



*The monthly newsletter for the Zero Balancing Health Association community*

## ZB Transformation

We trust that our community is staying well and safe. It's times like these that we come together, in whatever way possible, to share the love and benefits of ZB.



**COVID Update:** The coronavirus pandemic has changed all of our lives in so many ways, and Zero Balancing classes are no exception. COVID-19 has impacted the manner in which we are able to offer in-person ZB classes and has provided new challenges in how we safeguard the health of our students, our classes and our faculty. We recently released updated COVID-19 classroom protocols, which we encourage you to review.

### Updated COVID-19 Protocols



### ZB Refresh: A GREAT WAY REVIEW CORE ZB SKILLS - ANYTIME

Review the protocol and principles of Zero Balancing with this wonderful series of videos of Dr. Fritz Smith teaching ZB I in 2017. Get clear on every step of the basic Core Protocol from the Seated Evaluation to the Closing Sequence.

Each set of videos is \$25 to stream for 120 days, and your purchase supports the ZB Touch Foundation.

[Click Here for More Information](#)

## Friends & Fulcrums

Dear ZB friends,

We, **Beverly Peirson, Julie Sargent, and Karine Jamet**, are students in the current Zero Balancing Teacher Training. Our Project of Excellence involves gathering and building the foundation for the development of a Zero Balancing for Animals study guide and class.

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

We invite the community to participate by providing us with some information. **Would you like to share your photos, ideas, experiences, case studies, protocols, animal lessons and energy interactions with animals?** We would be delighted to hear and include your stories which we feel will greatly enrich the project of excellence, namely ZB for animals.

If you are interested in submitting, please contact us at [julieherstad@hotmail.com](mailto:julieherstad@hotmail.com) (Julie Sargent LMT, CZB)

Please send your work by October 15th, 2021, so we might have the process time to include it when we submit our project of excellence.

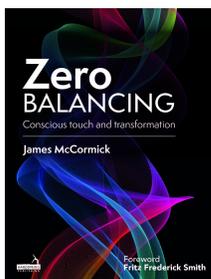
Thank you in advance. You will be fully credited for your work.

Leaning in to the greater ZB pyramid,

Beverly, Julie and Karine



## Feature a Teacher



A fascinating read about the power of conscious touch - for practitioners and anyone interested in healing, transformation, and self-actualization. **To learn more and order your copy, [click here.](#)**

In 'Zero Balancing: Conscious touch and transformation' James McCormick explores and demonstrates how to employ touch to benefit of clients in transformative ways - psychosocial as well as physical. Providing clients with a safe and comfortable environment where they can be their full selves, McCormick works with the body and the mind through the process of conscious touch, which facilitates not only improvement in physical symptoms, but can also promote breakthroughs of raw, closed-off emotion.

Do you have news to share? Please email us:

[zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)

## A Note of Inspiration

“I raise up my voice—not so I can shout but so that those without a voice can be heard...

We cannot succeed when half of us are held back.”

— *Malala Yousafzai, Pakistani activist for female education and the youngest Nobel Prize laureate*