

unwind... listen within... recharge with



Self-Care Acupressure

Saturdays 2:00 - 5:00

Experience deep relaxation and effortless meditation with Jin Shin Jyutsu (JSJ), a hands-on art of harmonizing the flow of energy in the body. You will learn simple sequences of gentle touch with which you can help yourself. JSJ can restore emotional equilibrium, relieve pain and release causes of acute and chronic conditions. JSJ can be used by anyone, anywhere, anytime.

April 16: Harmony in Springtime and the Element of Wood

May 22: Harmony in Summer and the Element of Fire

Fee: \$45 per class (can be attended singly or as a series)

Location: at the home of Uzi and Cynthia Broshi, near junction of 14 and 42

For Info and Registration: contact Uzi, (505) 474-7006, uzibroshi@gmail.com



Jiro Murai ••••• Mary Burmeister

JIN • Person of knowing and compassion

SHIN • Creator

JYUTSU • Art

Jin Shin Jyutsu was rediscovered by Jiro Murai, then brought to the West from Japan by Mary Burmeister in the 1950s. Its principles and practices are firmly rooted in ancient healing traditions. JSJ utilizes our innate ability to harmonize ourselves. By sparking the body's natural wisdom, we can nourish the harmony of our body, heart, mind and spirit. JSJ is safely used as an adjunct to medical therapies and medications. The self-care techniques you learn can be utilized for family, friends and pets, as well as yourself. More about Jin Shin Jyutsu: broshijsj.net and jsjinc.net.

Uzi Broshi has practiced Jin Shin Jyutsu 19 years. Cynthia's studies with Mary Burmeister began 31 years ago. Since 2001 they've been presenting Jin Shin Jyutsu seminars world-wide. Uzi and Cynthia offer self-care classes and give hands-on sessions in their home and Santa Fe offices.

