



Live Life in Balance™

Introduction to Zero Balancing

- ZB is a hands-on body-mind therapy
- Developed in the 1970s by Fritz Smith, MD
- Performed through clothing
- Engages both body structure & energy
- Offers relief from pain and stress, enhanced well-being, improved function



About Todd Williams

- Dancer, Choreographer, Dance Teacher
- Certified Massage Therapist (CMT)
- Certified Zero Balancer (CZB)
- Zero Balancing Teacher



Zero Balancing Is Growing



- Over 525 certified ZBers and 40 faculty across North America
- ZB is practiced by MTs, PTs, Acupuncturists, Chiropractors, OTs, MDs, RNs and others.
- 150 hour certification program for health care professionals
- Zero Balancing is taught in 12 countries.
- ZB Associations in North America, Europe, and Asia/Pacific



How did ZB develop?



ZB Founder Fritz Smith, MD

- A pioneer in integrative medicine
- Osteopath
- Certified Rolfer®
- Acupuncturist
- Observed energy as a force in the body
- Discovered that bone tissues conduct the strongest energy currents



Where did the name Zero Balancing come from?

The name came about when one of the first recipients of this work got off the table and said,
“I feel great. I feel like I’ve been balanced to zero!”



How does ZB work?



- Focuses on the skeletal system, and key bones and joints that conduct forces of gravity, posture and movement.
- Uses gentle lifting and traction to release and organize the body's energy flow.
- Works with both structure and energy.
- Brings more clarity to the energy fields of the body, releasing patterns from the deepest level.



ZB can help you...



"Zero Balancing is a full-body, holistic therapy that is changing lives by balancing the structure and energy of the bones. You get off the table with a clear mind, bright eyes and a calm nervous system."

– *EzineArticles.com, July 2009*

- Increase feelings of health and well-being
- Relieve stress and improve energy
- Reduce pain and discomfort
- Enhance stability and balance
- Release mental, emotional and physical tension
- Amplify connection, peace and happiness



What does ZB feel like?



"Zero Balancing is the best-kept secret in manual therapy. It eases your mind as much as it relaxes your body, giving you a direct experience of balance and internal harmony."

– Pam Geggus, Acupuncturist and Zero Balancing Practitioner

- SUPPORTIVE
- COMFORTING
- RESPECTFUL
- ENGAGING
- FEELS GOOD OR "HURTS" GOOD



Hallmarks of Zero Balancing

- ZB touch is clear and respectful.
- No change is forced, but is allowed to happen naturally.
- ZB practitioners learn to hold themselves and others in the highest regard.



Structure and Energy

The Wind in your Sails is like
the Energy in your Body

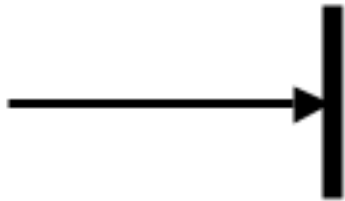
- Skeletal structure = Sails
- Wind = Energy

ZB addresses the relationship of
Energy and Structure in the
human body.



Types of touch

Structural Touch



One touches the structure of another person, without consciously and knowingly engaging their energy.

Essential Touch



One makes an energetic connection with another person, with or without physical contact.



Types of touch

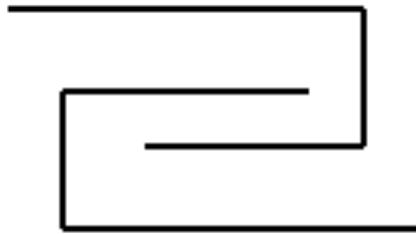
Donkey Touch

One touches both energy and structure of another person, consciously and knowingly.



Types of Touch

Interface Touch

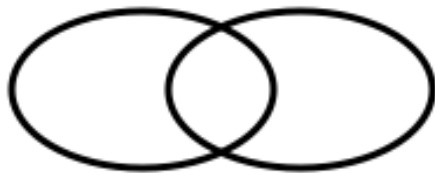


Desired mode of touch used in Zero Balancing. The boundary is clear. Both know where one's body/energy begins. The practitioner and client meet at interface. A clear bone to bone connection is made. The goal is that structure and energy of practitioner and client meet precisely, making all boundaries clear.



