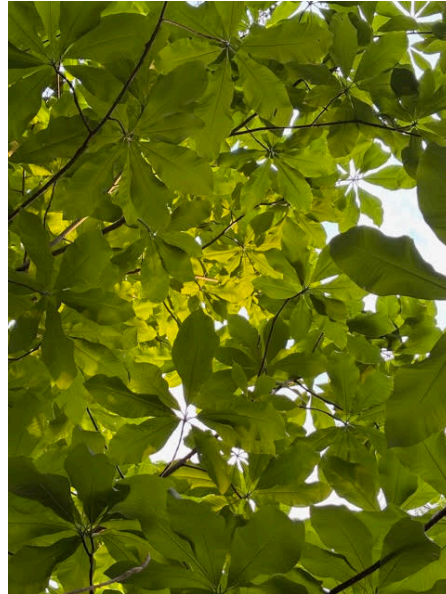
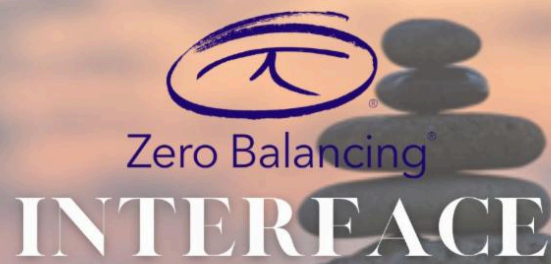




ZB Transformation

Developed by Fritz Smith, MD in the early 1970s, Zero Balancing is a powerful and transformational body-mind therapy. By addressing the deepest and densest tissues of the body along with soft tissue and energy fields, Zero Balancing helps to clear chronic tension and blocks in the body's flow of vitality. ZB has been shown to reduce stress, promote better postural alignment, and amplify calm, mental clarity and well-being.

EXCITING ZB EVENTS

19 July - Third Sunday: Questions from the Field - M. Lavery & H. LeClair

2-7 August - The Art of ZB - J. McCormick & M. Oruch (AZ)

6 September - First Sunday Virtual ZB - M. Oruch

8-13 October - Mastery in Zero Balancing - J. McCormick & M. Murphy (Cape Cod)

5-7 November - Bridges to Wholeness: ZB & Those Affected by Cancer - A. King (MA) with course developer E. Livny



And many other foundational and advanced classes!

[Find a Class](#)



Highlights from the ZBHA Benefit 2026 in at Pendle Hill

The first in-person Community Benefit since 2019 was illuminating, uplifting and so much fun! Deep appreciation for the attendees who arrived from around the country. Gratitude to the planning committee Diane Bazin, Mary Murphy, Veronica Quarry and Jenny Ash for for an amazing program and for inspiring us to shine. Applause for the wonderful presenters who reminded us of the healing, magic, and quietude inherent in Zero Balancing.

Misty Rhoads and Mary Murphy sparked powerful personal and community healing. Eliza Mallouk led us to explore Interface and High Regard through embodied movement and connection. Judith Sullivan shared the power of a 3-minute seated ZB to reset the nervous system. Michele Doucette inspired us to play with magic (scientifically) and embody all that we are. Veronica Quarry clarified so much about the pelvis - our seat of power. And Michael Oruch showed us ways to offer quietude and calm to our own bodies.

Thanks to ZBHA Board members and to Executive Director Stevie Johns for your service to the organization and for your bright vision of the future of ZB.



Gratitude to Bob Weisbord, Director of Operations at Pendle Hill Retreat Center

We held our first in-person Benefit since 2019 at Pendle Hill, a Quaker center welcoming all for Spirit-led learning, retreat, and community. Pendle Hill's vision is to create peace with justice in the world by transforming lives.

A deep bow of appreciation to Bob Weisbord, Certified ZB practitioner and mentor and Director of Operations at Pendle Hill. Thank you for welcoming the ZB community to

beautiful and peaceful Pendle Hill and for bridging our two communities so seamlessly.

HELP WANTED

20-hour/week administrative position open
at the ZBHA

Lend your excellent technical and communications skills to support the ZBHA community of students, practitioners, teachers, and the public in the ZBHA virtual office.



The ZBHA serves as the central membership and education organization in North America for everyone interested in Zero Balancing as a therapeutic healing modality. The ZBHA office serves as a hub for our thriving community. The administrative support role is the face of ZB, serving the public, students, practitioners and faculty, carrying out administrative work in service to the executive director. On-the-job training is included.

To learn more, please email stevie@zerobalancing.com.

Feel free to share with others who might be interested.

