

Jin Shin Jyutsu®

Self-Help Seminar

with Tineke Bak

9.30am—5.30pm on

6 & 7 May 2017

at
2 Knaith Road
Ringwood East, 3135
(Melway Ref: Map 50, C8)



*A safe, simple art of harmonising
life energy in the body
and releasing everyday
stress and tension
for oneself, family and friends.*

www.bodywisesoulwise.com.au



JIN SHIN JYUTSU is the art of releasing tensions which are the causes for various symptoms in the body. Our bodies contain several energy pathways that feed life into all of our cells. When one or more of these paths become blocked, this damming effect may lead to discomfort or even pain. This blockage or stagnation will not only disrupt the local area but will continue and eventually disharmonise the complete path or paths of the energy flow.

In JIN SHIN JYUTSU one uses the hands as “jumper cables” to energize the body’s rundown battery. This enables the body’s circulatory functions to work properly, restoring harmony to mind, body and spirit.

This 2 day seminar will include an introduction to and practical application of:

- Intro to Jin Shin Jyutsu Physio-Philosophy
- The art of learning to stop, look and listen to understand symptoms and stress
- Overview of techniques and applications, including First Aid
- The 26 “Safety Energy Locks” – the ‘keys to the kingdom’
- 3 Essential Daily Sequences
- Creating personal programmes

Some handouts will be provided but it is highly recommended that you bring or have read

“The Touch of Healing”
by Alice Burmeister
Bantam Books, 1997
ISBN 0-553-37784-1

Cost: \$300.00 p/person
(concession available)

\$30.00 non-refundable deposit will ensure a place (limited number of places available).

Booking Essential
To book please contact

(03) 9879 7693

tineke@bodywisesoulwise.com.au
www.bodywisesoulwise.com.au

Morning tea provided. BYO lunch.
Please come in loose, comfortable clothing and bring a yoga mat if you have one, a pillow and a rug—and paper, pen and coloured pencils.