



## **The Art of Zero Balancing / ART ZB**

**COURSE TITLE: The Art of Zero Balancing**

**ABBREVIATION: ART ZB**

**EDUCATIONAL CREDIT: 25 CEUs**

**COURSE LENGTH: 4 days**

**PREREQUISITE: Zero Balancing II**

### **COURSE DESCRIPTION:**

The focus of The Art of Zero Balancing is on the integration and enhancement of a ZB session. The underpinnings of this course can be summarized by Dr. Smith's words: "If you know energy, you need to know structure. If you know structure, you need to know energy. If you know both, you need to know how to put them together." The desired outcome is to help the practitioner evolve his or her Zero Balancing sessions from a practice form to an art form. As a result, clients receiving ZB gain a deeper sense of themselves on all levels, as well as a deeper sense of health and well-being.

Although the name of this program stays the same, each course will focus on a different theme aimed at helping the students deepen and personalize their own expression of Zero Balancing.

### **You will learn:**

- Zero Balancing's newest insights and progressions
- Use of the ZB protocol in relation to emotional states and needs
- Use of ZB to help navigate the changing times
- The integration of basic fulcrums with new expressions and uses
- Insights about the client's process and experience toward wholeness
- Expanded use of ZB principles, such as the pause and synchronicity
- Zero Balancing in relation to community and world service
- Teachings designed to deepen your basic ZB skills

- **Enhanced touch skills through Zero Balancing demonstrations and exchanges**

**What Participants say about The Art of Zero Balancing:**

**“This was a great class: so many layers of ZB were explored, so many new ways to approach the work, such a creative way to explore being in the flow of infinite possibility.” David Laden, Zero Balancing Faculty, Madison, WI**

**“All of the classes I take with Fritz take me deeper into myself; my understanding of energy, my awareness of energy and structure at their more subtle level, and I realize it is all about Art.” Judith Sullivan, Zero Balancing Faculty, Charlottesville, VA**