Introduction to Zero Balancing
Saturday, November 19, 2016
9:00 a.m. – 4:30 p.m.

This course is designed to provide a basic exposure to the principles of touch used in Zero Balancing, to the concepts of body structure and body energy, and to a set of hands-on Zero Balancing techniques. No pre-requisites needed.

Students will learn:
- The history and development of Zero Balancing and how it is used in clinical practice
- To introduce the concept of interface touch through discussion and exercises designed to demonstrate and clarify interface touch
- About the significance of skeletal energy and structural alignment
- About fulcrums and how fulcrums are used in Zero Balancing
- Basic integrating fulcrums through demonstration and practice

A certificate of completion is received for 6 hours. Health Options Institute is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a continuing education approved provider. Its approved provider number is 451986-12.

Course Objectives: At the end of the course the student will be able:
- To define ZB including its methodology, concepts of energy, benefits and effects
- To explain the history and development of Zero Balancing and how it is used in clinical practice
- To demonstrate interface touch
- To state the significance of skeletal energy and structural alignment
- To demonstrate how fulcrums are used in Zero Balancing

Teaching Tools:
- Short lectures
- Demonstrations
- Flip charts of ‘energy model’, anatomy
- Short period of hands-on practice in pairs
- Questions and Answers discussion

See information on instructor & course outline on back →

Registration Form
November 19, 2016
Fee: $125.00/$140.00

A $60 coupon will be received at the end of this class that may be applied toward Level I tuition. Lower fee applies if a minimum $40 deposit is received on or before October 29, 2016. Of this deposit, $15 is non-refundable, unless class is cancelled by HOI, wherein all deposits are refundable. If you cancel 15 or more days before the beginning of class, $25 is refundable or transferable to another class. If you fail to give 15 days or more notice or do not show up for the class, all monies are retained by HOI without obligation to refund or transfer.

Name: ____________________________________________________________________________
Address: __________________________________________________________________________
Phone: ____________________________________ Email: __________________________________

Mail form to: Health Options Institute * 1926 Second Street * Bethlehem, PA 18020
(610) 419-3535
About your Instructor:
Maureen Staudt, RN, LMT, is a nurse Massage Therapist specializing in Zero Balancing. She additionally is a member of AHNA (American Holistic Nurse Association). She is a certified Zero Balancing Instructor and has been practicing ZB since 2006. Over the years due to her extreme enthusiasm for ZB, she had given presentations to various nursing groups, hospice teams, and the AMTA (American Massage Therapy Association). She was formerly the chairperson of the Zero Balancing Northeast Bioregion.

One Day Introduction to Zero Balancing Lesson Plan
Expanded Version

Objectives: 1) To introduce, define and provide an overview of Zero Balancing
2) To share a brief history of the development of ZB
3) To introduce ZB concepts of energy and structure
4) To demo and introduce vocabulary of touch exercises
5) To define fulcrums and vectors
6) To demonstrate and practice half moon vectors and integrating fulcrums
7) To demonstrate a full Zero Balancing session

Materials: ZB table, presentation pad or board, markers, optional skeleton or skeletal chart, scarf or strings or rubber bands, hand out materials such as brochures, articles on ZB, ZBHA contact information, class flyers, roster for ZBHA, disclaimer forms, CEU forms, evaluation forms, nametags, copies of Dr. Smith’s Inner Bridges, and John Hamwee’s Zero Balancing.

I Introduction
A. Welcome, introduction of presenter with professional and personal connection to ZB, brief participant introductions if appropriate
B. Frame/overview of presentation, share objective of combining experiential and educational understanding of ZB
C. Brief pyramid or grounding meditation to create the space for presentation
D. Short Definitions of ZB
   1. Zero Balancing is the art and skill of balancing body energy with body structure through the use of touch
   2. ZB is a hands on body mind system designed to enhance health
   3. ZB is received through clothing on a bodywork table and usually lasts about 30 minutes
   4. ZB focuses on bone and bone energy at specific joints within the Skeletal system
   5. ZB uses a unique type of skilled touch called interface in which the body’s structure and energy are touched simultaneously and consciously
   6. ZB is distinct from other bodywork therapies and is practiced by many kinds of healthcare practitioners who have been trained and certified in ZB
   7. ZB can significantly help integrate the effects of many kinds of therapy by enhancing transformational processes on all levels.
   8. ZB is designed to address the whole person rather than treat symptoms, and is an ancillary or adjunctive therapy rather than as a primary care approach.

