



Self Help Class 1

Introducing JIN SHIN JYUTSU IS Basic Daily Tension Releases for MYSELF

HAVE you wonder what makes your heart beat? What is this energy and its various circulatory patterns. The main universal revitalizing energy, which follows a circulatory pattern is our source of life. The abuse to the body knowingly or unknowingly affect the supply of this energy, which is necessary for the various functions of the body. You will learn how to revitalize this body's vital force of life.

Attitudes, too affect our body. Simply utilizing our fingers and thumbs, our body energy can be revitalized. Sequences will be taught for general daily revitalization and maintenance of energy. For example, for releasing tension in head, breathing, digestive discomforts, back, elimination and leg discomforts.

Date: 5 October 2008
Time: 2pm – 5pm
Fee: \$70



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JIN SHIN JYUTSU Physio-Philosophy is a “To Know (HELP) Myself” ART. Through

JIN SHIN JYUTSU our awareness is awakened to the simple fact that we are endowed with the ability to harmonize and balance ourselves.

In JIN SHIN JYUTSU one uses the hands as “jumper cables” to energize the body's run down battery.

It is gentle, non-invasive, light touch, that is effective in relieving stress, enhancing the body's natural ability to heal and rejuvenate.

Instructor

Sylvia Koh is a JIN SHIN JYUTSU practitioner. Currently, she provide JIN SHIN JYUTSU session and conduct SELF HELP class for children and adults.

**What makes the heart beat ? What is this universal energy ,
which is our source of life ?**

Registration close on 21 Sept 2008

*Deposit for the purchase of class material is not refundable if attendee cancels/is unable to attend class.