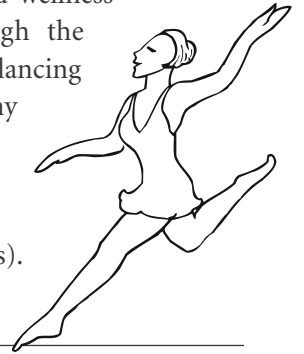


Bravo!! ZB Inspires Dance Performance

ZB faculty member **Sandra Savine** and Zero Balancing were the inspiration for a recent artistic performance in Charlottesville Virginia. Cat Maguire, dancer, teacher and choreographer, has been practicing ZB with her mentor, Sandra, for the past year. Cat recently undertook the choreography of a new piece. As Maguire worked she found the movement flowed very easily. During one rehearsal a dancer was struggling with a particular movement. Maguire worked with the dancer on her pelvic control and suggested that she needed to ground herself in her pelvis and let the movement expand from that strong center. As

she continued to work with the dancer Maguire experienced “inspiration” – the dance was about “the spark” – a concept she had been exploring in her work with Savine. As she had this realization that the dance was about the essential spark of energy that occurs between the spaces of thought, the dance came together as an expression of her work with Savine on the flow of energy through the body. The dance, then titled “The Spark”, was a testament to her work and her enlightenment gained through the practice of ZB. The last image of the dance had the dancers vibrating and rising up through their spines and in the very last moment

of the dance they opened their chests and allowed their hearts to shatter open – another powerful expression of her work with Savine. Savine has always told Maguire that it is all right if your heart breaks because it is breaking open. The creation and performance of this dance were dedicated to Savine – as mentor, guide, and friend – in the incredible process of healing and wellness that comes through the work with Zero Balancing and the Alchemy of Wellness (a class taught by Savine and fellow ZBer Olaive Jones).
Bravo!!



ZB TEACHER TRAINING: Camaraderie in the Catskills

by Mary Alice Cullinan

This past October the Teachers’ Training Program met at Tibet House’s Menla Center in the heart of the New York’s Catskill Mountains. Menla means Medicine Buddha. Majestic trees in full autumn array greeted them. Led by Fritz Smith, Aminah Raheem, John Hamwee and the core teaching staff, the students delved deeply into ZB principles and techniques, explored the fine points of teaching, assessed the Core course, and presented

anatomy papers. In such a lovely setting, work balanced well with lighter moments of camaraderie and ZB exchanges. These future teachers, relating to one another as a team and as close friends, are halfway through their training now. They look forward to furthering ZBHA’s work in a growing ZB community. A week at Menla, with the serenity of the Blue Buddha, was the perfect spot to prepare for this.



Fritz Smith treats Sean Lynch to a ZB under the watchful gaze of several Buddhas.

MENLA – A Garden’s Path

The mystic mountains of Tibet
Lie deep in a Catskill’s thicket.
The trees spin red and golden leaves -
Prayer flags pray for peace.

Stirred, we’ve come from home fields afar,
Our ribs are tight, our feet are sore.
Life breaths on, we work, and we find
ZB tools to help us unbind.

Our teachers come miles to meet us.
With bright blue Menla, they greet us.
Glass and wood walls are side by side.
Art hangs within, art sways outside.



There’s solemn talks and late night pods,
Playful drills and walks in woods.
One step shown, the next unfolding,
Roads before us loom unending.

A single weed of Doubt may slow
The satisfying sigh of growth.
Can we help? What is taught?
We yield, but plant it in a pot.

One dawn, frost melds mountain to sky.
Blue pyramid enfolds us while
Blessing the work we love to share.
Our path through this garden takes care.

—Mary Alice Cullinan