



Zero Balancing®

Health and Participation

To help students learn the techniques and experience the benefits of Zero Balancing, ZBHA in-person courses involve substantial hands-on practice. Students should be healthy enough to be able to work with fellow students, class assistants and sometimes with the instructor. The following conditions may prevent someone from attending or being fully active in a ZB class:

- Acute illness, especially contagious infections. See clarifications below.
- Recent surgery, radiation or chemotherapy
- Mental or emotional illness or instability
- Pregnancy, especially the first 3 months
- Any condition, such as injuries or pain, that would prevent you from exchanging hands-on work with another person.
- **Prior to registering**, please contact the teacher if you have any questions about your ability to fully participate.

If you register and then become ill or have reason to believe that you may have been exposed to Covid-19, the flu, or another potentially contagious infection within the week and/or hours before class begins, please contact the teacher.

In general, sore throat, sneezing, coughing, and stomach flu symptoms are reasons to stay home and rest.

With Covid-19 exposure, protocols for testing and treatment guidelines continue to evolve and options should be discussed with the teacher. If you have a negative test result but exposure is recent, the teacher may place conditions on your participation. These may include: wearing a mask during class time, retesting, and monitoring symptoms. Teachers also reserve the right to ask students to test or mask at tables depending on local Covid-19 transmission rates, local guidelines, and current CDC recommendations.

If you have to withdraw from the class due to illness, ZBHA [tuition refund policies](#) apply.