Annual Zero Balancing Community Benefit

May 15 & 16

11 a - 5p ET, both days

sign up to attend or for access to recordings & materials

Register Today!

**Have you ever had the opportunity to learn from
17 different Zero Balancing teachers
from all over the country?**

Now you do, so don't pass this by!

SIGN UP TODAY!

While learning more about Zero Balancing, and more about yourself, you can lean in with old friends and welcome new ones. It's a great opportunity to sharpen your ZB skills and celebrate Spring.

It's a veritable feast of ZB teachers, each with their own fascinating insight into Zero Balancing. The event will open with offerings by **Katie Chase, Fritz Smith, and Rebekah Harbour**.

Content will be interwoven with movement offerings from **Ty Romijn, Jo Johnson, Laura Lea Sweney, and Jamie Carmody** in **Kundalini Yoga, Qi Gong, Tai Chi and meditation** to help you integrate the learning and experience your full self.

[Check out this year's agenda](#)

Here's a look at some of the sessions you'll have access to:

Mentoring is a Deeper Lean *Amanda King, Michele Doucette*

Amanda and Michele, Mentor Advancement Program (MAP) faculty, present a lesson from the program on how to hold the ZB field and consciously amplify ZB principles (including Interface, non-diagnostic, high personal regard, witness state, the pause) when mentoring another person. The lesson includes a discussion of the qualities of embodied listening skills, along with a demonstration and mentoring practice in pairs in breakout rooms. Pure and open attention is a fulcrum that gets the energy moving!

By the end of this session participants will be able to:

- Consciously create a safe container using ZB principles for a one-on-one coaching

or mentoring session - in person or online

- Apply interpersonal skill sets to lean in and meet another person where they are - in person or online
- Practice open attention and embodied listening as fulcrums and catalysts for positive change

Understanding our Cultural Lenses *Rebekah Harbour*

By the end of this important session, participants will:

- Have a process to reflect on their own cultural identities
- Discover how innate characteristics may be taken for granted or be unconscious
- Examine how unconscious bias may be a factor in their ZB sessions
- Recognize the relevance and responsibility of being conscious of cultural lenses in a ZB practice

ZB Rituals for Couples & Families *Laura Lea Sweney*

This experiential class is directed at building family infrastructure and connection by building a bedtime communal ritual based in the 5 senses and ZB principles of interface, donkey connection, and nestling.

Our Stories as Teachers *Judith Sullivan*

Judith Sullivan has been a certified instructor with the Zero Balancing Touch Foundation since 1989. She's the innovator behind *Zero Balancing Expanded: Addressing the Viscera* (formerly *Spirit of the Organs*), *ZB Kids*, *Zero Balancing Expanded: Addressing the Skull* (formerly *Secrets of the Skull*), and *Fabulous Fulcrums*; the author of *The Attitude of Awaiting a Fish*, and (often called *The Fish Book!* by her students) and recently completed editing the fourth edition of the *Core Zero Balancing Study Guide*. Part of Judith's great gift to this community and all who know her is her ability to tell a story.

By the end of this session participants will experience the richness and power of stories as teachers, and how they're often the teachers of your students or clients.

Beyond Therapy: ZB and the Healing Field *David Laden*

ZB is not a problem-oriented therapy, but a means of helping people experience themselves as more fully alive and well, even while navigating challenges and difficulties. ZB is a facilitator of self-realization as it directs our energy and attention inwards towards the source of our Being.

HMV: Essentials to the Esoteric *Michael Oruch*

By the end of this session participants will have a better grasp of the critical components that amplify work, whether beginner or expert... how to do a more efficient and effective HMV with hand and body positioning, Blue Line engagement, pausing, rhythm, etc. We'll then incorporate that critical framework into abstract/esoteric concepts and considerations. Michael will also offer a Restorative HMV that incorporates a personal frame.

□ [**And more! Get the full agenda here**](#) □

Registration Details

Two-day Pass: \$150

One-day Pass: \$85

(Special Pricing for Faculty & TT5 - please contact the [Faculty Committee](#) for details)

If you can't make it to the live broadcast, you can sign up to receive access to the materials post-event.

Sessions will be recorded and made available to registrants after the event. (If you sign up for Saturday, you'll get access to Saturday's recordings, but not Sunday's).

One week prior to the event, you will receive an email with all the details you'll need for downloading and logging onto Zoom, the virtual event platform. We will also include how to contact us should you have any technical difficulties before or during the event.

[Sign Up Here](#)

Deadline Extended for 2021 ZBCB T-Shirts!

Order one of these beautiful shirts and help us reach our goal!

The unisex t-shirts are 100% preshrunk ringspun cotton that are double needle stitched for durability. The soft washed shirts are dyed with eco-friendly pigment colors: Blue Jean (shown here), Royal Caribe, and Crunchberry! Click [here](#) for more info.



[Zero Balancing Health Association](#)

