



Zero Balancing I / ZB I

COURSE TITLE: Zero Balancing I

ABBREVIATION: ZB I

COURSE LENGTH: 4 days

EDUCATIONAL CREDIT: 25 CEUs

PREREQUISITES: None

COURSE DESCRIPTION:

Zero Balancing is the first half of the Core Zero Balancing program and the first course of the Core Zero Balancing curriculum. ZB I introduces you to the technique, theory, touch skills and history of the art and science of Zero Balancing. In these hands-on workshops, you will learn how to perform Zero Balancing sessions and experience what it feels like to receive a Zero Balancing session.

The instructor will deliver clear presentations and demonstrations of Zero Balancing evaluations and techniques, along with a detailed study guide to inform your ongoing practice.

You will learn:

- A basic treatment protocol that addresses the whole body in about 30 minutes
- Theory and principles of ZB
- To distinguish body energy and body structure through touch
- The skill of using energy as a working tool
- The energetic anatomy of the skeleton
- The theory and application of Zero Balancing techniques called fulcrums
- How to give a ZB session that addresses the whole body

What Participants say about ZB I:

“This work will enhance my ability to treat many clients on a much deeper level, especially my MS clients who need deep but not hard connections.” Mary Jane Edge

“Using the understanding of touching structure and energy at the interface will be helpful in all my work – as a nurse and in my bodywork practice.” Sandra Denner, RN

“I needed to hear the concept of interface and clarity of presence and energy! I feel my work will be refocused and re-energized!” Cathy Schneider

“This course has completely changed my view and perspective of my practice.” Alan Willoughby

“I feel the structure and energy [of Zero Balancing] will help get some patients past a plateau I have reached with massage.” Chris Wilson