



Form & Fulcrums I / FORM FUL I

COURSE TITLE: Form & Fulcrums I

ABBREVIATION: FORM FUL I

EDUCATIONAL CREDIT: 25 CEUs

COURSE LENGTH: 4 days

PREREQUISITE: Zero Balancing II

COURSE DESCRIPTION:

Form & Fulcrums I utilizes Chinese movement principles to help find optimal positioning while performing Zero Balancing. Michael Oruch developed this class to help you give Zero Balancing sessions more easily and with much less effort through improvement in body mechanics. You will learn to identify the when, where and why of difficulties and how to address them.

We will use simple Qigong-based ZB exercises to facilitate more body awareness and to thoroughly review each fulcrum of the protocol incorporating these concepts. You will also learn many new and extremely useful fulcrums while covering topics such as blue line, donkey, rhythm, positioning, transitions, movement, and, of course, engagement.

The working paradigm here is: "We are only able to engage our clients to the degree in which we ourselves are engaged." The common misconception is that more structure is needed when in fact it is more engagement. When we are engaged and in proper alignment, utilizing bone energy, knowing the landmarks and the protocol, the ZB session is much easier, more effective and magical.

You will learn:

- **Qigong theory to help your ZB sessions**
- **Partner exercises exploring energy/structure, blue line, engagement and more, to heighten sensitivity**
- **Movement exercises to facilitate body awareness**
- **To find an optimal body position for each protocol evaluation and fulcrum**
- **To deconstruct and reconstruct each protocol fulcrum in clear stages**
- **New and useful fulcrums**
- **To hone the skill of high level attention with a quiet mind**
- **The principles and skills for doing a 15-minute ZB session**

What Participants say about Form and Fulcrums I:

“Form & Fulcrums with Michael Oruch is a class every Zero Balancing student and practitioner should take. Whether you have just done Core ZB or are a certified Zero Balancer of many years, this class will add ease to every single fulcrum you do. Michael Oruch has taken the pains to distill years of Qigong and Tai Chi practice, years of assisting Dr. Fritz Smith, and years of experience as an artist, craftsman, and spiritual seeker into this one workshop. Take Form and Fulcrums by all means!” David Lauterstein, ZB Faculty and Co-Founder of The Lauterstein-Conway Massage School

“Form & Fulcrums is an essential course for building a strong foundation in Zero Balancing. It is a cornerstone for anyone seeking competence in ZB practice, and not to be missed.” Elizabeth Zenger, LAC, ZB Faculty