Blending Touch

Overlapping of boundaries. There is no clear author of the experience but rather combined vibration of both. “Practitioner “ and “client” become indistinct.



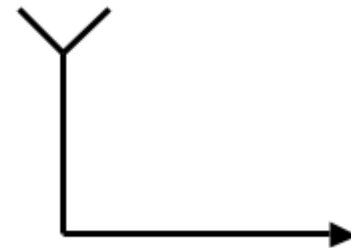
Streaming Touch

One sends one's own energy to the other.



Channeling Touch

One becomes a conduit for energy, not its source.



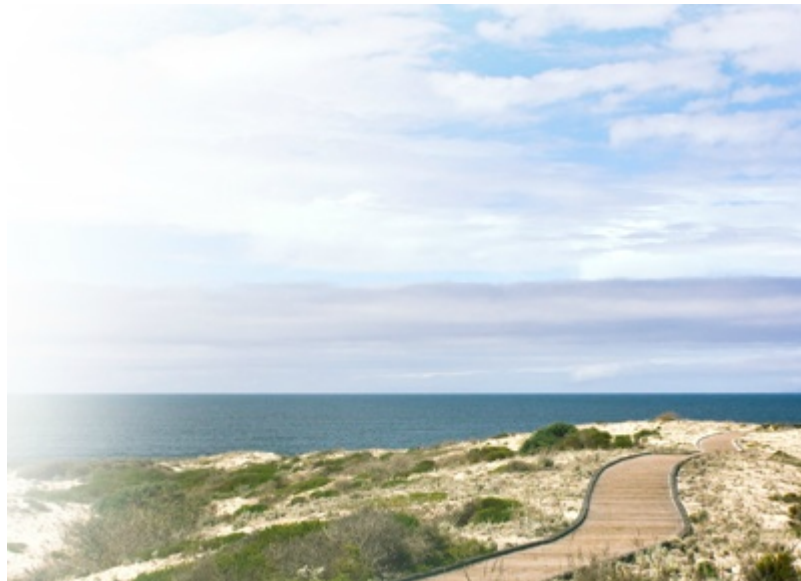
Questions & Answers



What do others say about ZB?

“Over the years I have had the opportunity to try many bodywork modalities. I've found that one ZB session can trigger the most dramatic and positive energy shifts I have ever experienced.”

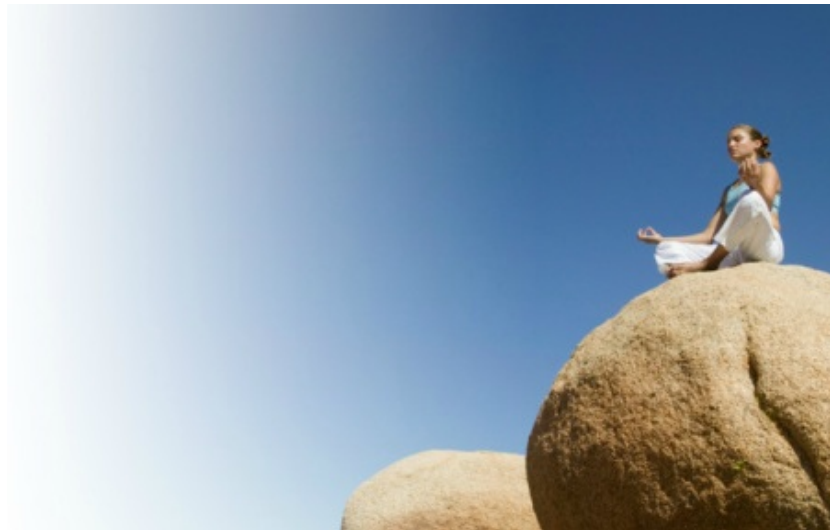
– Cara Washburn, Somerville, MA



What do others say?

“After a ZB session, I feel a sense of order, clarity and calm. I feel in harmony with the true nature of life, and I feel real happiness. It is as if you are organizing yourself—body, mind and spirit.”

— Nancy Elder, New York, NY



What do others say?

“For physical and emotional pain Zero Balancing is the most powerful tool I have to help people feel better.”

– LW, Physical Therapist



Contact information



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