

Interface...

The Newsletter of the Zero Balancing Health Association



FALL 2004 Cindi Pridgen, Editor

The mission of the Zero Balancing Health Association is to promote health in the world using touch to integrate energy and structure.

Core Zero Balancing Curriculum Redesigned for 2005

The Core Zero Balancing curriculum has recently been redesigned. The Association is excited about this new format, which includes new material, and which will support and enhance students' success in being well grounded in the Core ZB protocol. Core Zero Balancing is a 50-hour program taught in two 25-hour segments - ZB I and ZB II - separated by a period of practical experience. Currently the Core ZB program is taught to a mixed student body of both ZB I and ZB II level students.

As of January 2005 Core ZB will be offered in two distinct classes, Core ZB Part I and Core ZB Part II, to be taken sequentially. Students who have completed Core ZB I and II, in the current

See **CURRICULUM** on page 7

2005 ZB Conference to feature Dr. Herbert Bensen and Emilie Conrad

Annual Benefit with Fritz Smith, M.D. to precede Conference

Zero Balancing Conference June 10-12, 2005

ZBHA 4th Annual Benefit June 9-10, 2005

Simmons College Boston, Massachusetts

Planning is continuing on our next Zero Balancing conference, whose theme is "Bridging the Mind and Body Through Touch". Highlights include four keynote speeches, breakout sessions on a wide variety of topics, plenty of opportunities to give and receive Zero Balancing sessions and lots of time to join in community with fellow practitioners.

Our keynote speakers include ZB's own Dr. Fritz Smith and John Hamwee. John, one of the United Kingdom ZB faculty, teaches Zen and Zero Balancing with Howard Evans here in the U.S. He is the author of one of the fundamental books about ZB - Zero Balancing: Touching the Energy of Bone. He has recently written two other books: Love's Energy and Energy Medicine.

We are especially delighted to welcome keynote presenters Dr. Herbert Bensen and Emilie Conrad to our conference.

Dr. Bensen is a nationally-known author and president of the Mind/Body Institute

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New ZB Products Available!

The Association office has several products for sale, two of which are brand new. (Color pictures of these items can be viewed on the website, www.zerobalancing.com).

We are excited to announce that we now have a **necklace** that showcases the ZB logo, the fulcrum. The necklace is a sterling silver replica of the fulcrum on a 16-inch sterling silver chain. Very stylish and just perfect for yourself or that special ZBer on your gift list! \$15.00

A new **brochure** on Zero Balancing is now available. Entitled "**Zero Balancing: Bridging the Mind and Body Through Touch**", the brochure is appropriate for educating the general public, clients and health professionals. It can be used in addition to or instead of the existing Discover ZB brochure. Topics covered in the brochure include what is ZB?, benefits of ZB, what to expect in a session, how often to receive ZB, and information on ZB practitioners and

See **PRODUCTS** on page 8

Zero Balancing Welcomes New Teachers!!

The Association is pleased and proud to announce that there are now twenty-six new faculty members. In a wonderful and powerful graduation ceremony on October 2nd, in upstate New York, the new teachers were welcomed and celebrated. Look for more Core ZB classes to be happening in more locations throughout the U.S.!

CONGRATUATIONS

Christine Baldwin
Lisa Berger
Deborah Brigham
Donna Cerio
Mary Catherine Conger
Mary Alice Cullinan
Mary Beth Curreri
Michele Doucette

John Franklin
Tom Gentile
Verilee Herpich
Olaive Jones
David Laden
Megan Lavery
Sheila Lukasiewich
Sean Lynch
George Mackie

Elizabeth Martin
Colleen Maurer
Mary Murphy
Christine Parmley
Michael Rogan
Chuck Ruland
Karen Senffner
Cindy Tefft
Linda Wobeskya



Longtime instructors Jim McCormick, Michael Oruch, Aminah Raheem and Fritz Smith receive and give acknowledgement at the graduation!



New ZB faculty — they look good and they can teach too!

ZERO BALANCING Awareness Week 2005



Zero Balancing Awareness Week will be February 6-12, 2005. We are encouraging all certified Zero Balancers and faculty to sponsor a **Review Day** in their area on **Saturday, February 12, 2005**. This collective effort will move like a wave across the nation as a fulcrum to bring forth a clearer stronger field for awareness of Zero Balancing.

