

Introduction to Zero Balancing
Course Syllabus



Day 1, AM: FRAMING, INTAKE, EVALUATION, LOWER HALF BODY

1. Introduce manuals and each other.
2. PowerPoint presentation and discussion.
3. Protocol-Lower Body (Page 03 - short version).
 - Framing_____ p.04
 - Intake_____ p.04
 - Client Sitting Evaluation_____ p.04
 - a. Upper Back_____ p.04
 - b. Pelvic Girdle Evaluation_____ p.04-05
 - c. Client Lying-Half Moon Evaluation_____ p.04-05
4. Zero Balancing Video 45 minutes (before or after lunch).
5. Lunch 1/2 Hour.

Day 1, PM: PROTOCOL-LOWER BODY

6. Protocol-Lower Body Continued
 - Dorsal Hinge/Lumbar Spine/Sacrum Eval.____ p.05
 - Dorsal Hinge/Lumbar Spine/Sacrum Bal.____ p.05
 - Hip Evaluation_____ p.05
 - Hip Balancing_____ p.05
 - a. Second Hand on Pelvis_____ p.05
 - Foot Evaluation_____ p.05-06
 - Foot Balancing_____ p.06
 - a. Two-Handed Fulcrum_____ p.06
 - b. Ice Cream Scoop_____ p.06
 - Half Moon Vector at the Feet_____ p.06

Day 2, PM: UPPER HALF OF BODY & CLOSING

7. Film Clip: Healing and the Mind, Chi Masters.
 8. Finish PowerPoint from Day 1.
 9. Protocol-Upper Body
 - a. Access energetic of client, how are you?___p.06
 - b. Upper Back and Neck Evaluation_____p.06
 - c. Upper Back and Neck Balancing_____p.06
 - d. Scapula and Posterior Shoulder Jt Eval_____p.06
 - e. Scapula and Posterior Shoulder Jt Bal_____p.06
 - f. Reevaluate Neck_____p.07
 - g. Half Moon Neck Fulcrum_____p.07
 10. Closing Fulcrums and Sequence.
 - a. Half Moon Vector at Neck_____p.08
 - b. Half Moon Vector at Thoracic_____p.08
 - c. Half Moon Vector at Pelvis_____p.08
 - d. Half Moon Vector at Popliteal_____P.08
 - e. Half Moon Vector at Feet_____p.08
 - f. Figure "8" to break energy connection_____p.08
 10. Lunch
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Day 2, PM: PROTOCOL-COMPLETE

11. Putting it all together (Use Protocol Sheet)
 - Framing
 - Intake
 - Client Sitting Evaluation
 - Lower Body Evaluation and Balancing
 - Upper Body Evaluation and Balancing
 - Closing Fulcrums and Sequence
11. Film: "What the Bleep Do We Know" (1-Hour)
12. ZB EXAM: 22 Questions if needed.¹

¹ Updated 01/29/2022