

# Introduction to Self-Care Jin Shin Jyutsu®



For new students and practitioners alike, this webinar serves as an overview of the Art's foundations:

- What are Safety Energy Locks?
- What are the Depths?
- Skills of hands-on touch (jumper cabling)

Three months of unlimited viewing.

You'll receive handouts and log-in details within 48 hours of purchase.

## Self-Help books 1, 2 and 3

Webinar in Six Classes,  
each app. 3 hours

Originally live-streamed *March 27, April 10, April 24, May 8, May 22, June 5, 2021*

- Relax
- Rejuvenate
- Rebuild
- Reweave the unity of spirit, heart, mind and body with effortless meditation.

Learn simple hands-on techniques to safely use for self-care and your family.



*Jiro Murai*

*Mary Burmeister*

**Questions?** Uzi Broshi  
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**JIN** • Person of knowing and compassion

**SHIN** • Breath of Creation

**JYUTSU** • Art



### **Cynthia Broshi, Instructor**

Jin Shin Jyutsu has been Cynthia's daily practice for 37 years. Her studies with Mary Burmeister included frequent hands-on training over a ten year period. Since 2002, as a faculty member of the Mary Burmeister JSJ Institute, she's presented JSJ worldwide. A visual artist and poet, her colorful drawings and precise language help to convey this Art's basic principles and to clarify its intricacies. Cynthia lives outside Santa Fe, New Mexico, USA.