If you plan to sponsor a Review Day, or if you need some help, contact the ZBHA office at zbaoffice@zerobalancing.com and also send a copy to **Cindy Tefft** at ctefft@mac.com by December 15, 2004. This will enable the ZBHA to advertise your Review Day location, times, and contact information by several methods, including a listing on the website.

With this combined effort, we will raise Zero Balancing Awareness to a new level. We encourage you to participate in this unique opportunity.

The Rhythm of Interface

by John Franklin

“Stormy” is a beautiful dapple gray mare with large brown eyes and a sweet disposition. Six years old, Stormy has made a successful transition over the past year, shifting from being a “pasture potato” to winning a bumper crop of ribbons in Western Pleasure at various shows. She is a healthy, bright and alert performance horse who is well cared for by her owner.

After selling my veterinary practice five years ago, I began an intense education program in bodywork and movement education. As a Zero Balancer and a *Feldenkrais*® Practitioner, my practice is now focused exclusively on people. Still, as a veterinarian with over twenty years of clinical experience, I am often asked if ZB can be used with animals. My answer is usually, “Yes, Zero Balancing can be great for working with animals. You should call Elliot Abhau for more information.”

Now I had the opportunity to watch Elliot show how Zero Balancing can be used in working with horses. She has a long career as a professional horse trainer, in addition to being a certified practitioner and teacher of Zero Balancing, as well as a licensed massage therapist.

As Elliot leads Stormy down the concrete walkway of the spacious barn, I stand to the side, watching and listening. Even though Stormy isn't lame, I see and hear a distinct difference in the hooves as they contact the ground. Her right rear foot isn't striking the ground as heavy as the other three feet. As the shod hooves hit the floor, they sound are like a metronome with a slight irregularity in the rhythm of the beat.

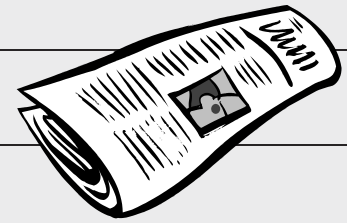
Elliot returns Stormy to her stall and starts the ZB session, which lasts about 10 to 15 minutes. A Quarter Horse, Stormy stands quietly, her ears forward, as she focuses her attention on Danielle,

her owner, who is standing outside the stall. Elliot works quietly with Stormy inside her stall, placing fulcrums along the side of her head and neck and along her trunk. As Elliot shifts her position behind the mare, she gathers her tail and places a half moon vector with curved traction. Stormy works her mouth, as if chewing. Occasionally her eyelids waver and her head drops, indicating a “working state.” Elliot is introducing Stormy and Danielle to the world of Zero Balancing®.

Once again, she leads the mare down the concrete walkway. This time, Stormy's hooves are striking the floor evenly, creating a sound of synchronous rhythm. Elliot then takes the horse to an indoor ring, where she takes her through “in-hand” work, using the principles of Zero Balancing, to integrate the work of the session through movement. Standing to the left of Stormy, Elliot holds the reins of the bridle with her left hand and a thin plastic rod with her right arm that hangs over the mare's neck.

I watch them walk side by side, turning, stopping, backing up, and walking forward again. “Fred and Ginger never looked any better” I think to myself.

After another 10 to 15 minutes, Elliot takes Stormy back to the barn. This time the feet sound like a finely tuned Swiss watch as they hit the floor. There is a bounce to the rhythm, as if the ground is pushing the feet up. “This is the rhythm of interface, poetry in motion,” I realize as I listen to the sound of gravity meeting ground force through the structure of Stormy's hooves.



ZBers in the News

Zero Balancing made it into a national publication again! Chicago ZBer **Lora Freeman**'s article “Zero Balancing: Touching the Spirit Through Energy and Structure” was published in the August 2004 issue of **Massage Today**. Congratulations Lora and thank you for helping to spread the word about ZB!

Ty Romijn, certified ZBer from Rhode Island, sponsored a ZB booth at the 3rd Annual Rhode Island Sustainable Living Expo on June 5th. Ty offered 10-minute ZB demos for \$10. He plans to do this again as the sustainable living community and ZB seem to be a nice fit, as well as the fact that Ty feels at home in both communities. Ty says that wearing his ZB t-shirt worked well as a walking advertisement!

