



The monthly newsletter for the Zero Balancing Health Association community

ZB Transformation



Fall has officially arrived! Wherever you land on the side of the perennial "pumpkin spice" debate, we hope that the warm colors and changing air bring you a sense of renewal.

Upcoming Holiday Schedule: The holidays are approaching and, as in previous years, we will have reduced hours during those times.

In observance of Thanksgiving, our offices will be closed November 25th & 26th, returning to normal business hours on Monday, November 29th.

For the winter holidays, the office will be closed December 24th, 27th and January 3rd. We will resume normal business hours on Tuesday, January 4th.



We are excited to announce that we have implemented an easy way for you to track your CEUs! This new functionality enables you to view and print your CEU certificates right from the Member Portal on the ZBHA website.

For those that have completed a class from July 2020 until now, your certificates are accessible by logging into the Member Portal and clicking 'My Certifications' under 'Bookmarks' on the left hand menu bar.

If you are in need of a CEU certificate for classes taken prior to July 2020, please contact the office for assistance, with a small reminder that any transcript request requires 48 business hours and is subject to a small processing fee.

[Contact the ZBHA](#)

Friends & Fulcrums



When might one deviate from the ZB protocol?

Click below for John Hamwee's wisdom on this topic! Read his approach in this new article published in the **International Journal of ZB and Transformative Touch**.

Read
more

ZB Project of Excellence

Current Zero Balancing Teacher Training students **Beverly Peirson, Julie Sargent, and Karine Jamet** are working on a Project of Excellence that involves building the foundation for the development of a **Zero Balancing for Animals** study guide and class.



They believe animals and their caregivers have the opportunity to deepen their connection and wellbeing by utilizing the healing principles of ZB.

They are inviting the community to participate by providing information. **Would you like to share your photos, ideas, experiences, case studies, protocols, animal lessons and energy interactions with animals?**

If you are interested in submitting, please send details to Julie Sargent LMT, CZB at julieherstad@hotmail.com

The deadline for submissions is October 15th, 2021.



Feature a Teacher



Photo credit @rameshiyer

Zero Balancing Teacher Rebekah Harbour shares how Zero Balancing can access, open and balance the feet in new transformative ways. Thank you, Rebekah for your insight.

"The bones in my feet have never been stretched like that before!" said my client, a strong athletic woman in her early 80s. "they've been broken from falling from trees, they've carried me around the world, they've had surgeries, and been poked at, but never stretched, and squeezed, I feel like my feet just had a sense of home, in your hands just now."

Then we chatted and laughed happily together for a few minutes about how amazing it feels to have the bones touched in a way that recognises their complex living nature. Bones are flexible, they can bend (a little), they compress, they form the core of our structure and yet they are able to constantly change and adapt as our core needs change. They can even generate piezoelectric charge from compression!

People often ask me how ZB is different from massage, or cranio-sacral therapy, or reiki, or chiropractic work, or...

The most simple answer is: in ZB we work with the BONES, through stretching, bending, compression, and holding their tension so they can relax. We address the alive-ness of the bones and joints, so they can feel alive, and make the adaptations that support your body's changing needs.

Do you have news to share? Please email us:

zbha@zerobalancing.com

A Note of Inspiration

LatinX Heritage Month!

"Yes, I am the first Latino poet laureate in the United States. But I'm also here for everyone and from everyone. My voice is made by everyone's voices."

