



Special Interface June 2023



ZB Transformation

Today, ZBHA would like to share some exciting news that marks a new chapter in the journey of our organization.

As we strive for continuous growth and success, it is crucial to adapt and evolve, and in that spirit, we would like to share the following updates.

Many thanks to Elizabeth Schwerman for her excellent service

Elizabeth is leaving the ZBHA this month to pursue an opportunity to provide massage full-time. She has been working hard over the last weeks to help us prepare for her departure with the same joyful spirit that she has been guiding our ZBHA ship steadily for the last year. We are grateful for her stewardship and wish her continuing success.

We want to wish her well on her next adventure.

Meanwhile, we will continue to do everything we can to meet your needs as quickly and efficiently as possible. Please rest assured that ZBHA office services will not be interrupted and we do not anticipate any change in the level of service we are currently providing.



Welcome to Jenny Ash

We are thrilled to announce that Jenny Ash will be joining us as our new Consulting Director as of August 1st.

Jenny Ash is a community builder, non-profit operations expert, licensed massage therapist and certified Zero Balancer. Her recent experience with the Mid-Atlantic Innocence Project caps ten years of working in organizational operations of non-profits. Jenny's strengths are in fiscal management, the implementation of efficient processes, and communicating well with diverse groups of stakeholders.

We are lucky that Jenny is also a licensed as a massage therapist and became a certified Zero Balancer in the early 2000's. She managed her private practice in Maryland through 2012. She resides in Silver Spring, MD.

Greetings From Jenny:

Twenty-five years ago, I drove up to Columbia, Maryland to take ZBI with Dr. Fritz Smith. Ever since, Zero Balancing has been foundational in my development as a person, a parent, a bodyworker, and in my operations work. The impact that a thriving ZBHA, and a growing ZB community, has on the world is vital. I am grateful to be returning to this remarkable community and bringing my current skill set. Thank you to the ZBHA board for this opportunity. I look forward to connecting with everyone soon.

With gratitude,

Jenny Ash



Welcome Cynthia Allred to the ZBHA Board of Directors

Cynthia Allred is a massage therapist, certified Zero Balancer, Mentor and Zero Balancing teacher. She is joining the ZBHA Board of Directors this month. Cynthia loves getting to know people, sharing stories, finding

commonalities and the experiences and skill that make us each so unique. She is joining the Board with a passion for strengthening our community.

As we move forward together, let us remember the resilience and adaptability that define us as a community. Great things are on the horizon!

Leaning in together,
Your ZBHA Board of Directors and Staff



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!



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