

One-to-Two Zero Balancing

With Lisa J. Berger, L. Ac. , CZB

Thursdays at 2:00, 2:40, 4:00, 4:40 & 5:20 by appointment,

Winter 2018 dates:

January 4 & 18, February 8 & 22, March 1 & 15

Through skilled touch, Zero Balancing can improve mobility, relieve stress, facilitate personal goals, and center the mind and body when experiencing change and loss. Most people feel more free, grounded and joyful after a ZB session.

Some Features of Zero Balancing®

- Employs comfortable, non-invasive touch through clothing
- Addresses the tissues of adaptation, instinct and awareness — bone, ligaments, membranes and other fascia
- Includes pauses for reorganization and integration

At InBody, Lisa balances two clients per appointment slot with sliding scale rates \$35-\$25. For information and appointments call: 413-397-9800 or visit deerfieldhealingarts.com and inbodyarts.com.



InBody Movement & Healing Arts
265 Greenfield Rd., South Deerfield MA

Lisa also teaches Zero Balancing courses:
Contact Lisa for information; 413.397.9800