



## ZB Transformation

### EXCITING EVENTS

April 16 - What is SUNG and what does it have to do with ZB?  
with Judith Sullivan

April 26 - Free! Promoting ZB on Social Media with the Marketing Committee

April 29 - The Magical Sacrum/Coccyx Complex with Judith Sullivan

May 4 - Intensive ZB Certification Program Begins - Austin, Texas

May 7 - First Sunday Virtual ZB with Michael Oruch

Art of ZB in Joshua Tree has been postponed to May 4-11, 2024  
Save the Dates!

**FULL CLASS  
CALENDAR**

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**Wanted: ZB Poets for  
#zbhaiku**

**Feeling creative and inspired  
after your ZB session? We  
encourage you and your clients  
to share a ZB haiku with us.  
Please send your ZB Haiku (5-7-  
5) or other creative forms of**

Bones are resonant  
Releasing ancient patterns  
We become ourselves  
- Lisa Bardarson



PC Lisa Bardarson

#zbhaiku #zbtouch

LB 2023

poetry to  
[marketing@zerobalancing.com](mailto:marketing@zerobalancing.com)  
by April 30.

We will be sharing them on social media in May, in honor of Fritz's birthday. Please include your name and title if you wish to have those included.

Check out #zbhaiku and #zbtouch on social media and share!

Submit your ZB Haiku  
here!

## Friends & Fulcrums

### FREE ZOOM April 26: Promoting ZB on TikTok & Social Media

Do you want to help tell the world about ZB on social media? Come hear about the three L's of the volunteer Marketing Committee's social media campaign:

- Learn • Lean • Like

Don't miss this free Zoom on April 26 from 7-8 PM ET. You'll hear about efforts to promote ZB on social media to reach potential clients of all

ages. While the future of TikTok is up in the air, the marketing committee has been using the platform to create fun, engaging videos about ZB. Find out what's happening and how you can participate. From liking a page to sharing photos to making your own TikTok account, let your donkey lead the way. We can't spread the word without you! To start, google #zbtouch or #zerobalancing to see more.



Register Here

Mentor Corner

# HOW CAN I HELP?..... others and myself

By Suzan Sutton, Certified Mentor



In recent Interface newsletters, the Mentor Corner, representing voices of Certified Mentors, the third leg of the ZBHA stool, has been clearly present. These submissions have been in-depth, informative, and helpful in explaining this recent addition to the ZB fold.

An obvious assumption is that a mentor is here to help. They support the faculty in aiding and assisting with classes. They give gentle guidance to ZB I and ZB II participants, and they are a strong support for Certification Candidates who are looking to fine tune their skills and knowledge.

The Mentor Advancement Program (MAP) certification program, while focusing on guidance and leadership aspects, also has another nuance that has not gotten much attention. In this well-designed program, there is a personal development and introspection aspect that asks one to view and evaluate themselves on various levels. It is through the ZB scope that one investigates the concepts of self-assessment, framing and envisioning your ideal development, role playing expansive concepts, and imagining your best self and scenarios.

**"MAP encourages you to take a good, hard look at what you bring to the table, literally and figuratively."** Suzan Sutton

While all of the above lends itself to becoming a more dimensional ZBer, it also helps us to peer directly into a full-length mirror. The program encourages you to take a good, hard look at what you bring to the table, literally and figuratively. How do you see yourself embracing the comfort of this modality and using that to become a better human being, a kinder contributor, and a happier and more focused person?

To only consider the MAP program as specifically dedicated to mentoring does it a disservice. The relevant content, the inspired creativity, and a view of clarity can help each of us achieve a more expanded and contented sense of ourselves. Consider participation in this well-rounded and inspirational program. Do it for others AND yourself.

The next Mentor Advancement Program will be happening in 2024. Stay tuned for more details.

Find a Certified Mentor in the practitioner search at  
[www.zerobalancing.com](http://www.zerobalancing.com)

Email The Mentor  
Committee

## Feature a Teacher

### The Magical Sacrum/Coccyx Complex

with Judith Sullivan  
Saturday, April 29!

Learn how to assess and access bone gold in the sacrum and coccyx to remove dysfunction throughout the body, specifically related to the pelvic cavity, the dorsal cavity and the occiput. This class treats you to some of the exciting information presented in **Zero Balancing Expanded: Addressing the Viscera**.



#### About Judith

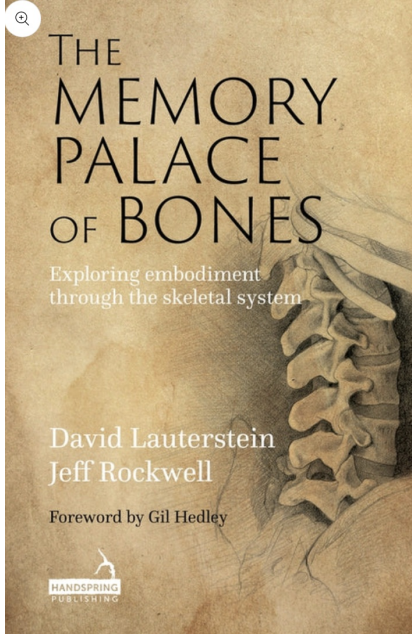
As an expert practitioner and teacher Judith Sullivan has over 40 years experience helping adults, children and infants heal from many painful physical issues. Combining CranioSacral Therapy, Zero Balancing and Visceral Manipulation, Judith treats the whole mind/body matrix of each individual to correct imbalances and restore optimum homeostasis in the body. Judith is the author of [Zero Balancing Expanded: The Attitude of Awaiting a Fishand](#) creator of the Zero Balancing Expanded curriculum, ZB Kids and Fabulous Fulcrums.

REGISTER  
HERE

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### JUST RELEASED: The Memory Palace of Bones by David Lauterstein and Jeff Rockwell

*The Memory Palace of Bones: Exploring Embodiment Through the Skeletal System* is an unprecedented exploration of the anatomy of the bones of the body, and a unique set of reflections on the role each individual bone plays in our lives, looking at both its physical and energetic contributions. Written and presented in an imaginative and highly readable style, the book describes each individual bone and, where appropriate, the surrounding joints. It combines



the anatomical expertise of the authors with their appreciation for the beauty of the body, presenting a unique perspective that values extensive clinical expertise as well as imagination as a source of wisdom and depth.

Congratulations to David and Jeff!

[ORDER YOUR COPY](#)

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

Please email us at [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)

Items should be no more than 300 words. We reserve the right to edit your work for space and clarity. Thank you!

## A Note of Inspiration

“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.”

– John Joseph Powell



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