The Alchemy of Ancestry: Honoring our Zero Balancing Community

by Liz Zenger, ZBHA Faculty

Community of Consciousness, Collective Creativity



Zero Balancing is a living art, not a static system meant to be practiced rigidly in its original form. ZB continues to evolve, not only with the founder's insights, but also with the contributions of others. Dr. Fritz Smith created a lineage, held by the ZB teachers, mentors and practitioners. New insights are put into practice, within the fundamental principles of

balancing body energy and body structure. At the June 2026 in-person Zero Balancing Faculty Meeting and Community Benefit, a Memorial Table honored all of those in our community who have passed away. Let's say some of their names here: Fritz Smith, Aminah Raheem, Hau Thi Long, Giovanni Pescetto, Mary Zinman, Larry Adams, Tom Gentile, Ann Kershaw, Linda Butrey, Bhasa Leona. We honor and remember their contributions to the living stream Zero Balancing.

[Read the Full Post](#)



Start Your Transformational Wellness Journey with a ZB I Workshop

July 17 - 26 combined with ZB II Austin, Texas with David Lauterstein
August 6 - 9 Elkhart, Indiana with Deanna Waggy
August 14 - 17 Warwick, Rhode Island with Beverly Peirson and Julie Sargent
September 17 - 20 Virginia Beach, Virginia with Jared Urchek
September 17 - 20 Portland, Oregon with Elizabeth Zenger
September 25 - 28 Berkeley, California with Linda Wobeskya
October 1 - 4 Kingston, New York with Roy Capellaro and Ben Fleisher
October 23 - 26 El Granada, California with Karen Senffner and Donna Cerio

[Learn More](#)

**Find a Certified ZB Practitioner:
Use the US Radius Search Feature**

Looking to find a ZB practitioner? Try the US Radius Search feature on zerobalancing.com

1. Click on US Radius Search at the bottom of the search box
2. Type in the city and state OR zip code of the location
3. Set the radius to 0-50 miles

Practitioners: if you have a listing on zerobalancing.com, update it regularly to make sure clients can find you!

[Try it Now](#)

Friends and Fulcrums



MENTOR CORNER

ZB Teachers and Mentors Explore the Power of Mentoring Together

by Alison Mott, Certified Mentor

Right before the ZBHA Benefit at Pendle Hill, Faculty and Certified Mentors had an opportunity to meet and mingle. It was a coming out party of sorts for Mentors, since the two groups had not yet worked together in person. Mentors were eager to share our insights with our faculty colleagues. Mentors planned a session of triad work to

demonstrate the power of learner-centered practice with a mentor observing, holding and amplifying the field of discovery.

“The intention is for Faculty and Mentors to be complimentary and collaborative,” said Veronica Quarry, a Faculty member and Certified Mentor, as she set the stage. “Teachers teach the material so that students can understand ZB principles and practice. Mentors listen to a mentee’s goals and frames, to identify their strengths and needs, and to support them as they put their formal learning into practice. We need both.”

For this triad work, each person had a chance to be the “student,” “mentor,” and “client,” and we asked Faculty to put aside their teacher hats. The most challenging place to do that, it turned out, was from the table, as teachers feel responsible to “correct” fulcrums that aren’t quite right. Those on the table were asked to report their experience, while the ZBer leaned on the mentor’s keen observation and

awareness of the student's frame to ask questions and offer insights that could support the student's investigation.

There were many ah-ha's! Teachers shared:

--I really loved being the mentor. The process of questioning gives the person a chance to come to their own learning.

--I learned that feedback is a skill - you can't take too much at once - and I got great feedback on how I give feedback.

--This activity helped heal old traumas from previous overly critical teaching. The exercise gave safe space to feel vulnerable to learn.

Connect with a skilled mentor today!

[Email The Mentor Committee](#)

Zero Balancing Field Notes **by Lisa Schumacher, CZB**

I came across this when I was going through old emails and wanted to share this with other ZBers. After re-connecting with the ZB community in person at Pendle Hill in June, and missing those who could not attend, I thought this would be of value as we go back to our treatment rooms across the country.

From a ZBer in England - the section below is copied exactly as he wrote it. – Lisa

Guy on the table today. He said...

"Considering you're just sticking your finger in my back, what you're doing right now is having a massive effect on me."

I said...

"Yeah. Amazing isn't it."

And I got to thinking of the MASSIVE bulk of practice, time spent, community, note-taking, meditation, class-attending, class-teaching, case-studies, feedback, awareness, travelling, carrying on in the face of adversity, understanding, misunderstanding, wisdom, history, enthusiasm, doldrums, curiosity and friendship (particularly friendship) that sits below the waterline of the visible protruding tip that we call a fulcrum.

Good for us. And good for everyone.

[Find a Practitioner](#)

Feature a Teacher

19 July - Third Sunday Open Forum: Questions from the Field - with Helen LeClair and Megan Lavery

Calling on our community. Join faculty members Helen LeClair and Megan Lavery for this exploration of your actual case questions. Come with consultation questions you may have, or cases you want to share your insights about, or anything else related to Zero Balancing you want to ask during this Open Forum conversation. Tell us about how you are using Zero Balancing in your practice!

[Register Now](#)

Do you have ZB-related news, poetry or artwork to share?

Please email us at zbha@zerobalancing.com

Items should be no more than 200 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

“Wear gratitude like a cloak, and it will feed every corner of your life.”

- Rumi



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