ZBHA would like to extend best wishes for a speedy recovery to ZBer **Letty Phillips** who recently suffered a hand injury. With all of our good wishes, we know she will be back doing ZB's before long.



ZBHA Advisory Board

In the last newsletter we introduced you to Advisory Board members Karl Ardo, Amy Elizabeth Fox, Doug Deming and Michael Krepon. Here are brief biographies of the remaining members: Dan Beskind, M.D., Bob Duggan, Dennis Gates, M.D., Aminah Raheem and John Matthew Upledger.

Dan Beskind, M.D.

Dr. Dan Beskind is the current Medical Director of Southwest Preventive Health, a facility focusing on health promotion and disease prevention.

He attended the University of Vermont College of Medicine, Dartmouth in general surgery, the University of Arizona for a residency in Emergency Medicine and also completed a Masters in Public Health at the University of Arizona. Dr Beskind works part time at Canyon Ranch in the medical department. He is an Assistant Professor in the Department of Emergency Medicine at University Medical Center in Tucson, Arizona. He trained in both acupuncture and functional medicine, both of which he uses in his practice. Dr. Beskind has been attending Zero Balancing classes since 1999 and continues to practice ZB with his patients. He also hosts the radio show, "An Ounce of Prevention".

Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCA)

A practitioner of acupuncture for more than 30 years, Robert Duggan is President and co-founder of the Tai Sophia Institute, a graduate school of the healing arts, located in Laurel, Maryland. Mr. Duggan studied acupuncture in England from 1972-1974. He also received his Master's Degree in Education from New York University in 1970 and holds degrees in Philosophy, Theology, Human Relations, and Community Organization. He participated in the White House Panel on Complementary

Medicine during the healthcare debate in 1993 and in the NIH Office of Alternative Medicine strategic planning conference. For many years, he served as Chair of the Maryland State Board of Acupuncture. He is the author of the recently published *Common Sense for the Healing Arts*.

Dennis Gates, M.D.

Dennis Gates is currently an Integrative Medicine physician in Chicago, following a 27-year career as an orthopedic surgeon. He is a graduate of Loyola University Stritch School of Medicine and Northwestern University Orthopedic Residency Program. Now a graduate fellow of Dr. Andrew Weil's program at the University of Arizona, he teaches healthy living and the integration of holistic and standard medical care to all who want optimum health including medical, surgical and hospital staffs, and cancer patients.

Dr. Gates first exposure to Zero Balancing was 25 years ago after a practical hands-on demonstration and then a course at the Esalen Institute. Since then, he has incorporated Zero Balancing as an energy healing system into his orthopedic practice. He uses it preoperatively, post-op and for all stages of healing. Dr. Gates teaches an "Eight Weeks to Optimum Health" course and includes ZB as part of this course, as a form of energy medicine.

Aminah Raheem

Aminah Raheem, Ph.D., Zero Balancer, and Diplomate of Process Work, is a mother, teacher, transpersonal psychologist and author whose life work has been the study of the whole person. She developed the holistic method of Process Acupressure after more than 20 years' study in various psychologies and hands-on body modalities, along with 35 years of spiritual practice. She was an adjunct faculty member of the Institute

for Transpersonal Psychology for 10 years. Through the years she has taught Process Acupressure and integrative body psychology to both students and practitioners in the United States and throughout Europe. Aminah is married to Fritz Smith and they have been teaching together since 1989. She is the author of *Soul Return: Integrating Body, Psyche and Spirit*, and her upcoming book, *Soul Lightning*, will be published in early 2005.

John Matthew Upledger

Since 1986, John Matthew Upledger has been applying his vision and unique perspective in the field of complementary healthcare to his position at The Upledger Institute (UI). Founded in 1985, The Upledger Institute is dedicated to the advancement of innovative techniques that complement conventional care.

Shortly after joining UI, Mr. Upledger helped launch The Upledger Foundation in 1987. This nonprofit organization develops research projects and new therapeutic applications that enhance health and well-being. Mr. Upledger has also been the driving force in the creation of three networks uniting experts with practitioners to promote natural healthcare. He is a member of the prestigious Young Presidents' Organization International, composed of an array of men and women who achieved the directorship of qualified corporations (with stringent employment, compensation and sales requirements) before his or her forty-fourth birthday. Additionally, Mr. Upledger is co-founder of a number of business ventures: A Travel Concierge, UI Enterprises and SunGuard Heating and Air, and the successful investment firms of JWW Partners, UTT Enterprises, Jamco Investments, Inc., and Willow Bay LLC.

