



INTERFACE APRIL 2019

IN THIS ISSUE

ZB Abundance Raffle Winners
Reflections on Zero Balancing Touch Therapy
New Zero Balancing "ZBX" Teachers
16th Annual Benefit & 90th Birthday Party for Fritz
New England ZB Mini-Conference
ZBI - Continuing Ed for Physical Therapists
Newly Certified ZBers

Zero Balancing Abundance Raffle Winners

Thank you to everyone who purchased tickets for the Abundance Raffle this year!
A big shout out also to **Fritz Smith, Michael Oruch, Jim McCormick and Nancee Meeker** for donating our amazing prizes!

ZB By The Sea – *Pamela Altomare*
Art of ZB Retreat – *Judith Gasser*
ZBHA Annual Benefit – *Megan Ayrault*
Artwork: Pit-Fired Tall Bowl – *Christine Allen*

Reflections on Zero Balancing Touch Therapy

by Amanda King



Doing nothing and doing everything.

While some people use Zero Balancing touch therapy for addressing aches and pains, the real treasure that ZB can offer is to the well person. With each touch (known as a fulcrum), ZB acts upon the body, the mind, and the spirit like a fresh wind or a clarifying river, opening areas where vitality was good but could be better, and smoothing the overactive mind to give every brain cell, and perhaps other cells in the body, a much needed rest.

Brain cells are busy. Throughout the day, I've noticed I am bombarded with distractions. These distractions, on the phone screen, on the radio, or in my own head, trip me up before I even take a step. Sound familiar? How can we grow or achieve our fondest dreams when we are caught in a tangle of news, messages, memes and minutiae which doesn't advance our cause?

Many, myself included, find the container of a Zero Balancing session a respite from daily thoughts, routines and habits that keep us asleep to our own feelings and needs. To paraphrase my friend David Laden, a philosopher as well as a Zero Balancing teacher and Rolfer in Madison, Wisconsin--we cannot always be doing. To be really well we need to go deep within and allow our energies to restore and revitalize. Like a plant, we need to tend our roots.

A Zero Balancing session gives us an hour to tend our roots--our bones. The ancient Chinese sages taught that the bones and marrow are nourished by the wellspring of the Water Element which is associated with the winter season. Perhaps by hibernating for the good part of an hour and by lying still (frowned upon in our achievement-centric culture), we nourish ourselves in the deepest possible way. What's more, this may have far-reaching effects. "If we are peaceful, if we are happy, we can smile, and everyone in our family, our entire society, will benefit from our peace." --Thich Nhat Hanh

Countless opportunities for unprecedented growth are offered to us each day. Zero Balancing--which touches, clarifies and aligns the deepest parts of us so that our vitality is most fulfilled and effective--is one way to seize these opportunities, simply by doing nothing at all for an hour.

Amanda is a certified Zero Balancer, a ZB faculty member and a licensed massage therapist in Massachusetts.

New Zero Balancing "ZBX" Teachers

Let's Welcome Seven New
Zero Balancing Expanded
Teachers in the US and
UK!

Back row: *Lisa Berger, Ty Romijn,*



Amanda King, Karli Beare (UK)
 Middle row: *Dorsett Edmunds, Linda Wobesky, Helen LeClair*
 Front row: *Judith Sullivan, Mary Murphy*

This talented group of ZB faculty has been studying over the past two years to become certified teachers of three courses: Zero Balancing Expanded: Addressing The Skull (formerly Secrets of the Skull), Zero Balancing Expanded: Addressing the Viscera (formerly

Spirit of the Organs) and Fabulous Fulcrums. These “ZBX” curriculums were originally developed by ZB faculty member Judith Sullivan, who studied extensively with Dr. John Upledger and who taught Craniosacral Therapy for 13 years with the Upledger Institute. Judith went on to write Zero Balancing Expanded: The Attitude of Awaiting a Fish. This book is the textbook for the ZBX classes. The ZBX: Skull class is a natural extension of Core Zero Balancing, introducing ZB practitioners to the cranial bones and foundation joints of the skull, along with specialized fulcrums using lighter touch to address imbalances here. The Viscera class applies Zero Balancing principles, including Interface touch, evaluating and balancing, and nestling to the internal organs and explores their relationships to the skeleton.

Leaders of the ZBX teacher training, Judith Sullivan and Mary Murphy, wanted to make this exciting material accessible to a wider audience by expanding the teaching staff around the country, and even across the pond to the UK. Look for more offerings of these intriguing courses —open to anyone who has finished Core ZB—coming soon. [Find a Class](#)

You Still Have Time to Register! ZBHA 16th Annual Benefit & Fritz Smith's 90th Birthday Celebration

Registration closes April 21st



May 9–11, 2019
Miramonte Indian Wells
Resort & Spa
Indian Wells, California

Please join us for a joyful celebration of Fritz Smith's 90th birthday and for the ZBHA Annual Benefit, "Celebrating the Gift of ZB."

The Benefit will begin with lunch at noon on Thursday afternoon May 9th, continue on Friday May 10th and end on Saturday May 11th at noon. The birthday celebration will begin early Saturday

evening. Presentations include:

The Restorative Gift of Zero Balancing
with Michael Oruch

The Opening Half Moon Vector: Practical & Theoretical Insights
with Alan Hext

Inner Windows and Inner Bridges
with David Lauterstein

Widening the Lens: New Insights on Why ZB Works
with Michele Doucette & Mary Murphy

Lessons from Zero Balancing Sessions
with Jim McCormick

Win a ZB from Fritz Smith!
Saturday 11:00am-12:00pm
Fritz Smith demonstrates a ZB session
on the winner of the raffle. Ticket sales onsite only.

Download the flyer with full details [here](#)

Attendees for any or all of the events can make room reservations at Miramonte Resort by calling 1-800-237-2926 or by using the booking link below to access the exclusive rates available for our group.

[Click Here for Birthday and Benefit Accommodations](#)

New England ZB Mini-Conference June 28-29, 2019



Over 50 people attended this conference last year! This year our theme is **ZB and Transformation**. The ZB New England Mini Conference begins on Friday June 28th at 6:00-8:00 pm with

meditation and touch feedback sessions. On Saturday, June 29th enjoy four exciting presentations from Amanda King, Lisa Berger, Ty Romijn and Tom Gentile, and Michele Doucette. We will end the day with swaps. Full program details can be found [here](#).

6.5 CEUs for Saturday only.
After class on Saturday, join us for an optional community pot luck dinner at the Westminster Institute from 5:30–7:30. Meet new ZBers! Bring a dish to share!

For more information contact Amanda King at amandamtzb@gmail.com.
Lodging or travel questions? Contact Diane Bazin at dianebazin@outlook.com.

Course Location & Times: June 28 – 29, 2019
Friday 6:00pm – 8:00pm
Saturday 9:00am – 5:00pm
Saturday PM – optional pot luck 5:30pm – 7:30PM

Westminster Institute
3534 US Route 5
Westminster, VT 05158

Physical Therapists Can Earn More Credits!

The ZBHA is pleased to announce that our approval through ProCert (under the Federation of State Boards of Physical Therapy) now provides 21 CCU's for Physical Therapists taking Zero Balancing I. We have been upgraded from 19 CCU's.

Visit our website at the following link to view Zero Balancing I calendar listings for a class near you. [Course Calendar](#)

Congratulations Newly Certified ZBers!

Johanna Alsen, Carmel by the Sea, CA
Donna Hall, Simi Valley, CA
Beverly Leatherman, Quakertown, PA
Kimberly Mack, Grafton, VT
Bruce Nelson, Eagle River, AK

Congrats!

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