

Zero Balancing: Level I

Saturday, Sunday, & Saturday, March 25, 26, & April 1, 2017

9:00 a.m. – 5:00 p.m. (90 minute lunch)

Sunday, April 2, 2017

9:00 a.m. – 3:30 p.m. (60 minute lunch)



This course is through the Zero Balancing Health Association and taught by a fully credentialed ZB instructor. Developed by Fritz Smith, MD in the early 1970s, ZB is a powerful body-mind therapy that uses skilled touch to address the relationship between energy and structures of the body. Following a protocol that typically lasts 30 to 45 minutes, the practitioner uses finger pressure and gently traction on areas of tension in the bones, joints and soft tissue to create fulcrums, or points of balance, around which the body can relax and reorganize.

ZB focuses primarily on key joints of our skeleton that conduct and balance forces of gravity, posture and movement. By addressing the deepest and densest tissues of the body along with soft tissue and energy fields, ZB helps to clear blocks in the body's energy flow, amplify vitality and contribute to better postural alignment. A ZB session leaves you with a wonderful feeling of inner harmony and organization.

ZB I teaches you the protocol of Zero Balancing. Here you will learn an interface touch which will facilitate deep and profound work with ease and can be used with any modality. ZB is an enjoyable and excellent stand alone therapy and can complement and help integrate any work you do. It is easy to incorporate into other modalities, including massage, acupuncture, chiropractic care, and craniosacral therapy, allowing you to work on multiple levels in one session.

Engage your clients on a deeper level

Learn how to address deep patterns in the musculoskeletal system by handling energy and structure simultaneously. Zero Balancing will add energetic engagement to your structural work or structural engagement to your energy work. Either way, you will find that you achieve powerful and lasting effects.

Work with greater clarity and ease

Learn Interface Touch that brings clear awareness of both your own and your client's physical and energetic boundaries. Working at Interface protects you and your client, so you can practice any healing art more easily without becoming drained.

Offer an effective session after Zero Balancing I, then expand your skills

Learn a treatment protocol that is effective for clients of all ages and that addresses physical, emotional and mental issues simultaneously. ZB offers your clients bone-deep relaxation similar to meditation that allows them to release old patterns, including stress and pain.

On Completion: Students will be able to practice ZB on completion and will receive a letter of verification at the end of the class indicating 25 CEUs approved both by the NCBTMB and for massage relicensing. To learn more about the requirements to become a certified ZB practitioner, go to www.zerobalancing.com.

****Turn over for information on facilitator****

Registration Information: Zero Balancing: Level I

Tuition: \$580.00/\$680.00**

**580.00 if registered with \$120 deposit 30 days or more in advance. \$680 if registered with \$120 deposit less than 30 days in advance. These are discounted prices. \$60 of the deposit is non-refundable and non-transferable unless class is cancelled. The other \$60 of the deposit will be refunded if 30 days or more notice is given to the school by the student prior to the class start date. Any money paid in addition to the deposit is refundable prior to class start date.

Name: _____ Phone: _____

Address: _____

Email: _____ Amount Enclosed: _____

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.