

# DEEP MASSAGE: THE LAUTERSTEIN METHOD & GEOMETRY OF HEALING

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with David Lauterstein LMT, ZB faculty, co-founder, Lauterstein-Conway Massage School in Austin

**Deep Massage: The Lauterstein-Method**

**October 5-7, 2026**

**Monday-Wednesday 9:00am - 6:00pm each day**

**Geometry of Healing**

**October 9-11, 2026**

**Friday-Sunday 9:00am - 6:00pm each day**

**Registration: \$595 for each class**

**Course Description:**

**Deep Massage- The Lauterstein Method focuses on a method of working, as does Zero Balancing, on muscles, fascia, bones and the nervous system. It will give you a way to work with your clients with less effort and far more positive therapeutic benefits. David Lauterstein has taught this unique method for over 40 years. Its theory and practice is covered in his highly regarded text, “The Deep Massage Book: How to Combine Structure and Energy in Bodywork”. In this class you will learn all the core Deep Massage techniques as well as an inspiring deep dive into the theories of body, mind and spirit that underlie this superb form of massage therapy.**

**Geometry of Healing: Advanced Palpation Skills is an advanced Zero Balancing course. It requires the prerequisite of ZB I and II. In Geometry of Healing, you learn how to work directly with the vibratory/energetic fields of the body. You’ll also learn how to work with slowed vibratory fields to access “the gap,” an experience of stepping beyond the usual experience of time and space. Geometry of Healing utilizes ideas drawn from quantum physics, holograms, field theory to illuminate how they inform the world of touch. This 25-hour class can be used to complete the 100 hours of ZB study required for certification. In any case, even taking it multiple times will amplify your ability to help your clients experience their health and healing in radically new ways.**

**Required Text – to be read prior to these classes –**

**“The Deep Massage Book : How to Combine Structure and Energy in Bodywork”**

**David Lauterstein, LMT, MTI, Cert. ZB, is co-founder of Lauterstein-Conway Massage School in Austin, TX, has taught Zero Balancing since 1996 and Deep Massage: The Lauterstein Method, throughout England, Costa Rica and the U.S. since 1982. He is one of the most highly respected educators in the massage therapy realm. He is the author of five books, among them “Putting the Soul Back in the Body”, “The Deep Massage Book”, “Life in the Bones (the biography of Zero Balancing and Dr. Fritz Smith)”, and, most recently, with Dr. Jeff Rockwell, “The Memory Palace of Bones.” His background prior to massage therapy was in philosophy and music composition. He is known as the foremost educator in the bodywork realm who emphasizes the integration of art and science in our work.**