Zero Balancers Travel to Peru

by John Franklin

John and Sharon Franklin have been traveling to Peru and working with indigenous healers for over a decade. If you are interested in going to Peru, their next trip will be to Cusco, PISAQ and Machu Picchu, in April of 2005. For trip information, contact them at flyfranklin@ntelos.net.

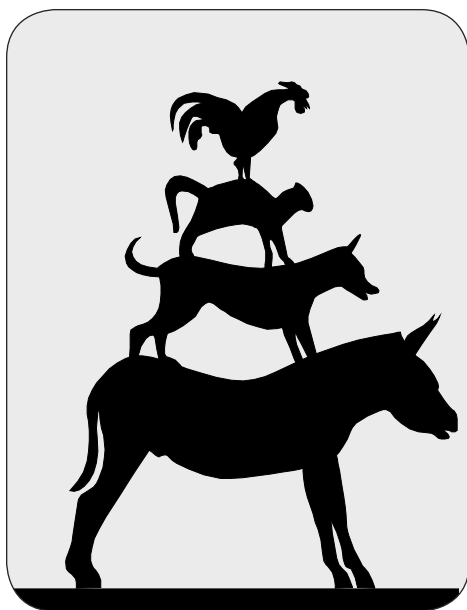
We land in Lima, Peru, in the early hours of the morning. After spending the night outside of Cusco, the ancient capital of the Inca Empire, we board a bus for *Tres Cruces del Oro*. Our host is Don Theo Paredes, a native of Peru, a cultural anthropologist, and a shaman with a lifetime of knowledge of the sacred medicine plants of Peru.

The following evening, we are standing on the top of the mountain, whose name translates into Three Crosses of Gold. From our campsite, we look down from a vantage point of over 12,000 feet onto the cloud cover blanketing the Amazon rainforest below. At night, a brilliant cascade of stars, including the Southern Cross and the Eyes of the Puma, illuminate the skies over the southern Andes Mountains.

We are here to witness the sunrise phenomenon that is visible during the months of May through July, the dry season in Peru. The next morning, we awaken early in the chilly mountain air, bundling up in our fleece wear, hats and jackets. We stand quietly on the edge of the bluff, with the clouds of the rainforest below us and the dark blue sky above. Slowly, the dawning sun casts a light pink band onto the edge of the horizon before shifting into various hues of red and gold. It is as if an orchestra of light is tuning up, waiting for the conductor's baton to begin the music for this dance of the sun.

We are mesmerized as the ball

of light climbs above the horizon of the rainforest. It moves, vibrates, and pulses in an exquisite blend of gold and red colors, as it dances its way into the morning skies. The colors and movement of the sun come from a combination of unique optics afforded by the elevation and the clouds below, and for our group, it is pure magic. It is a dance between structure and energy vividly played out before a grateful audience.



After packing our tents, we descend down a spiraling road which leads us into *Manu*, the national park of Peru traveling from the eastern slopes of the Andes into the lowlands of the Amazon Basin. We pass through a wide range of cloud forest and rainforest habitat, driving through narrow rock tunnels underneath a canopy of trees shrouded in mist. Waterfalls spray the sides of our bus and a variety of colorful birds and monkeys greet us as we travel through the jungle.

Our destination is *Villa Carmen*, a quaint collection of bungalows on a hacienda owned by Habel and Gretel. Native to Peru, Habel is director of

the *Manu National Project*, whose mission is to develop and teach techniques of sustainable agriculture to the indigenous peoples of the jungle. As we travel on horseback and foot, our group is treated to a day in the jungle, learning about the incredible amount of biodiversity in the flora and fauna that exists in an exquisite balance of symbiosis. We see potatoes that grow in the branches and roots of large trees and paint our faces with a bright orange dye from the berries of a shrub. We suck the tart water from the juicy pulp of a stalk cut along the jungle trail and watch prehistoric looking birds roosting in nearby trees.

The next day, we travel by boat up the headwaters of the Amazon River to an area of virgin rainforest belonging to one of the indigenous tribes. We climb up a steep trail underneath a dense canopy of trees which ends at the basin of a hundred foot waterfall. Slipping on our swimsuits, each of us take turns standing under the cascading waters and feeling the powerful vibrations of this clearer, stronger flow of energy resonating through our structure.

