



*The monthly newsletter for the Zero Balancing Health Association community*

---

## ZB Transformation

As we write this, a winter storm is blanketing some of the mid-Atlantic and Northeast - brrrr!

Wherever you are, we hope this newsletter finds you safe and sound. Our classes and events continue to evolve into online formats, and we're very excited to **connect with the ZB community around the world** through these new capabilities.

Unfortunately, due to Covid-19 and the travel restrictions now in place we have sadly had to cancel the beloved annual **ZB by the Sea** for 2021, but we hope to be there again in 2022.

And as we prepare for another change of seasons, the Office is getting an early start on **spring cleaning** so now is a good time to purchase your favorites with some really **deep discounts!** See below for details.

Be well and take care until next time!

---

## Friends & Fulcrums

### Deconstructing Patriarchy in the Healing Arts



**by Rebekah Harbour**

Sometimes we perpetuate the very systems we want to change because it's the only way we know. Making a change in the outer world can require a shift in our inner perspective. [Read more](#)

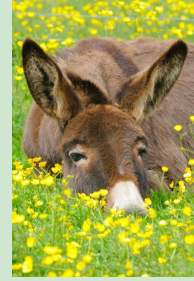
## Spring Cleaning Sale

**Life in The Bones: A Biography of Dr. Fritz Smith and Zero Balancing**  
**by David Lauterstein ZB, LMT**  
was \$42.95, now \$25.00

**Inner Smile Meditation and Commentary CD**  
by Dr. Fritz Smith  
was \$12.00 now \$5.00

**ZB Overview DVD by Dr. Fritz Smith**  
was \$26.00 now \$10.00

**Parallel Breath Meditation DVD video**  
by Dr. Fritz Smith  
was \$22.00 now \$10.00



**Visit the Store**

**Have news to share? Please email us -**  
[zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)

## **A NOTE OF INSPIRATION**

*"If we wait until we're ready, we'll be waiting for the rest of our lives."*

*-Lemony Snicket*