



Learn Zero Balancing through the Core Zero Balancing Program/Core ZB Program

The Core Zero Balancing Program is the foundational course work that teaches the theory and hands-on framework of the art and practice of Zero Balancing. Zero Balancing was developed by osteopathic physician and acupuncturist Fritz Smith, MD. This 50-hour foundation program in Zero Balancing is taught in two 25-hour segments – called ZB I and ZB II – which are separated by a period of 3-6 months to allow time for hands-on application and experience.

Upon completion, the practitioner will have an in-depth working knowledge of the Zero Balancing protocol. The Core Zero Balancing Program is a prerequisite for advanced Zero Balancing courses.

Zero Balancing students and practitioners are encouraged to repeat Core Zero Balancing as it helps to master the basic form and deepens the power and effectiveness of ZB sessions. Tuition is discounted for repeating either class.

NOTE: With permission of the instructor, Certified Zero Balancers may attend ZB I and ZB II as class assistants free of charge.

You will learn:

- To give a full and effective Zero Balancing session using the Core ZB Protocol

- **Evaluation and balancing techniques, practiced with fellow students, the instructor and class assistants**
- **The principles that make Zero Balancing unique and powerful**
- **To work more effectively with less physical effort**
- **To engage clients on a deeper level by using conscious touch to access bone energy**
- **To work with body energy and anatomical structure simultaneously**
- **To work with expanded states of consciousness in yourself and your clients**
- **Skills that will enliven your healing arts practice**