



Happy Late Summer



## ZB Transformation

### EXCITING ONLINE EVENTS

- 20 August** - Third Sunday: Doing the Seated Evaluation with Lisa Berger
  - 3 September & 1 October** - First Sunday Virtual ZB with Michael Oruch
  - 24 September** - Refining Freely Moveable Joints with Berger and Lavery
  - 30 September** - The Pubic Bone with Linda Wobeskya
  - 19 October** - FREE - Learn about the Mentor Advancement Program 2024 (MAP)
  - 28-29 October** - ZB Community Benefit
- and many in-person classes around the country!

[View the Course Calendar Here](#)

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**Free Info Session on the Mentor Advancement Program 2024**  
Thursday, October 19, 8PM ET, 5PM PT  
Save the Date!

Are you a Certified ZBer looking to step into an empowered role as mentor? Find out more about The ZB Mentor Advancement Program (MAP). MAP is a 6-month intensive in-person and online program of enrichment and learning for Certified Zero Balancers who want to deepen their Zero Balancing skills, embody ZB



principles, support ZB students and teachers, and be of service to our community and the wider world. Program teachers Michele Doucette, Lisa Berger and Amanda King co-created this program with a group of dedicated CZBers who became its first graduates in April 2021. There are now 15 certified Mentors! MAP 2024 will start in March and meet in April, July and October in Wilmington, Vermont. Applications will be available this fall. Please note that this cohort will be limited to 12 students.

In this free session on Thursday October 19, get details about the program, meet some of the graduates and hear answers to your questions.

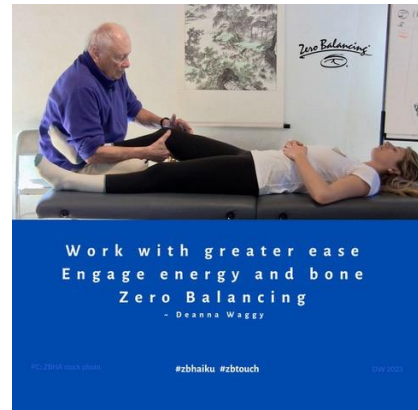
If you are unable to attend, please register to receive the recording.

*“The gifts of the MAP program are many but the most precious gift of all, is, in a mentoring session, to be really listened to in the highest personal regard and be heard with no judgment or trying to “fix it”. Then having received this, to be able to do the same for others.” -Beverly Peirson*

[REGISTER HERE FOR THE FREE INFO SESSION](#)

## ZB Marketing in Action

Thank you to Lisa Bardarson for inspiring the creation of an ad hoc ZB Marketing Committee. Members were willing to explore the possibilities of using Tik Tok for marketing. Lisa stepped down as of May 2023 and Deanna Waggy agreed to become the chair of this ad hoc group which also includes Sarah Elizabeth Anderson and Sheila Palmer. We have enough ideas to last for many years. The group wishes to remain small and focus on smaller marketing projects which people are passionate about.



To celebrate 50 years of ZB, we received over 50 Haiku submissions! We are currently exploring the possibilities of how to make those available in a simple format. We do need people who are willing to come forward and work on small marketing projects such as sponsoring a booth at a professional conference or writing an article for a professional journal.

Our focus for 2024:

1. Finding easy ways to provide resources for practitioners who are hosting classes and marketing ZB in their communities
2. Interfacing with AMTA's state and national conferences for the next several years to provide classes and possible booths in geographic locations where there are volunteers willing to staff booths. Do you have

interest in your professional organizations becoming the focus for 2024 and beyond? Contact the marketing committee with ideas.

3. Providing ongoing content for social media such as the Haiku project or testimonials.

**Marketing Tip of the Month:** People take a ZB class because someone suggested they might like the training. Can you think of 3 people each month and reach out to them with the link to ZB classes they might enjoy?

**Have an idea to promote?**

[Email The Marketing Committee](#)

## Friends & Fulcrums

### Mentor Corner

#### Why I became a Mentor - Part II

“For many years I had assisted Core ZB classes and wanted more people to be assisting. The mentor training was a way for that to happen and I chose to be a part of it. I was drawn to assisting classes because I loved being in a beginner’s mindset and watching new students feel energy for the first time. Or watching them when they first felt the power of a fulcrum. Also, and importantly, I wanted to help ZB teachers in any way I could. That might be handing out forms, setting up the tables, and hanging out with the students at lunch. Having a hand in creating the program was a deepening experience. Then when I experienced the MAP program, everything ZB expanded, deepened, and became more embodied for me. A huge thank you to our faculty, Amanda, Lisa and Michele for bringing what were ideas into the syllabus and then helping us all absorb ZB.”

Beverly Peirson - Certified Mentor & Faculty

“Why a Mentor? Because it brings me great joy. It's the warmest feeling one can embrace, knowing you are supported and held in highest personal regard and at Interface. It's my happy place, connecting with students, as they begin their adventurous journey with ZB. It feels amazing when you have a mentee's full attention. Being heard, listened to, knowing that one's needs are met, allows the door of infinite possibilities to open.”

Diane Bazin - Certified Mentor



*Image: 'Donkeys' by: Beverly Peirson*

**REGISTER FOR THE MAP FREE INFO  
SESSION**

## Max's ZB Session

by Arthur Tobias

Today the upper ribs are willing  
To let bygones be bygones  
They embrace change and listen  
To the whisper of possibility

## Feature a Teacher



### A Conversation with Rebekah Harbour: Empowering the ZB Community

Rebekah Harbour is a Zero Balancer, Zero Balancing Teacher, Editor of the Journal of Transformative Touch and member of the ZB Touch Foundation Education Committee. Rebekah divides her time between Hawaii and New Zealand. Watch this inspiring interview conducted by James Salomons, a Zero Balancing Practitioner in the UK.

WATCH  
HERE

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

“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.”

-Maya Angelou



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