



Zero Balancing

“The class really is how to do ZB from a Qigong perspective and becomes a defacto Qigong practiceand once we learn this, a ZB is 30 minutes of Qigong....a focused, meditative healing practice for both the client and practitioner.” Michael

Michael Oruch has taught Zero Balancing in the U.S. and internationally since 1996. He is the developer of “ZB Form & Fulcrums 1 & 2”, The 5 & 15 Minute ZB, “The Restorative ZB”, and “ZB Fields & Fulcrums”. He leads “ZB by the Sea”, an annual winter retreat in Mexico at Mar de Jade.

Course: Form & Fulcrums I

Course length: 4 days - 13/3 - 16/3/2025

Venue: “La Saleta de Ioga”, Passeig Bisbe Guillamet 20, Olot, Spain

Price: 495€ (discount with registration before the 31/12/2024: 465€)

Prerequisites: ZBI and ZBII

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