

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

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## ZB Transformation

Welcome to Interface 2021!

Now, more than ever, we are focused on new ways of sharing the gift of Zero Balancing.

More online classes are being added to the schedule, such as the recent **"How to Zero Balance People Who Are Bigger Than You"** with Linda Wobeskya, a two-hour workshop that included strategies and practices from both a structural and an energetic perspective.

*The best part of being online is that, even if you can't make the live class, registrants can access the class recordings and materials afterwards.*

And we had our fourth **First Sunday Virtual Zero Balancing Session** just after the new year - our biggest yet and what a great way to receive ZB despite the distance! The next one is coming up on Sunday, February 7th.

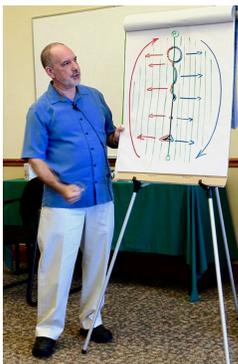
Be sure to tune into our monthly **Upcoming Courses & Events newsletter**, which comes out the third week of each month, or check the [course calendar](#) and sign up for these gatherings and opportunities to learn and share.

We hope you'll take advantage of joining us in these new spaces and places!

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## Friends & Fulcrums

### David Laden: The Social Value of Zero Balancing



Does Zero Balancing have a social value? Does it in some way contribute to the betterment of society? Does it really have the capacity to make the world a better place? These are questions I started asking myself years ago when I was going through a period of soul searching – investigating my own feelings of powerlessness – feelings of not doing enough in the larger sphere of “making the world a better place”.

[Keep Reading](#)

## Feature A Teacher

### "ZB: The Relationship Between the Bones & the Organs"

Check out what **Ty Romijn** has to say about Zero Balancing and freeing up tension in the skeleton.



[Click Here to Watch](#)

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

### A NOTE OF INSPIRATION

*"When I speak of love I am not speaking of some sentimental and weak response. I am speaking of that Force which all of the great religions have seen as the supreme unifying principle of life. Love is the key that unlocks the door which leads to ultimate reality."*

*-Martin Luther King, Jr.*