During our time at *Villa Carmen*, we enjoy wonderful meals with fruits and vegetables native to the region. As we sit in the screened dining room, a variety of small, colorful birds entertain us from a nearby feeder. Large pet macaws come inside, looking for handouts. Outside, a spider monkey is happy to cuddle in the arms of willing group members. Small children are delighted to play with us, throwing the ubiquitous soccer ball back and forth. We soak in the spring fed swimming pool behind the bungalows, surrounded by an incredible variety of flowering plants. Habel gives us the tour of his

See PERU on page 6

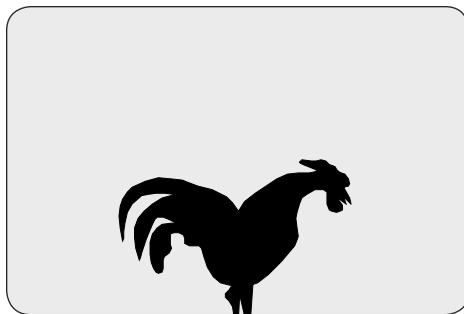
PERU continued from Page 5

rehabilitation project for a variety of jungle animals, including tapirs, caymans, and other indigenous species.

At night, we work with Don Mateo, a shaman of one of the native tribes, who works with the sacred plants of the jungle for healing. We have the opportunity to experience his wisdom in working the unique vibrations of plant medicine for well-being.

Amidst all of our travels, we are bonding as we enjoy each other's company with lots of laughter, stories, and fun. On our return to *Cusco*, we stop in the village of *Pocartambo* to enjoy the celebrations of the *Fiesta de la Virgen del Carmen*. Our group is among the very few tourists to witness one of the largest groups of native folk dancers in Peru celebrating in this ancient festival.

In *Cusco*, we stay in the hacienda of *Poqen Kanchay*, the residence of our host, Don Theo. We visit major archeo-



logical sites and marvel at the complex relationship between the energy and structure inherent in the stone structures of the sacred temples. We learn civilizations far older than the Incas used the walls to contain the natural vortices of energy created between the heavens and mountain summits. At night, we have the opportunity to work with Don Theo in a ceremony of healing and transformation.

As we tour the sites in and around *Cusco*, we enjoy the opportunities to see the native weavers making a variety of

clothing and textiles, woven from the fine hair of baby alpaca wool. Shopping for and buying coats, blankets and other items at wholesale prices, our group enhances our experience in Peru, as well as contributes to the financial well-being of the native vendors.

After our farewell dinner with Don Theo and the staff of *Poqen Kanchay*, we are treated to an evening of native Peruvian music. The next day we fly to Lima, to tour one of the many archeological museums there, seeing exquisite works of art that reflect the variety of cultures interweaving the history of the indigenous peoples of Peru. Dining and shopping fill the remainder of our day, before we depart for the States that evening.

Our group's journey to Peru has filled ten wonderful days. In retrospect, this seems like such a short time for the journey of a lifetime.

ZBHA Settles into New Home Office

The Association office moved to Columbia, Maryland in July of 2004. The office is located in a lovely village center setting, complete with restaurants and small stores nearby and a landscaped courtyard to hang out in. Oh yeah, then there's the most important amenity – a coffee and bagel shop!

The ZBHA hosted its first official function, an Open House, on October 16th. It was well attended and included many guests from TAI SOPHIA, a nearby healing arts school that teaches ZB as part of its core curriculum.

Please feel free to stop by and visit us if you live nearby or if you are passing through the area. We love visitors!

Thanks to the following people for



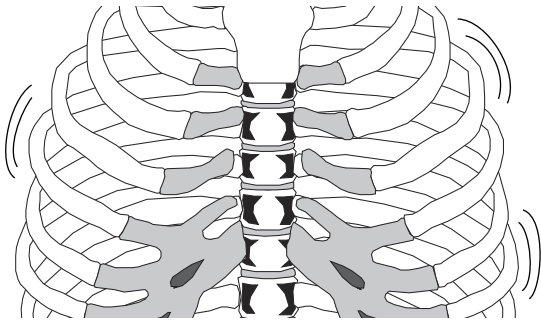
Office Manager Matt Salyers and Executive Director Cindi Pridgen are soooo happy with the new Association office!

their special support to the ZBHA during our relocation:

Devin Higgins, Michael Houstle, Barbara Ireland, Giovanni Pescetto, Frances Pridgen, Kelly Russell, Jane

Salyers and Mark Salyers.

