

after-work **Self-Care** with

Jin Shin Jyutsu®

Mondays..(beginning January 30, 2017)..**5:30-6:45**.. **\$10**
1114 Hickox..(across the street from Tune-up Cafe)..**Santa Fe**
Call or text to RSVP (510) 290-7989

Jin Shin Jyutsu (JSJ) is a hands-on art of harmonizing the flow of life-energy in the body. Brighten your week with an hour of JSJ self-care,

care, guided by Uzi and Cynthia Broshi. You will learn simple techniques that can be used anywhere, anytime, for

Relaxation

Insomnia

Pain relief

Optimal health

Integrative care

Effortless meditation

**Harmony of body, mind,
heart and spirit**



Jiro Murai

Mary Burmeister

JIN : Person of awareness and compassion

SHIN : Creator

JYUTSU : Art

Uzi Broshi has practiced JSJ 19 years and assists in practitioner courses.

Cynthia Broshi studied with Mary Burmeister and has practiced 34 years. She has been teaching internationally since 2001.

Explore www.broshijsj.net and www.jsjinc.net to learn more