

# Jin Shin Jyutsu®

Getting to *KNOW* (help) *MYSELF*

Introducing JIN SHIN JYUTSU *Physio-Philosophy*

Mary Burmeister's **Self-Help Book 2**

(the 26 Safety Energy Locks)

a class presented by CYNTHIA BROSHI

Sundays, January 8 and 15, 2012 9:00 - 4:00 San Carlos, California

JIN SHIN JYUTSU is a hands-on art of harmonizing energy flow in the body. Brought to the West from Japan by Mary Burmeister in the 1950s, its principles and practices are firmly rooted in ancient healing traditions.

Jin Shin Jyutsu can be applied by a trained practitioner or as self-help. This workshop will focus on developing our innate ability to utilize this art to harmonize ourselves. Simple sequences of gentle touch can reveal the harmony of spirit, mind, heart and body. Jin Shin Jyutsu can be used by anyone, anywhere, anytime.

For further information about this art view [www.broshijsj.net](http://www.broshijsj.net) and [www.jsjinc.net](http://www.jsjinc.net).

CLASS FEE: \$250 (includes Book 2). Send checks to Cynthia Broshi, 1334 Cordilleras Ave, San Carlos, CA 94070. Please include email and phone number with your payment.

For more information contact Uzi Broshi at (510) 290-7989 or [uzibroshi@gmail.com](mailto:uzibroshi@gmail.com)

**There is no pre-requisite for this class. All are welcome.**

CYNTHIA BROSHI began using Jin Shin Jyutsu for herself and her daughter, who was born with a life-threatening illness, in 1984. She hasn't skipped her self-help a single day since, finding in it her key to enjoying each and every day. Cynthia's studies with Mary Burmeister began in 1985 and she's taught Jin Shin Jyutsu Self-Help Classes over twenty years. An authorized Instructor, she presents Jin Shin Jyutsu Seminars internationally. Cynthia and her husband, Uzi, teach Self-Help and provide Jin Shin Jyutsu hands-on sessions in their San Carlos office.



**JIN** Person of knowing and compassion

**SHIN** Creator

**JYUTSU** Art