And thanks to all of you who didn't call and ask us for something those first few weeks!



The Sound of Bone

ZB Faculty member David Laden contributed the following correspondence he sent to ZB founder Fritz Smith.

Dear Fritz,

Thanks so much for the CD, it's magnificent. Here's a synchronicity: the morning before your CD arrived in the mail I was doing a ZB and it was a very deep session for a beautiful 80 year old man. He's getting married next week to a lovely lady of 70. I felt incredible love for this man, I was surprised at how much. It was his first ZB session ever. As I was working on his rib cage, around the level of the heart, I thought I heard the faint sound of Tibetan monks chanting, that low pitched chanting of OM. I thought maybe it was from another room, but it was really coming from somewhere out of the ether. Later it occurred to me that I heard the sound of bone vibration: that bone, being dense, has a long low amplitude wave pattern and that fulcrums at bone to bone interface stimulate this vibratory pattern which is like striking a harmonic chord at the very bass end of a piano, the thickest densest strings. This bone music is felt as the client and ZBer go deeper into the profound silence. I think I actually heard it in this deep state of compassion during the session. The audible sound didn't last very long but it was one of those memorable sessions. I felt great and my client called me later to tell me how "fantastic" he felt. Interestingly he is a black man from South Africa. During the session his face looked beautiful, absolutely ancient and archetypal. I remember feeling like I was looking into the original face of man. I am moved by remembering it in this way. Then what should arrive in the mail but your CD and I spent my lunch hour listening to the low chanting of this Tibetan lama. Incredible!

For those interested the CD is "Rain of Blessings" by Lama Gyurme and Jean-Philippe Rykiel, Tibetan Vajra Chants.

CONFERENCE continued from Front Cover

at Harvard Medical School and Chief of Behavioral Medicine at Beth Deaconess Medical Center. Bensen pioneered the use of "the Relaxation Response" decades ago, helping to break ground in the growing mind-body movement. Dr. Bensen has authored more than 150 scientific publications and six books, including *The Relaxation Response*, *The Wellness Book*, and *Timeless Healing: The Power of Biology and Belief*. Emilie Conrad, founder and director of the movement system Continuum, is an internationally known teacher and guest speaker at various universities, healing arts centers and movement therapy institutions. In addition to founding Continuum, Emilie has developed innovative treatments for spinal cord injuries as well as the revolutionary "Jungle Gym" system of exercise. She is currently a member of the somatics faculty at Esalen, Omega, Naropa and Kripalu Institutes.

More news — RAFFLE TICKETS WILL BE AVAILABLE FOR SOME EXCITING PRIZES: A Zero Balancing session with Fritz Smith, a ZB table gra-

ciously donated by Astralite, and tuition waivers for both Core and advanced ZB classes. The Conference will be an educational, entertaining and affordable time for all. Look for the comprehensive Conference brochure late this year.

The Zero Balancing Health Association is combining two exciting events into one! The 2005 Annual Benefit will be a two-day special class taught by Fritz Smith with the support of numerous faculty members and will immediately precede the Conference. This class will focus on how one uses touch in ZB to bridge the mind and body. It will include ample time for practicing and refining hands-on technique as well as opportunities to gain a deeper understanding of ZB theory. Look for more information on the content of the Benefit in the conference brochure.

