



Happy October



ZB Transformation

Upcoming Special Events

- 15 October - Third Sunday: Telling your ZB Story with Veronica Quarry
 - 18-21 October - Art of ZB with M. Murphy & M. Oruch - Evanston, IL
 - 19 October - FREE - 8PM ET - Learn about the Mentor Advancement Program 2024 (MAP)
 - 28-29 October - ZB Community Benefit
 - 5 Nov & 3 Dec - First Sunday Virtual ZB with Michael Oruch
 - 19 November - Third Sunday: The Power of Stillness with Misty Rhoads
 - 26 Jan - 3 Feb - ZB by the Sea in Mexico
- and many other foundational and advanced classes around the country!

[**View the Course Calendar
Here**](#)

ZERO BALANCING
Community Benefit

2023 PROGRAM JUST ANNOUNCED
OCTOBER 28 & 29, 2023

ZBCB IS ALMOST HERE
OCTOBER 28-29

Have you registered yet? This year's program is exciting and expansive with new approaches and ideas to enrich your ZB embodiment and practice. Topics include focus on our hardworking hands, ZB for vestibular disorders, ZB for pregnancy and post-partum clients, ZB energy models, the closing sequence for trauma survivors and much more. Presenters include David Lauterstein, Mary Behrens, Rebekah Harbour, Donna Cerio, Michael Oruch, Ida Smith and Dr. Fritz Smith. Don't miss it. Register for one or both days to receive the recordings.

[Register Today](#)

ZB by the Sea 2024
Jan 26 - Feb 3

ZB by the Sea is the annual residential ZB program at Mar de Jade in Chalaca, Mexico, designed to be a multidimensional experience of deepening one's understanding of ZB and creating a container for personal growth, rejuvenation and change. This is all done in an atmosphere and environment of support, both by nature and your peers, while using time-honored rituals to enhance the wonders and intensity of the retreat. Highlights include a Day of Conscious Choice, a Temescal (sweat lodge), whale watching, and a night of music and dancing. This year's theme will be 'The Restorative ZB & Cultivating Inspiration'. Reserve your spot by October 30!



[Learn More](#)

Friends & Fulcrums



Mentor Advancement Program (MAP) 2024

Mentor Advancement Program (MAP) 2024

FREE INFO SESSION

Thursday, October 19
8PM ET, 5PM PT

Deepen your relationship to ZB and to yourself while training to become a skilled mentor to ZB students. Learn about MAP for Certified ZBers - starting again in the spring

of 2024! This 6-month in-person and online program of enrichment, personal growth and learning will take your ZB skills and embodiment to a new level. Teachers Michele Doucette, Lisa Berger and Amanda King co-created this program with a group of dedicated CZBers who became its first graduates in April 2021. There are now 15 certified Mentors supporting students and the ZBHA! 2024 Applications are available soon!

Register for this free session, get details about the program, and meet some of the graduates. If you are unable to attend, please register to receive the recording.

What participants say about MAP:

"The relationships developed with MAP are deep." Dan Sullivan

"I found that embodying the ZB principles within my life was a huge component within the MAP training for me. I know it will help me reignite my ZB practice and foster new mentoring relationships." Amy Moses

"MAP showed me that I can continue to grow and learn indefinitely." Cyndy Shaw

"I am more confident, more aware of possibilities and have more patience and trust in the unfolding moment." Deb Pickett

[Register Here](#)

MENTOR CORNER: Using Visual Feedback to Build Self Confidence

By Diane Bazin, Certified Mentor

As a mentor, I wanted to bridge the distance gap with my mentees. In many cases, the physical distance between us made it impossible to meet in person for touch feedback. I suggested visual feedback, using zoom or FaceTime. Each student was excited for the opportunity to exercise their touch skills using a different method.

What is Visual Feedback?

Visual feedback is different from touch feedback, yet also the same. With touch feedback, students give a session to the mentor in person, describing what and how they touch, showing their knowledge of the protocol.



With visual feedback, the mentor observes carefully as the ZB student gives a session to a client using video chat. It can deepen their knowledge of the protocol and principles, build self-esteem, and create confidence in their skills.

The client needs to be comfortable with the process as the student talks through the session. As a mentor, I will watch them make a donkey connection with a warm greeting, create a frame, do the protocol, and end with the closing sequence. The student can explain to me what changes they have noticed after a fulcrum by re-evaluating. They clearly describe their hand placements, and how/why they hold a fulcrum. The Practical Exam form (found on the Certification Program page) is instrumental in evaluating these sessions.

I also observe the student's body mechanics, tone of voice, attention, Interface, personal regard, and how they hold the space – all integral elements of these visual feedback sessions. For the mentor, it's gratifying to witness them giving a session with confidence.

My mentees also complete the Practical Exam form with their own notes, and we meet later to compare our feedback. The joint effort leads to a new method of learning that creates valuable ways to connect with students from afar while still maintaining the personal and supportive rapport between mentor and mentee.

[Connect with a Certified ZB Mentor Here](#)

[Learn About Certification Here](#)

Feature a Teacher

Learn from Judith Sullivan in New Zealand!

2024 Dates:



Viscera 5-8 April Skull 10-13 April

Judith will be traveling to Christchurch in New Zealand to present two of her iconic classes on ZB for the viscera and for the skull, which she has taught over many years. She has now handed over the teaching of these two courses to a few very capable teachers in the US. So she tells us this is the very last occasion that she will teach these two courses.

In these exciting Zero Balancing Expanded workshops, you will learn to apply ZB principles to address the organs of the body, or the cranial bones and other structures. Using gentle listening touch, you'll be able to help clients with a range of issues from concussion to chronic migraines to digestive issues.

Register by October 31 to reserve your spot for this amazing adventure.

[Details & Register](#)



Introducing the Donkey Wish List Your ZB Classifieds

Need to get the word out to fellow ZBers about a special event, table for sale, or other item of interest? Create a free ZB classified ad for Interface.

Ad Guidelines:

35 words max

Include a clear message or offer + accurate contact information.

Must be submitted by the 15th for inclusion in following month.

Send your Donkey Wish List Ad to Amanda King, Interface editor at amandamtzb@gmail.com

The ZBHA is not responsible for the content of these notices.

[Submit Your
Ad](#)

Do you have ZB-related news, poetry or artwork to share?

Please email us at zbha@zerobalancing.com

Items should be no more than 300 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

“The more you are motivated by love, the more fearless and free your actions will be.”

His Holiness The Dalai Lama



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