



Zero Balancing[®] INTERFACE



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

7 June - The Fulcrum & The Vector
Online - M. Oruch

13 June - Power in the Therapeutic
Relationship Online - R. Harbour

19-21 June - ZBHA Community
Benefit - In-Person (PA)

5-10 July - ZB I at The Omega Institute - M. Doucette (NY)

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

6 September - First Sunday Virtual ZB Online with M. Oruch

And many other foundational and advanced classes!

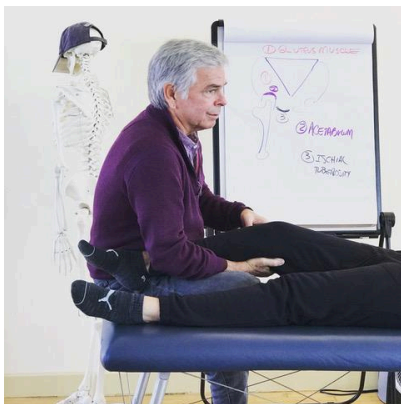
Find a Class



As we look toward the fall, Jenny Ash will be leaving her role as Office Manager with the Zero Balancing Health Association. Jenny has been a deeply valued part of the ZB community, and we are incredibly grateful for the dedication, leadership, and care she has brought to the organization over the years.

While transitioning from her operational role, Jenny will absolutely remain a core part of our community. We are thoughtfully working through the transition process and welcome conversations with community members who may feel called to support this evolving role.

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



ZB Community Benefit Friday June 19 - Sunday June 21, 2026

Attending the ZBHA Benefit in at Pendle Hill in June?

Extend your Zero Balancing trip and immersion. Take Freely Movable Joints with Jim McCormick immediately following the Benefit. Jim is teaching the class nearby in Gladwyne, PA on

Monday, June 22 - Thursday, June 25.

If you can't make this one, you can also take Freely Movable Joints June 26-29 in Mill Valley, CA with Linda Wobeskya and September 10-13 in Rochester, NY with Lisa Berger.

[Register Here](#)



7 June - NEW CLASS Online: The Fulcrum and the Vector with Michael Oruch
4-6 PM EDT

In this class, Michael Oruch will explain the basics of the variety of fulcrums and vectors we use in a Zero Balancing session and then demonstrate their use in an enhanced protocol ZB. The enhancement being a few fulcrums and vectors that he uses in every ZB session. There will be time for questions and comments at the end of our time together.

[Register Here](#)

13 June - Online: Power in the Therapeutic Relationship with Rebekah Harbour
9:00 AM – 1:00 PM HAST (Hawaii Time)

This course is designed for practitioners who want to deepen their ability to create a stronger, safer, and more ethical therapeutic container for their clients. Through self-enquiry, discussion, and practical exploration, we'll look at how the therapeutic relationship itself can become a powerful foundation for healing and transformation.



Topics will include:

- Hidden signs of trauma
- Reinforcing Interface
- Donkey connection
- Highest personal regard
- Creating deeper trust and clearer boundaries
- Supporting clients with greater safety and presence

Participants often share that this material is immediately applicable and deeply impactful in both their professional and personal lives.

For Returning Students

If you are repeating the class, you are eligible for a 50% discount using promo code: ZBHAHalf

[Details and Register Here](#)



Start Your Transformational Wellness Journey with a ZB I Workshop

June 4 - 7 Wilmington, Vermont with Michele Doucette

June 25 - 28 Maui, Hawaii with Rebekah Harbour

July 5 - 10 Rhinebeck, New York (residential at The Omega Institute) with Michele Doucette

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](#)

Friends and Fulcrums



**MENTOR
CORNER**
**Certified Mentors
step gracefully
into many roles**

You may have noticed that many certified mentors are offering their time to help the ZBHA thrive for

students, certification candidates, practitioners and teachers. In addition to mentoring students, assisting in Core ZB classes and leading local gatherings and study groups, mentors are stepping up to serve in exciting ways.

Certified Mentors Eric Eichelberger and Veronica Quarry (also faculty) are serving on the ZBHA Board of Directors with Eric in the role of Treasurer. Certified Mentors Diane Bazin, Jenny Ash and Veronica Quarry (also faculty) served with faculty member Mary Murphy on the 2026 Benefit committee,

planning the programming for this first in-person event since 2019. Certified Mentor Chris Allen, who leads the Mentor Committee with Alison Mott, serves on the ZBHA Ethics & Reconciliation Committee with teachers Mary Behrens and Megan Lavery. Two mentors, Leslie Connell and Eliza Mallouk serve on the Certification Committee with faculty member Lisa Berger, taking time to connect with and support those in the certification process. Mentor Dan Sullivan has helped to share Zero Balancing news and touch with massage therapists at the AMTA-NY Chapter meetings and events. Mentors are also leading valuable online study groups and have supported students in David Lauterstein's Intensive Certification Program a few years ago.

Connect with a skilled mentor!

[Email The Mentor Committee here!](#)

Looking for your Inner Smile?

Download the Inner Smile Meditation led by Dr. Fritz Smith and listen whenever you would like a lift. The Inner Smile meditation addresses almost every part of the body and feels like a nourishing treatment. Your purchase supports the ZB Touch Foundation.

[Purchase Here](#)

Feature a Teacher



Dr. Misty Rhoads fosters Mindfulness at Eastern Illinois University

Dr. Misty Rhoads, professor of public health and ZBHA faculty member, co-created a mindfulness initiative at Eastern Illinois University with her colleague Kim Ervin. The multilayered program features mindfulness training, an inspiring podcast, and resources open

to the entire EIU community, including faculty, staff, and students, as well as anyone in the broader public seeking support.

Misty writes: "The EIU Mindfulness Initiative is a shared effort to bring presence, compassion, and calm into the everyday life of the university and the broader community. We believe mindfulness is not just a practice, but a way of being, with ourselves, with one another, and with the world around us. Through experiences, workshops, and moments of quiet reflection, the facilitators invite everyone at Eastern Illinois University to pause, breathe, and reconnect."

In times of high stress, such as finals season, Misty has often offered Zero Balancing sessions to students, faculty, and staff.

One example of the initiative is the Mindful Educator Faculty Learning Committee, grounded in contemporary research and evidence-based practices. The program grew out of a real need: as increasing numbers of students enroll in EIU's credit-bearing mindfulness course and learn to regulate their nervous systems, it became clear that faculty needed the same foundation. It equips faculty with practical tools to manage stress, stay grounded, and teach with greater presence, supporting personal well-being, mindful leadership, and inclusive learning environments.

[Learn More](#)

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

“The more you are motivated by love, the more fearless and free your actions will be.”

- HH The Dalai Lama



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