

10 Reasons to Receive Zero Balancing (ZB) Therapeutic Bodywork

- 1) It helps – ZB feels good and promotes pain relief, greater health & well-being
- 2) It's convenient – ZB is done with clothing on, no undressing is required
- 3) It's safe – ZB is done with a particular style of respectful touch and clear boundaries, engendering feelings of trust and safety
- 4) It's empowering – with ZB, changes come from within the person, not imposed by the practitioner
- 5) It's a stress reliever and more – not only does ZB support release of stress during a session, it also helps stress move through the body easier afterwards
- 6) It's supportive – each session is customized to support the goals of the client – you create your own frame for the session. We often ask, “How would you like to feel when you get up off the table?”
- 7) It can be life-changing – ZB can help to clear the body of confusion and negative body-held memory, without having to re-live the experiences
- 8) It's energizing – releasing held tension frees up more energy – people often say they feel both more relaxed and more energized after a session
- 9) It's grounding – after a ZB session it's common for people to feel more grounded, stable, centered and “in their body”
- 10) You are in good hands – practitioners of Zero Balancing are licensed health-care practitioners who have completed an additional two-year certification program

** These experiences are based on receiving regular periodic ZB sessions **

“ZB makes normal better and better normal!”