II Origins, History and Development of Zero Balancing
A. FRS’s experience of touch as son of a skilled Chiropractor
B. FRS’s medical education as osteopathic physician since 1955, MD since 1961 when the DOs and MD merged in California, and long study and practice of acupuncture
   (Optional additional details as needed)
1. Study and experience of Rolfing with Ida Rolf
2. Esalen story of JR Worsley treating man with the hand condition
   (Optional, depending on audience)
3. Extensive study of acupuncture and development of ZB as a
   project of excellence to teach practitioners to handle both structure
   and energy simultaneously
4. FRS’s synthesis of his training with spiritual understanding of structure
   and energy through such spiritual practices as meditation leads to the
   development of ZB protocol
5. Current ZB training and use by various healthcare practitioners
6. Role of the ZBHA to offer information, referral and education about ZB

C. Origin of the name of Zero Balancing from a client’s experience after ZB

III Zero Balancing Concepts of Energy and Structure
   A. Model of Light diagram with particle and wave with written analogies
      (Draw on board)
   B. Sailboat model
      (Draw on board)
      1. Sailboat is structure, wind is energy
      2. What happens when the wind meets the sail?
      3. ZB addresses how well do our sailboats/bodies tack into
         the wind/energy-ZB helps the sailboat sail
      4. ZB working tools include using fulcrums to offer opportunity
         to create balance of structure and energy
      5. ZB practitioners are trained to observe working signs
         indicating the client is in a period of internal rearrangement
         or rebalancing so ZBer can pace and support the client’s own
         process as it unfolds within the session, helping the sailboat sail
   C. Benefits and effects of ZB
      (Optional; draw outline of two people- one with
       more congested field, one clearer- who deals with stress better)
      1. Effects the whole person, bringing a clearer stronger field of energy
         through the structure
      2. Physically, ZB enhances ease of movement, postural alignment,
         developmental processes and reduces pain and discomfort
      3. Mentally, ZB quiets the mind, promotes self awareness and personality
         integration, and has a hallmark of engendering expanded states of
         consciousness and peacefulness.
      4. Expanded states of consciousness lead to a greater opportunity for
         health as tissue held tension, and emotions are more readily able to
         be released from an expanded sense of well being and inner harmony
      5. Share stories from presenter’s own experience and practice of how
         ZB is used and its effects.
   D. Optional discussion of clinical benefits of ZB
      (handouts included in this workbook for various professions)
      1. Main focus is on health, actualization and wellness of client rather
         than on illness, specific symptoms or pathology
      2. Helps regain and maintain optimal health of body/mind/spirit
      3. Relief from stress related symptoms such as headaches, shoulder and
         neck pain, or increased overall muscle tension
      4. Reduces dysfunctional movement patterns caused by trauma or
         compensatory stresses
      5. Boosts psychological sense of well-being as energy and structure
         integrate
      6. Has an ameliorative impact on disease and degenerative process
      7. Clears and aligns energy fields within the body, lessening blockages
         so that energy flows freely and does not get trapped as unresolved stress
      8. Enhances developmental processes so the psychological, social,
         emotional, and spiritual evolution can proceed
9. Offers reparative touch, establishing safe boundaries wherein old, unconscious responses can be released.
10. Increases diaphragmatic breathing, increased joint ROM, especially at tarsals, A/C joints, scapulae, neck and hips
11. Balances pelvic biomechanics
12. Integrates other work and leaves client grounded

IV Zero Balancing Touch Exercises: Demo and Practice
A. Donkey Leans: demo with a partner and have participants pair up and do leans, request feedback about what they experienced
B. Handshake: demo and practice with partners, bringing experience of both structure and energy to handshake and/or doing handshakes which are very structurally and very energetic, then balanced
C. Touching bone/qualities of bone
   1. Exercises touching bone at thigh, inner leg, finger
   2. Bone bending to illustrate pliancy and vitality of bone tissue
D. Vocabulary of Touch Exercises
   (Draw on board diagram of these 4 types)
   1. Interface, blending streaming, channeling
   2. Demo and practice all but channeling and end with a return to interface
E. Optional discussion of essential touch, donkey touch, benefits of interface touch, how it is unique to ZB, definition/use of fulcrums
F. Benefits of interface touch
   (optional to list on board)
   Avoids depletion
   Honors and respects boundaries
   Promotes clarity
   Neither invades nor abandons
   Works with client’s own energy within themselves
   Attention stays at fingertips
   Can calibrate the amount of structure and energy needed
   Some donkeys need/like more structure, some more energy
   Needed in life as well as in bodywork practice
   Using interface principles in relationships brings clarity by knowing “what is mine and what is yours”
   Empowers client to realize change

