



We Love Our ZB Community



ZB Transformation

Why does Zero Balancing focus on the skeleton?

ZB founder Dr. Fritz Smith explains the importance of working with bone tissue.

[WATCH
HERE](#)



EXCITING EDUCATIONAL EVENTS

Deepen skills with online and in-person classes.

16 February - Third Sunday: ZB and Transformation with Jim McCormick
8 March - Pathways for Healing Together with Mary Murphy, Misty Rhoads
8 March - 8 November - (Full Series) Collective Healing Practices for Trauma, Activism and Inclusion with Mary Murphy, Misty Rhoads
16 March - Third Sunday: The Joy of Zero Balancing with Alan Hext
6-12 May - The Art of Zero Balancing, Joshua Tree, CA with J. McCormick & M. Oruch

[Explore the Course Calendar Here](#)



**Remembering Dr. Fritz Smith at
ZB by the Sea in Mexico - January 2025**

NEW Online Forum for ZBHA Community Members

As a benefit for being a member of the ZBHA, we now offer community discussion forums covering a range of topics accessible right from zerobalancing.com. When you log in to your account, click on Discussion Forum. Take a minute to set up your profile and then introduce yourself. Watch this space, more to come soon!

Friends & Fulcrums



MENTOR CORNER

Find a ZB buddy—a peer available for mutual help and support as you each learn and practice ZB

by Chris Allen, Certified Mentor, Mentor Committee

Here is one ZBer's interesting experience:
“While having dinner with a fellow student after ZB class one evening, we wished aloud that we had in-person study groups in our

areas, so we could get together with other ZBers regularly. We wanted to talk about ZB—the principles, the fulcrums, how our sessions were going! We wanted to share what exciting ideas arise, breakthroughs in our own sessions and for our clients. We wanted to ask questions, share challenges, and consciously be in community with ZBers.

Then, the “Ah-ha!” We could be our own “study group” of two. We now meet monthly over Zoom. This peer support has been invaluable to me on my ZB journey. Having a ZB buddy is not a substitute for attending ZB classes, having a Certified ZB Mentor, participating in Advancing Skills Days, etc.—but it is GREAT and fills a gap.... And now she is a dear friend, as well as a ZB buddy.”

A ZB buddy could be someone you met in a ZB class.

Possible ways to connect:

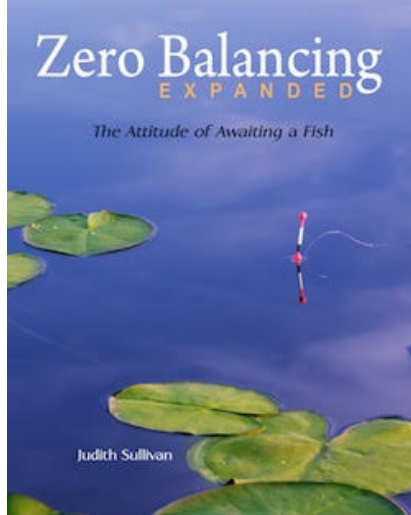
- Consider making plans to talk about what excited you during class and to review the material.
- Share about the ZB sessions you have given and the feedback you received.
- Share what you've discovered in ZB books, videos, and website articles.
- Plan together the next ZB event you want to attend. And then review highlights with your buddy.
- If you live close enough, plan to swap sessions.

Buddy up! And let us know how it goes: ZBMentorCommittee@gmail.com.

**Connect with a
Mentor**

What is Zero Balancing Expanded?

ZB Expanded work was developed by Judith Sullivan, who, after teaching craniosacral



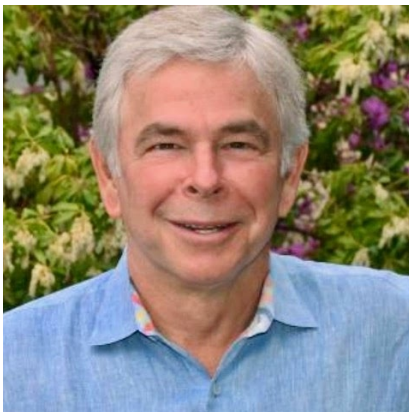
therapy with the Upledger Institute for 13 years while also teaching ZB, began to apply ZB touch and principles to work with the skull and internal organs. The result are wonderful 4-day in-person CE programs that bring new touch skills and gentle approaches to the body. In these classes you'll learn to work directly with the sensitive cranial bones, membranes and nervous system, ribs and lungs, the digestive system and pelvis. These classes are for those who have taken ZB II and beyond. Judith has trained other ZB teachers in this work over the years.

2025 Zero Balancing Expanded classes:

- 4-7 April - Addressing the Skull in College Park, MD with L. Berger & A. King (Washington, DC area)
- 24-27 April - Addressing the Viscera in Benson, AZ with Helen LeClair
- 17-20 July - Addressing the Viscera in Western MA with L. Berger & A. King
- 4-7 September - Addressing the Skull in Moffat, CO with A. King and H. LeClair
- 30 Oct-2 Nov - Addressing the Skull in Tuscon, AZ with L. Wobeskya & D. Edmunds

[Search the Course Calendar](#)

Feature a Teacher



16 February - Third Sunday Open Forum:
Zero Balancing and Transformation
with Jim McCormick

"I look at ZB's deepest value is the degree to which it facilitates transformation in clients. In this open forum we will explore what that means - and how we can help our clients (and ourselves) have more transformational experiences." --Jim McCormick, author of *Zero Balancing: Conscious Touch & Transformation*

[Register Here](#)

8 March - **From Individual to Collective: Pathways for Healing Together**
with Mary Murphy & Misty Rhoads

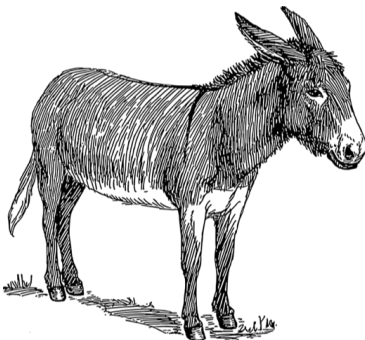
This online workshop is the first of a three-part



workshop series focusing on collective healing, designed for the entire community of ZB students, practitioners, mentors, and faculty members for professional practitioner development and personal growth.

[Learn more about this class or the full series](#)

ZB Classifieds



Donkey Wish List: ZB Classifieds

Get the word out to fellow ZBers about a special event, table for sale, and more! Create a free ZB classified ad for Interface.

Ad Guidelines:

- 35 words max
- Include a clear message or offer + accurate contact information.
- Must be submitted by the 15th for inclusion in following month.
- Send your Donkey Wish List Ad to Amanda King, Interface editor at amandamtzb@gmail.com
- The ZBHA is not responsible for the content of these notices.

[Submit Your Ad](#)

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

Please email us at zbha@zerobalancing.com

Items should be no more than 250 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

"One word frees us of all the weight and pain in life. That word is Love."

-Socrates



