



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation

We are deeply appreciative of each and every one of you whom participated in our community benefit last month!

Thank you for choosing to learn, grow and lean into our beautiful community together.

Being online certainly means we miss out on hugs and hands-on ZBs, but it has also given us the opportunity to connect with members who aren't able to travel for an in-person event.

We would like to extend **our biggest, most heartfelt thanks to our Faculty Committee (Katie Chase, Jo Johnson, Laura Lea Sweney, Jamie Carmody)** and our Board Representatives Ty Romijn and Pat Dorsey for the tremendous effort and energy they put into producing a successful event and experience for all.

Be well and take care until next time!



Friends & Fulcrums

Mentor Advancement Program (MAP)

We are thrilled to share that this spring, we welcomed our first round of MAP graduates. The graduates successfully co-created and completed the nine-month pilot Mentor Advancement Program or MAP, taught by Michele Doucette, Lisa Berger and Amanda King, which met in person and online from June 2020 – April 2021.



The seven new Mentors embody Zero Balancing principles and are trained to assist students at all stages of their Zero Balancing journey, from Core ZB I through Certification and beyond. The Mentors offer one-to-one coaching, touch feedback, listening skills, advanced framing, peer mentoring, Core ZB class assisting, practice building, and can coach students through coursework and certification.

Congratulations to Chris Allen (upstate NY), Sarah-Elizabeth Anderson (central NH), Diane Bazin (VT), Leslie Connell (GA), Alison Mott (VT), Beverly Peirson (RI), and Suzan Sutton (VT).

Three of the graduates—Chris Allen, Diane Bazin and Alison Mott—have volunteered to serve on the **brand new Mentor Committee** to interface with ZB students, mentors and

teachers and support the ZBHA with wisdom and heart, and we thank them for this wonderful contribution to the community.

The next Mentor Advancement Program starts in July 2021 in Vermont

Details and applications are available to Certified Zero Balancers by contacting Amanda King - amandamtzb@gmail.com

NEW RESEARCH ON ZERO BALANCING NOW AVAILABLE

Investigating the Effects of Zero Balancing on the Physical, Mental, Emotional, and Spiritual Dimensions of Wellness: A Phenomenological Mixed Methods Pilot Study

Rhoads, Misty L.; Murphy, Mary; Doucette, Michele; Gentile, Tom; Rhoads, Dylan; and Watson, Jacob (2021) "Investigating the Effects of Zero Balancing on the Physical, Mental, Emotional, and Spiritual Dimensions of Wellness: A Phenomenological Mixed Methods Pilot Study," The International Journal of Zero Balancing and Transformative Touch: Vol. 1 : Iss. 1 , Article 11.

Background: Today, the necessity for relieving undue stress on the physical, mental, emotional, and spiritual levels is evident at this time of concomitant global crises from the pandemic, societal inequity, and climatic challenges. Methods to restore and enhance human well-being are critically needed. The study of overall wellness has not yet included the role that skilled, conscious touch may play in supporting the dimensions of wellness, an awareness of which this study seeks to elevate by exploring the effects of receiving positive touch on the physical, mental, emotional, and spiritual dimensions of wellness.

Results: Based on the results of this study we conclude that Zero Balancing is an integrative, low cost, simply administered, holistic therapy with multiple benefits. We also suggest this body therapy, with its focus on skilled, conscious touch, does facilitate wellness in the physical, emotional, mental, and spiritual dimensions of wellness.

[Read more and download the full study here](#)

Feature a Teacher

The Toe Nestle Fulcrum

taught by David Lauterstein

Watch this video for an illustration of the hands' positions in this Zero Balancing fulcrum.



Calling all Practitioners!

Are you showing up in the ZBHA Practitioner search? If not, 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!](#)

Have news to share? Please email us -
zbha@zerobalancing.com

A NOTE OF INSPIRATION

"Do anything, but let it produce joy."

-Walt Whitman