Break*************************

V Fulcrum, Vectors and Blue Line
A. Define fulcrums and vectors
   (List on Board with fulcrum symbol)
   Fulcrums
   1. A balance point
   2. A point or support on which a lever turns
   3. An agency through, or around by which vital forces are exercises (American Heritage Dictionary)
   4. A complicated geometric form which when held stationary becomes a point around which a person can reorient
      (Dr. Fritz Smith’s definition)
   5. Simplest fulcrum is created by using one or more fingers to place direct pressure into the body, usually on bone to give an opportunity for client to rebalance
   Vectors – a special type of fulcrum
   1. A force with magnitude and direction
   2. Vectors when held stationary become a fulcrum
B. Blue Line diagram
   (Draw Blue Line diagram)
   1. Demo with scarf
   2. Student practice with scarf, string, or towels
   3. Optional- Use of string telephone good tool to
to demo concept of String (S) must have enough tension (E)
to transmit/carry vibration.
   4. Optional use of rubber bands to find moment when
   energy and structure meet; may have various
types of rubber bands to show how different structures
   have different tensile strengths (as do bodies)
   5. Blue Line is special moment when we have begun to touch
   both energy and structure
   6. Optional- ask student where “in the box” they like
to be touched; like donkey leans, most people have
   instinctive understanding of what their donkeys like

C. Half Moon Vector-
   (Draw hand position on calcaneus and Achilles
and list steps)
   1. Position client on table, centered, remove shoes, glasses,
belt, etc. with client’s hands resting on torso
   2. Correct stance with one foot in front of the other, body
centered and grounded, hands soft
   3. Position hands on soft tissue and bone (calcaneus and Achilles)
   4. Pick up the feet and let the weight come into hands, starting
   from the blue line
   5. Pause
   6. Curved pull (addresses how energy moves through body)
   7. Hold, hold, hold
   8. Release and set the feet down in length

D. Half Moon Demo and Exchange
   1. If possible, demo on all students
   2. Air practice of HMV to kinesthetically practice
   3. Exchange of HMVs
   4. Optional- if time permits, have students exchange with more
   than one partner to begin to notice how energy moves
differently through different bodies
   5. Optional- if time permits, can explore how a straight pull
   feels different than a curved pull (energy moves in curves)

Lunch****************************

VI Integrating Fulcrums
A. Neck HMV
   1. Anatomy of cervical spine (drawing)
   2. Demo neck HMV
   3. Practice and exchange neck HMV
   4. How it is used in ZB (integration of upper body,
mobilization, connects neck and head to upper body)

B. Rib HMV
   1. Anatomy of ribs and dorsal hinge (drawing)
   2. Demo of rib HMV
   3. Practice and exchange rib HMV
   4. How it is used in ZB (improving breathing,
   connects mid-torso to upper back, neck and head)

C. Pelvic HMV
   1. Anatomy of Pelvis
   2. Demo of Pelvis HMV
   3. Practice and exchange of pelvic HMV
D. Practice and Exchange HMVs at legs, neck, rib, pelvis and legs
   (optional exchange with several students for more hands on practice and to see how different bodies respond to fulcrums)

VII Demo Full ZB session
   (Optional Air ZB on skeleton if available to illustrate hand positions
   Include intake, frame, seated eval, and invitation to walk after session

VIII Closing Comments/Ritual
   A. Question and answers
   B. Information on ZBHA, certification and advanced training, class schedules, local study groups and presenter contact information as appropriate
   C. Optional hands outs: brochures, upcoming class information, articles, flyers, or other marketing information.
   D. Closing Ritual options
      1. Group donkey lean
      2. Dismantle pyramid and future pace to next event
      3. Giveaways such as boxtops/stickers if appropriate

Options to include for working with group of highly skilled manual therapists

Working Signs (optional - as time permits or for skilled manual therapists)
   A. Breath (brief discussion of working breath cycle)
   B. Eyes
   C. Voice vitality
   D. Monitoring signs
   E. Used to pace rhythm of session, physiological signs of working state

Seated Evaluation (optional - as time permits or for skilled manual therapists)
   A. Intake, frame, establishing donkey connection
      A. Shoulder girdle
         1. Thoracic tension
         2. Circumduction
         3. Goodbye Charlie
      C. Pelvic Girdle

These outlines are designed to be a guideline for presenters which can be fine tuned based on the audience. Additional handouts which are specific to various healthcare practitioners and useful for targeting professional groups are included in this workbook.