

Jin Shin Jyutsu®

*"Each of us is the artist and
the creator."
- Mary Burmeister*

Introduction to

JIN SHIN JYUTSU *SELF-HELP*

Getting to KNOW (help) MYSELF

Saturday and Sunday, February 1 and 2

9:00 - 4:00

At the Waldorf School, Santa Fe, New Mexico

\$150.

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. It 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 by using simple sequences of gentle touch.

The practice of Jin Shin Jyutsu is one of listening to Universal Energy within the body, so sparking its source. As energy flows freely it is available for each individual function of the physical, mental, emotional and spiritual being. Jin Shin Jyutsu self-help can be utilized to reduce stress, to support the body's optimal health and as effortless meditation. Jin Shin Jyutsu can be used by anyone, anywhere, anytime.

We will work from Mary Burmeister's Self Help Books 1, 2 and 3 (books will be available for use and optional purchase). Cynthia will also provide individualized self-help suggestions.

For further information about this art view www.broshijsj.net and www.jsjinc.net.

To reserve a space, send \$40 deposit to Cynthia Broshi, 1114 Hickox, Santa Fe, NM 87505
Please include email and phone number with your payment.

For more information contact Uzi Broshi at (505) 474-7006 or uzibroshi@gmail.com



THE INSTRUCTOR, CYNTHIA BROSHI, was drawn to Jin Shin Jyutsu for the help it gave her daughter, born with a life-threatening illness. Skeptical yet desperate, her first attempt at "jumper-cabling" was full of fear...for about three minutes...when, tensions melting, she found herself captivated by the mysteries and simplicity of this Art. Her studies with Mary Burmeister began in 1985. Since 2001, as an authorized Instructor, she's presented Jin Shin Jyutsu worldwide. Cynthia and her husband, Uzi Broshi, teach Self-Help and provide hands-on sessions in their Santa Fe office. www.broshijsj.net