



## **Core ZB Advancing Skills Day / CORE ZB SKILLS**

**COURSE TITLE:** Core ZB Advancing Skills Day

**ABBREVIATION:** CORE ZB SKILLS

**EDUCATIONAL CREDIT:** 6.5 CEUs

**COURSE LENGTH:** 1 day

**PREREQUISITE:** Zero Balancing I

### **COURSE DESCRIPTION:**

Core ZB: Advancing Skills Day classes enhance the process of learning Zero Balancing, sharpen your skills, especially if you have not taken courses recently, and build community with other ZB practitioners. Student questions shape the lessons, and the format may include presentations, demonstrations, touch feedback and session swaps. All of the students have taken at least Core ZB I.

### **Topics typically addressed:**

- Deeper embodiment of Zero Balancing principles and theory
- Practicing the ZB session protocol with greater awareness
- Improving your use of the three types of ZB fulcrums
- Fine-tuning evaluations and fulcrums for the lower and upper parts of the body
- Review of a session framework

### **What Participants say about Core ZB Advancing Skills Day:**

“I’ve found that Advancing Skills days are an essential (though often overlooked) way to deepen our understanding of the ZB principles in a very personal way. I’ve found that in working on my own for too long, it’s so easy to lose my way a bit, and [Advancing Skills ] Days help me clear the fog and get back on track. They’re also great for developing relationships with other ZBers, and building more community.” Tom Coen

**“Advancing Skills days are extremely helpful, because I receive a lot of one-on-one tender loving care. The techniques become more mine and more usable for me and my clients.” Susy Boge**

**“I have greatly benefited from the Advancing Skills days. My instructor does a wonderful job reviewing the basic protocol and adds in new techniques or different ways of using techniques already learned. The Advancing Skills days are also a good way to connect with and learn from other Zero Balancers.” Julia K. Wilkinson, PT**

**“Working with others who practice ZB offers a practitioner the chance to get feedback and support from those who truly understand the work. I have found Advancing Skills Days to be a vibrant part of the ‘circulatory system’ of the ZB community, which supports practitioners on their evolving journey with Zero Balancing.” Beth Terrence**