



The monthly newsletter for the Zero Balancing Health Association community



ZB Transformation

As 2021 comes to a close, we want to express our utmost gratitude for however you were able to lean into the ZBHA community this year.

Whether that means reading our monthly newsletters, attending a First Sunday virtual ZB session, taking a class or joining the ZB Certification Program - however you choose to join your light with ours, we celebrate that and are so thankful.

As we approach the end of the year, we want to share an **update to our winter holiday schedule:**

This year has been a busy and challenging year due to the ongoing circumstances of the pandemic. As a result, we have decided to do something a little different this year and take a longer rest, giving the office staff and Board a chance to rest up for the new year.

We will be closed beginning December 20th and resume normal business hours on Tuesday, January 4th. Thank you in advance for your support.

We wish you and your loved ones a healthy and happy holiday season and may 2022 bring peace and love to all of earth's inhabitants.

Friends & Fulcrums

Greetings and Leaning in

with Certified Mentors



Whether you are just starting out or looking to deepen your ZB practice, Certified Mentors are here to support you.

This past April, seven ZB practitioners graduated from the inaugural, nine-month ZB Mentor Advancement Program (MAP) that includes intensive training and practice in:

- Deep listening skills
- Touch feedback
- Practice building
- Supporting candidates through certification
- Speaking clearly about ZB
- Embodying ZB principles in daily life.

If you are interested in connecting with a Certified Mentor, simply visit the ZBHA website to search for a Practitioner using the Certified Mentor directory.

Or, email us at ZBMentorCommittee@gmail.com and we'll help connect you.

And remember, even if there is no Certified Mentor near you, we have found that rich conversations happen in many formats. **Certified Mentors are equipped to enrich your ZB experience virtually, in person and in hybrid modes.**

Your ambassadors on the ZB Mentor Committee need your help in making this new aspect of the ZB organization as robust and vibrant as possible. We are eager to hear from you!

- What supports did you have, or need, when you were learning ZB?
- How might your development as a skilled practitioner be enhanced by an ongoing relationship with a trained partner, who listens well and supports your unique learning process?

Let's talk, and start you on the next leg of your ZB journey!

**Find Out What Mentorship Can Offer
You**

Feature a Teacher



Last month we provided a special update on our current MAP program, but we inadvertently left off some of our participants! Let this serve as the updated version <3

Eight mentors-in-training and faculty Lisa Berger, Michele Doucette and Amanda King gathered at Michele's studio in Wilmington, Vermont this fall to explore ZB principles and touch skills in the role of mentoring.

Each student is receiving and providing peer mentoring as part of the program, which aims to strengthen the field of Zero Balancing for ZB students, teachers and Certified practitioners - wherever we are on our journey to mastery.

Current MAP students are all Certified Zero Balancers and are: **Kelley Kehoe, Shirley Lynch, Eliza Mallouk, Amy Moses, Deb Pickett, Cyndy Shaw, Ilene Sperling, & Dan Sullivan**

Do you have news to share? Please email us:
zbha@zerobalancing.com

A Note of Inspiration

“A lot of different flowers make a bouquet.”

— *Islamic Proverb*