Zero Balancing®
INTERFACE

Happy Autumn

ZB Transformation

Sign up for ZBCB!
Connecting the Magic: A Journey Through ZB

When: Saturday & Sunday, Nov. 9 & 10, 2:00 - 5:00 PM ET
Where: Online via Zoom
Cost: $125, includes both days
Register to receive the recordings

A great program is planned. Sessions include:

- Healing the Collective, with Mary Murphy and Misty Rhoads
- Expanding Perception: Kinesthetic Signatures in the Body, with Linda Wobeskya
- Nourishing 5 Element Qi Gong Break, with Carla Van Arnam
- Stories from the Origins of ZB with TT1 Faculty, moderated by Megan Lavery
- Form & Fulcrums II Class Highlight with Michael Oruch

- Spirit of the Five Elements Class Highlight, Meditation and Closing with Michele Doucette
- Zero Balancing Expanded Class Highlight with Judith Sullivan
- Self Assessment as a Tool for Mastery, with Chris Allen and Alison Mott
- Our Bodies, the Blue Line and the Box: A Movement Exploration with Lisa Bardarson
- Touching the Whole Person and Verbal Fulcrums Class Highlights with Jim McCormick
- ZB for Pregnancy and Post Partum Class Highlight with Rebekah Harbour
- The Magic of Building the ZB Community, with Jo Johnson and Judith Sullivan, moderated by Cynthia Allred
- and, Small Group Breakouts to Build Community

Register Now

Jim McCormick Teaching

Upcoming ZB classes & events!

3 November - Online Class: The Hip: An In-Depth Review & Progression with Michael Oruch
3 November - First Sunday Virtual ZB with Michael Oruch
8 November - Free Community Gathering to Honor Fritz Smith, MD
9-10 November - ZB Community Benefit Online
15 December - Third Sunday: Building a Donkey Connection with Amanda King

Deepen your skills with online and in-person classes.

Explore the Course Calendar Here

Remember and honor Dr. Fritz Smith
8 November 7-8 PM ET - A free event

Join host David Lauterstein and the ZBHA Board at this free community gathering to joyfully honor Fritz's spirit and mourn together six months after his passing on May 7, 2024. Open to all.

During this hour, there will be music and meditation and time to break into small groups to share our tears, grief, gratitude, laughter, brief stories, poems and art. Bring with you whatever you are moved to share.

Register Now

Friends & Fulcrums

Mentor Corner
Taking Time for Regular Reflection and Renewal
Coming to the Blue Line with Ourselves

As Zero Balancers we have an amazing opportunity to be engaged in intentional personal and professional growth. ZB classes, as well as giving and receiving ZB sessions, certainly contribute to this endeavor. We can also undertake solo practices to help with presence, clarity, and coming to the blue line with ourselves.

Reflection gives us time and space to actually listen to ourselves, enables us to see more deeply into things, and opens us to possibilities of insight and wisdom. What sustains you/gives you energy/renews you on a human level so you can live your life fully? What do you do to maintain curiosity and creativity in the midst of the conflict and chaos encroaching on your equanimity?
How and when can you plan regular time for reflection?

Renewal activities help relax our bodies, increase our energy, stimulate our minds, and enrich our spirits. These practices enhance our well-being and enable us to leverage our strengths and to develop internal and social attunement. What practices and disciplines are helpful to you?
How do you pay attention to your physical and emotional states?
What do you to center yourself? To stay relaxed? ...patient?...energized? …

open and aware? …connected to others?

Working with a Certified Mentor is an excellent opportunity to bring yourself to the blue line of self-reflection if you want some help finding your way around barriers you might experience.

We encourage you to register for the ZB Community Benefit November 9-10. The Mentor Committee will be leading a workshop—Self-Assessment as a Tool of Mastery—where we will explore these and other practices in more depth. We hope to see you there!

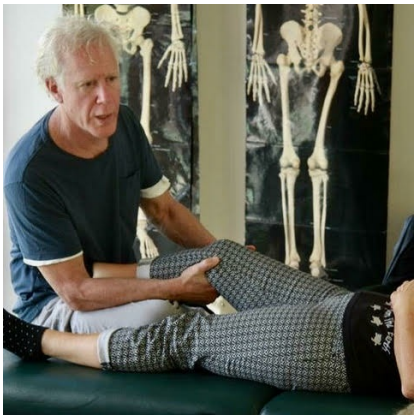
Search for a Certifed ZB mentor in the Practitioner Search.

Sending You Light
by Melanie DeMore with Julie Wolf

Thank you to David Lauterstein for sharing with the Zero Balancing community.

Listen

Feature a Teacher

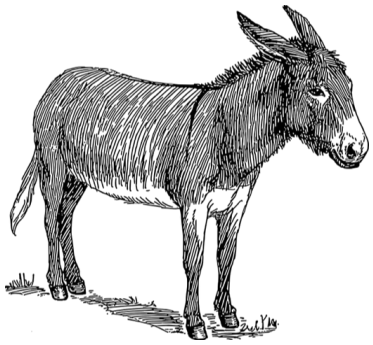


November 3
The Hip: An In-Depth Review with Michael Oruch

The hip fulcrum can often be challenging for students of all levels. Having very clear steps in which to execute the hip fulcrums is essential for practitioner ease, clarity, and positive outcomes for our clients.
These two classes will be an in-depth review of the hip, including evaluation and basic fulcrums. It will also introduce key principles from Form & Fulcrums about body and hand position, a clear explanation of engaging the femur, and situational variations that come in handy for client and/or practitioner physical challenges, energetic issues, framing and other layer-dependent (physical, mental, emotional, spirit) content. A clear explanation of Vectors and how they are essential to the understanding and execution of the fulcrums will also be included. At each stage, students will receive clear instruction to practice if they have a table, no partner needed. There will be time for questions throughout the class.

Register

ZB Classifieds



Donkey Wish List: ZB Classifieds

Get the word out to fellow ZBers about a special event, table for sale, and more! 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 250 words. We reserve the right to edit your work for space and clarity. Thank you!

A Note of Inspiration

"The first sense to ignite, touch is the last to burn out: long after our eyes betray us, our hands remain faithful to the world."
- Frederick Sachs, *A Natural History of the Senses*