



ZBX: Skull Advancing Skills Day / SKULL SKILLS

COURSE TITLE: ZBX: Skull Advancing Skills Day

ABBREVIATION: SKULL SKILLS

EDUCATIONAL CREDIT: 6.5 CEUs

COURSE LENGTH: 1 day

PREREQUISITES: Zero Balancing Expanded: Addressing the Skull

TEXT BOOK: Zero Balancing Expanded: The Attitude of Awaiting a Fish, by Judith Sullivan

COURSE DESCRIPTION:

This one-day class for Zero Balancing Expanded: Addressing the Skull helps you to revisit and renew! Advancing Skills Day classes enhance your process of learning how Zero Balancing approaches the skull, as well as to build community and help you get feedback from the instructor and advanced ZB practitioners. Delve deeper into anatomy and physiology and practice techniques and treatment approaches. Student questions shape the lessons and the format may include presentations, demonstrations, touch feedback and session swaps.

Topics typically addressed:

- Developing more confidence and more excitement about working with the skull
- Revisiting important skull anatomy and its relevance to ZB
- Energetic significance of skull sutures
- The value of sliding fulcrums using varying pressures
- Refinement of important skull and brain fulcrums
- Personal attention to your questions and practice
- To nestle with the skull and brain
- How to have fun and relax while we work

What Participants say about Addressing the Skull Advancing Skills Day:

“This class helped refine my skull work. We covered a ton of material in depth. I will try temporal bone fulcrums on a young patient with ADHD-type symptoms.” Kelly Kaeding, LAc.

“I have more confidence and a better understanding of what to be sensing for and how to make better use of the skull material.” Eliza Mallouk, LMT, Alexander Technique Teacher

“I have a clearer idea of how to integrate skull work into the ZB protocol.” Beverly Peirson, LMT