



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation



Exciting Graduations

Congratulations to the Graduates of the Fifth Zero Balancing Teacher Training

After two years of intensive training both online and in person from spring 2020 to spring 2022, seventeen members of ZBHA TT5 graduated on March 11 at the

Joshua Tree Retreat Center in California. Hailing from Southern California to Nebraska to New Hampshire, the new teachers represent many healing arts professions: acupuncture, fitness training, craniosacral therapy, massage therapy, occupational therapy, physical therapy, and public health. One member from Canada will also be completing the training in the near future.

The teaching team of Jim McCormick, Fritz Smith, Mary Murphy, Michael Oruch, and Amanda King created a program that immersed the students in ZB principles and protocol, touch feedback, ongoing practice presenting Core ZB lessons online and in person, along with special programs in diversity and inclusion, teaching presence, and research skills (offered by Mary Murphy and Misty Rhoads). Each student prepared a project of excellence which will add new dimensions and inspiration to Zero Balancing practice. Topics ranged from ZB for babies, nurturing resilience through skilled touch, a deeper look at framing, the effects of ZB on vestibular migraine, ZB for animals, and research proposals to explore virtual ZB, expanded consciousness, and ZB as a tool to prepare and integrate psychedelic experiences.

The students showed courage, flexibility and staying power as everyone navigated the sine wave changes brought by the pandemic. The new teachers will bring a wellspring of energy and creativity to Zero Balancing! Look for their classes on the course calendar.

[View The Course Calendar Here](#)

Eight new mentors graduated in Vermont

Eight skilled mentors completed the Mentor Advancement Program (MAP) on April 24 in Vermont. These longtime ZBers joined MAP to deepen their connection to Zero Balancing and to receive training to support ZB teachers and students through certification and beyond. The MAP program, taught by Lisa Berger, Michele Doucette, and Amanda King and co-created with the MAP Pilot group of ZBers, offers a deep dive into ZB skills and principles, touch feedback, peer mentoring, Core ZB class assisting, personal growth, practice building, and sharing ZB with the public. Ready to energize your ZB journey, there are now 15 Certified Mentors, including the new grads: Kelley Kehoe, Shirley Lynch, Eliza Mallouk, Amy Moses, Deb Pickett, Cyndy Shaw, Ilene Sperling, and Dan Sullivan.



Search for a Certified Mentor in the Find A Practitioner Directory.

“Certified mentors have been described as the third leg of the ZBHA stool. We are capable of contributing so much more to the organization, lightening the workload on both faculty and the office. I love the idea of being of service like that for an organization I love so much and has given me so much love.”
--Deb Pickett

To learn how a mentor can support you, [email the ZB Mentor Committee.](#)

Friends & Fulcrums

Residential Master Class



The Art of Zero Balancing is a residential Master Class with Jim McCormick, Michael Oruch, and special guest Dr. Fritz Smith held August 2-8 in Joshua Tree, CA. The Art of ZB continually evolves with our expanding experience and understanding of the body/mind relationships of energy and structure. The desired outcome is to have you move ZB from a practice form to an art form, for your clients to have a deeper sense of personal health and well-being, and for you to tap into the flow of creativity that Zero Balancing presents.

[Register Here](#)



ZB Community Benefit Coming this Fall! Save the date for the 2022 Online ZB Community Benefit, coming October 28 - 30. We plan to have a rich, exciting program.

Feature a Teacher

Health Care Practitioners - Zero Balancing is an Essential and Transformational Addition to Your Practice

by Michele Doucette, DC, ZBHA Faculty

Are you an acupuncturist, psychotherapist, massage therapist, physical therapist, or chiropractor? This insightful piece describes how Zero Balancing can enhance many healing arts practices.

[Read More Here](#)

Do you have news to share?

Please email us: zbha@zerobalancing.com

Please send submissions of 30 to 300 words maximum. If you include links, please doublecheck that they are correct. We reserve the right to edit your work for spelling, space and clarity. Thank you!

A Note of Inspiration

Paradise is attained by touch. - Helen Keller