

## **Mastery in Zero Balancing / MASTERY**

**COURSE TITLE: Making Conscious the Process of Mastery**

**ABBREVIATION: MASTERY**

**EDUCATIONAL CREDIT: 30 CEUs**

**COURSE SCHEDULE: 5 days**

**PREREQUISITES: Zero Balancing II, plus one other advanced class**

**PRICE: \$950, no discounts**

### **COURSE DESCRIPTION:**

This program is designed to provide skills and support to certified (or experienced) ZB practitioners who desire to deepen their work and their personal development. The intention is to build a strong ZB community to use as a laboratory for exploration. The program is designed to bring together a group of motivated, experienced ZBers to study and learn together.

### **You will learn:**

- Caring for caretakers: ZB and inner work
- Creating the group energy field: the art of inner and outer pauses, and how to apply them in our lives and sessions
- ZB and differences of touch and points of view: the facilitators will each work with the same person and then discuss each of their points of view, the common denominators and what is unique about what each sees and feels. Participants will be asked to give sessions to the instructors in a group setting and receive feedback.
- Process in ZB: how to create a clear verbal interface
- Mastery as a practitioner: Getting to the level of instinct so the practitioner's mind is quiet. Exploring practitioner strengths and challenges and gaining clarity on steps needed to develop more fully as a practitioner
- Touch calibration process: in addition to workshop meetings, participants are expected to write up case studies for feedback and discussion, exchange sessions with other participants and receive tutorials with ZB faculty

### **What Participants say about Making Conscious the Process of Mastery:**

*"The field in this class was so filled with an abundance of love and understanding it was the most amazing experience I have ever felt. The freedom we all gained has impacted our lives forever."* -

Diane Bazin MT

*"I am finding it difficult to put into words the gratitude and joy I experienced from this time together. The class was amplified because of living together, cooking, eating, dancing, playing music, walking on the beach, crying together, and sharing intimately with each other the struggles we face in our lives."* -Deanna Waggy, OT

*"I really feel that you achieved perfection. I felt held in the highest possible regard. I felt complete trust and honesty. I have never laughed so much, cried so much, or felt so much love at any other class I have attended. Still smiling and feeling the joy."* -Mary Wilkins, PT

*"I am always amazed at what each of you instructors brings to the table in teaching the Mastery class. Your own experiences, sharing your inner work and growing edges continues to inspire me and keep the learning juicy and exciting. Most useful, is hands on and receiving feedback - this is a key piece*

*which allows me to take a quantum leap with my own work. Wherever the next Mastery Class is, sign me up – I'm in!!!!*" -Gosia Mudy Perloff , MT

*"The quality of ZB feedback was amazing. The best I've ever received, and the individual time with each instructor was great."* -Jill Bath, MT