



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation

Summer is here!

It's been so wonderful to reconnect in person with friends and loved ones and we hope that this has been nourishing to your soul and spirit, helping to sooth your nervous systems and reminding everyone that we can be so incredibly resilient.

We also continued to be reminded that not everyone has access to the care and resources that they need, and that each one of us can positively affect someone's life each and every day.

As the season progresses, we have been so thankful and excited to see new in-person and online classes being added to the calendar, supporting us all being of service to our communities through Zero Balancing, creating places and spaces for us to lean in together.

Be well and take care until next time!

Friends & Fulcrums

New Video on the Benefits of Zero Balancing

The Research Committee of the Zero Balancing Touch Foundation has created a beautiful video summarizing the data from recent research into the effects and benefits of Zero Balancing.

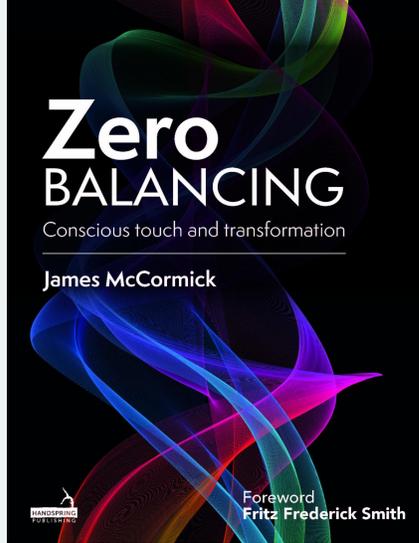
We invite you to watch and learn how the effect of this touch therapy "...can influence a client's state of awareness in long lasting ways, that affect perception and behavior, well after a session is finished."



Feature a Teacher

Zero Balancing: Conscious touch and transformation is now available to buy.

Zero Balancing – conscious touch and



transformation offers a practical and multi-layered approach to personal transformation for practitioners of Zero Balancing.

Jim McCormick explains the basic principles of Zero Balancing and then gives examples of how to use those principles in bodywork through the use of fascinating case histories and detailed stories of individual sessions with clients.

Overall the book provides a step-by-step guide for clinicians. Each chapter stands on its own but together they build up to give the whole story of Zero Balancing's unique ability to assist in personal transformation for ZB clients.

To order your copy go to www.handspringpublishing.com/product/zero-balancing

Calling all Practitioners!

****Just a reminder**** As our world opens back up, we want to be sure that your account is fully updated and reflective for our community's benefit and ease. Follow these simple instructions:

Please take the following steps to ensure your directory settings are up to date:

1. [Login here](#)
2. On the left hand menu under 'Account Details', select 'My Directory Options'.
3. Scroll to the bottom to 'Directory Display Options' and ensure that all areas you wish to be displayed are check marked.

Still have questions or issues? [Email us!](#)

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

A Note of Inspiration

“Where there is love and inspiration,
I don't think you can go wrong.”

-Ella Fitzgerald