



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation

The spring season has brought with it so many blessings.

Our **new Office Manager, Elizabeth Schwerman**, is in place and has been training these past few weeks. Her contributions to our small but mighty team have already helped to provide even more customer service and attention to students and Faculty alike.

We are also overjoyed that **the calendar of classes is filling up**, which is a sight for sore eyes after these past two years. And it continues to grow as more Faculty plan their travel and teaching schedules.

Whether you are ready to complete Certification, or in need of a refresher, we are sure to have something that will provide you with a renewed sense of hope, an opportunity for growth, and a reminder of how **conscious touch can make such a positive impact on the people in your community**.

Speaking of community, **Board Members Linda Wobeskya and Pat Dorsey were present in-person for the graduation ceremony of our most recent class of Teacher Trainees!** We look forward to sharing more about THE NEW TEACHERS and their experience in the coming weeks. Kudos to the Teacher Training Faculty for creating an incredibly supportive and successful program.

Take care and 'see' you next month!

-The ZBHA Board and Staff

Friends & Fulcrums

**Taking a ZB class in Charlottesville, Virginia
June 2016**

by Arthur Tobias, ZB Practitioner

My first foray into Virginia
a 6 hour drive into the unknown
I arranged lodging beforehand
with a fellow ZBer

a comfort to a stranger in a strange land

"The Kinesthetic Signatures of Zero Balancing" was 4 days of intensely

focused work
getting into your fingertips
and really feeling what you feel
getting beyond the demands of the left brain to analyze and hypothesize
our teacher Linda Wobeskya
was an extremely helpful presence
encouraging and empowering
our exploration of terra incognita
and every day after class
I drove back to Cindy Jackson's house
where there were deer in the driveway
and rabbits in the yard
slept happily in a basement room
whose entrance at the bottom of the stairs
was watched over by
a Chinese scroll of Bodhidharma
crossing the river on a reed
going home



Mentor Corner

Profiles, Interviews and Musings to Enhance Your ZB Journey



by Alison Mott, for the Mentor Committee

What was your experience like in core ZB?

When I took ZB1, I had already been receiving ZB weekly for several months. I knew what fulcrums were supposed to feel like, even though I didn't know how to do them yet. That body knowledge allowed me to learn quickly and feel confident about what I was doing. It's also the most important reason that teachers demonstrate on students; so that they can learn by receiving as well as by seeing and doing. And now imagine a class with one teacher and many students...

Certified Mentors in the Classroom are like teacher-extenders. They anchor the “middle place” between students and teachers. With their specific focus on core ZB practice and principles, and their tuning to the Middle C of ZB, Certified Mentors are the teacher's hands reaching out into the classroom.

They are the multiplier effect, making sure that every student has a body-felt experience of the fulcrums. They are the experienced bodies on the table, giving useful, actionable feedback to the student. They free the teacher to hold

the whole class, while still allowing for focused, personalized attention where it is needed. They help corral frisky donkeys, make sure the bathrooms don't run out of toilet paper, and contribute to stabilizing the field that amplifies everyone's learning.

Certified Mentoring is quite new in the ZBHA organizational structure, but as more practitioners become certified, look for this whole new level of connection and support in core ZB classes.

As much as they are experienced, Certified Mentors are also fellow explorers and companions. In the classroom, as well as in mentoring sessions, they prioritize the student/mentee's needs, seeing what is needed at any point. They understand that a bit of struggle is a necessary part of the learning process and they provide handrails so that the struggle feels productive. They take delight in the student/mentee's discoveries, and make their own discoveries at the same time. They listen more than they talk and offer observations that foster inner discovery. They take delight in process and celebrate achievements.

**If you are interested in becoming a Certified Mentor, reach out to the Mentor Committee with your questions and your interests.
ZBMentorCommittee@gmail.com**

Many thanks to those Faculty who helped us flesh out the picture of Certified Mentors in the Classroom in breakout rooms at our first Faculty-Mentor meeting. We look forward to honing vision and practice together.

Wishing you all a voyage of discovery!

Feature a Teacher



Mary Murphy, Misty Rhoads, and Deanna Waggy collaborated on an interactive presentation for educators and students in stressful situations who are on the edge of burnout or fatigue.

This presentation combined research on transformative touch modalities, especially Zero Balancing, and taught simple self-care tools to help lower their stress and reset the

vagus nerve response. Participants learned breathing techniques, acupressure sites, meditation, and other skills for relaxation and stress relief.

Mary Murphy and Misty Rhoads spoke to an overflowing room at the Illinois Association for Health, Physical Education, and Dance (IAHPERD) State Convention in Tinley Park, Illinois on December 3rd, 2021. Participants were given an informational handout designed by **Deanna Waggy**.

A similar presentation was given to the Eastern Illinois University faculty and has been requested by other groups on campus as the critical need for this material and skilled conscious touch are recognized to be helpful for current

stress levels being experienced by students and teachers at all grade levels.

Do you have news to share?

Please email us: zbha@zerobalancing.com

A Note of Inspiration

"I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can."

– George Bernard Shaw