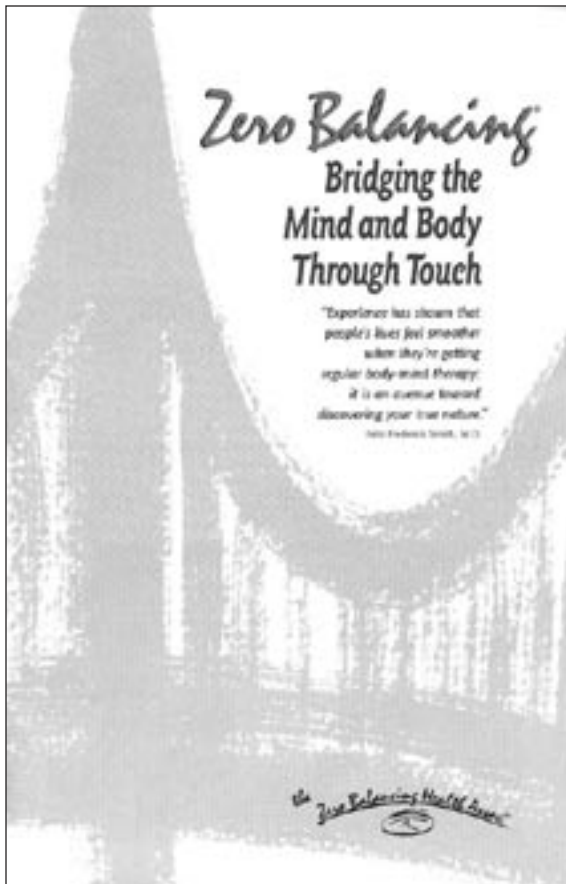
Both events will offer continuing education credits to massage therapists as well as credit toward ZB certification. CEU's for other modalities may be available.

CURRICULUM continued from Front Cover

format, and who join the certification program before December 31, 2004 will complete their certification under the "old" format. Students who join the certification program after December 31st will be part of the new training track and attend Core ZB part II as part of their certification requirements.

For those of you who are already certified the new Core ZB Part II offers several excellent opportunities to expand your working knowledge and under-

standing of ZB. All students in these classes will already be familiar with ZB, so lecture, questions and hands on work will not have to start or stay at the basic level but will progress further as part of the natural flow of the class. There will be built in opportunities to ask questions and explore ideas that have arisen in your own ZB practice, more so than in the advanced level classes. Attending Core Part II will be an ideal way to refresh and deepen your skills while earning CEU's.



PRODUCTS continued from Page 1

how to locate them. The brochure combines illustrative photos, blue graphics and black text on white paper, and measures 5.5" by 8.5".
100 brochures \$35.00

The Association would like to acknowledge and thank Olaive Jones for creating this brochure.

Zero Balancing "The Energy of Structure" **t-shirts** are also still available. Navy ink on white 100% cotton t-shirt. S, M, L, XL, XXL
\$15.00

These items are currently available at the Association office only. You can order by phone, fax or email. Shipping charges and sales tax will apply.

Congratulations Recently Certified ZBers!

- T. J. Ford**
Portland, OR
- Cindy Janechild**
Free Union, VA
- Connie Kulik**
Falls Church, VA
- Nancy Stevens**
Dorchester, MA
- Robert Lindner**
S. Deerfield, MA

UP TO DATE INFORMATION

Help us keep our database current. Please let the office know of any email, address or telephone changes.

TABLES

ZBHA is pleased to endorse both the Astralite and the Oakworks models of tables designed specifically for ZB. Call Matt at the office to order either brand of table or for more information. Ordering through the office helps support the ZBHA!

Astralite is currently offering free shipping on tables. This saves \$50-70!

NEW!
ZBHA Contact Information
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 410-381-9634 (fax)
 zbaoffice@zerobalancing.com
 www.zerobalancing.com

First ICP at Tai Sophia a Success!

The First Intensive Certification Program (ICP) at Tai Sophia had its last class - Alchemy of Touch - in October. Alchemy was taught by Bob Brown and Judith Sullivan. At the end of the class, the students gave Bob, who ran the ICP, an antique Japanese obi (robe), then wrapped him in it for the closing ritual and put him in the center of the circle, and all bowed to him. This was a very amazing alchemical fulcrum for Bob, with the students and the obi forming 2 strong containers with lots of energy.

The students in this program formed a very strong bond and are so excited by this work. At their request, Bob is offering a 2 day Open Forum in the Spring so that they can meet again. All students who

have completed Core I and II are welcome to attend this. Each class had students who were not part of the ICP and their universal feeling was of being totally included by this group, which was about half acupuncture students from Tai Sophia and half community members.



The second ICP at Tai Sophia will begin with Core II February 18-21, 2005 taught by Bob.

The other 2 classes will be Freely Moveable Joints in June 2005, Bob and Jim McCormick teaching; and Alchemy of Touch in October 2005, Bob and Judith teaching.

For more information contact Bob Brown at 410-235-2998 or zbbob@aol.com. If emailing, note ZB or Tai Sophia in the subject line.