

## What is Zero Balancing?

Zero Balancing is a gentle yet powerful hands-on method of balancing body energy with body structure. Using finger pressure and held stretches, it invites the release of tension accumulated in the deep structures of the body. The specific quality of touch enables physical structure and energy to be engaged simultaneously in a way that harmonises the relationship between them. Zero Balancing provides a point of stillness around which the body can relax, giving an opportunity to let go of unease and pain, and experience a new level of integration. The name Zero Balancing arose spontaneously from a recipient's description of the session she had just received.

## How did Zero Balancing originate?

Dr. Fritz Smith, an osteopath, physician and acupuncturist, developed the principles of Zero Balancing in 1975. He understood the importance of integrating mainstream Western scientific approaches to body structure with concepts of energy and healing used routinely in the East. Fritz Smith describes his insights into both models of health care in his book *Inner Bridges* (available from ZBA UK). He teaches internationally, training practitioners and teachers to use and teach Zero Balancing. Zero Balancers\* are also health care professionals in other fields. The ZBA UK organises the thorough training programme that leads to accreditation as a Certified Zero Balancer.

*\*The term Certified Zero Balancer is reserved for those who have completed the Certification Programme and actively maintain their status through membership of ZBA UK. They use the abbreviation Cert.ZB after their names.*

## How can Zero Balancing help?

Zero Balancing promotes a deep sense of physical and emotional harmony, allowing our own natural healing process to work more effectively. It benefits a wide range of people and has extensive applications in health and in personal development. The following are some of the areas in which it may be especially useful:

### Flexibility and Posture

Zero Balancing focuses on the groups of joints in the body that are involved with the smooth transmission of forces through the weight-bearing skeleton - in effect they act as shock absorbers. Zero Balancing evaluates and improves the function of these joints, working towards optimum balance and efficiency in their relationship with each other and with the whole body. This encourages natural realignment and improved posture.

### Stress Reduction

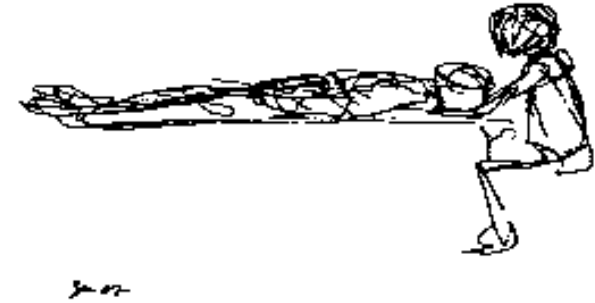
Zero Balancing is an effective and gentle way of dealing with accumulated stress in the body and mind. People feel relaxed, refreshed and invigorated after a session, more able to understand and deal with the causes of their stress.

### Body Pain

Pain usually occurs in areas where energy flow is blocked or weakened, commonly in areas of tension or overuse. Zero Balancing restores energy flow, so removing the causes of pain and improving body awareness. There is a corresponding increase in flexibility, range and performance.

### General Wellbeing

Zero Balancing generates an active and conscious state of wellbeing. Pleasurable in itself, it can provide a foundation for continuing good health. If you feel good, Zero Balancing offers you the opportunity to feel even better.



drawing by Gina Michaels

### Reparative Touch

Natural responses to touch can become distorted by events such as trauma, abuse or prolonged physical or emotional pain. Zero Balancing establishes a clear interface between the therapist and the client in which the boundaries of touch and communication are distinct and non-intrusive. The safety of this respectful connection enables the client to reclaim their body and rediscover the positive aspects of human touch.

### Personal Process

Zero Balancing can facilitate the release of outdated mental habits and patterns of emotional responses. Unresolved issues from our personal history may be held in the body and act as obstacles to personal development. Zero Balancing can help access and clear these obstructions, strengthening our ability to adapt to change and to reconnect with our essential selves.

*Zero Balancing is a complement to medical health care and not a substitute for it. The work is not designed for the acutely ill or disturbed person, nor should it be used following surgery or a bone fracture until sufficient structural healing has taken place. Your Certified Zero Balancer can advise whether Zero Balancing is suitable for you.*

## What happens during a Zero Balancing session?

Zero Balancing is a hands-on bodywork. It is done with the client clothed and lying on his or her back. A short health history will be taken before the session starts. It is not necessary for the client to talk during the session. A session may take anywhere between twenty and forty minutes. Zero Balancing promotes a deep state of relaxation, and it is common for people to feel refreshingly rested and revitalised after the first session. It is often recommended that a person have three weekly sessions to begin with, and then decides with their practitioner what frequency would best serve them. Some people continue to have Zero Balancing sessions regularly as a way to maintain good health, whilst others find it beneficial at times when they need to be functioning at their best, or during times of particular stress, or during transitional periods in their lives.



Drawing by Gina Michaels

People who receive Zero Balancing may progress into a new state of awareness from which old patterns and habits in the body and mind may be more readily released. This can manifest as noticeable changes in the way physical structure and movement are experienced, or as a shift in inner landscape so that new opportunities and choices become apparent.

## Programmes teaching Zero Balancing

Zero Balancing Workshops are open to all health care workers who hold a current certificate in one of the healing professions. The fundamentals of Zero Balancing are presented over two Basic Workshops. Dr. Fritz Smith also visits the UK annually to teach Advanced Workshops to those who have learnt the basic skills. These workshops form part of the requirements leading towards Certification as a Zero Balancer.

The Certification Programme provides a focus for the exploration and mastery of the art and skill of Zero Balancing. It encourages the individual development of the use of Zero Balancing to a recognised standard through the understanding of Zero Balancing principles and their embodiment in practice.



For a list of Certified Zero Balancers in the UK and Europe or details of teaching programmes, please contact:

THE ZERO BALANCING ASSOCIATION UK

tel: 0121 458 7106/0845 603 6805  
email: [info@zerobalancinguk.org](mailto:info@zerobalancinguk.org)  
[www.zerobalancinguk.org](http://www.zerobalancinguk.org)  
21 Ivy Road, Stetchley, Birmingham B30 2NU



## A New Approach to Energy Bodywork

Armelle Lefebvre  
ZB Certified  
Expressive Art Therapist

Ile de France  
Yvelines

[www.armiel.com](http://www.armiel.com)  
email : [info@armiel.com](mailto:info@armiel.com)