

# Form & Fulcrums I Michael Oruch (USA)

“ The Art of Engagement in Zero Balancing ”

Olot , Spain March 13-16 2025



“Form and Fulcrums” utilises Chinese movement principles focusing on body mechanics to find optimal positioning for the individual practitioner while doing Zero Balancing.

We will learn simple Qigong based ZB exercises to facilitate more body involvement and also thoroughly review each fulcrum of the protocol incorporating these concepts.

We will also learn many new and extremely useful fulcrums while covering topics such as blue line, donkey, rhythm, positioning, transitions, movement, and, of course, engagement.

As one progresses in ZB, the ability to consciously engage oneself and the client is an essential skill.

Michael Oruch developed this class to help ZB students to do Zero Balancing sessions more easily and with much less effort by teaching proper body mechanics.

F&F is a ‘nuts and bolts’ class - very important fundamental information is presented in exercises and principles. Students will learn to identify when, where and why they are having difficulties and also how to address them.



Zero Balancing

**“Form and Fulcrums with Michael Oruch is a class every Zero Balancing student and practitioner should take. Whether you have just done Core ZB or are a certified Zero Balancer of many years, this class will add ease to every single fulcrum you do. That's saying a lot! Michael Oruch has taken the pains to distill years of Qigong & Tai Chi practice, years of assisting Fritz, and years of experience as an artist, craftsman, and spiritual seeker into this one workshop. Take Form and Fulcrums by all means!”**

David Lauterstein, ZB Teacher & Co-Director,  
The Lauterstein-Conway Massage School

***If you want to master Zero Balancing, this class is a must.”***

Amanda King, LMT, CZB, ZB faculty